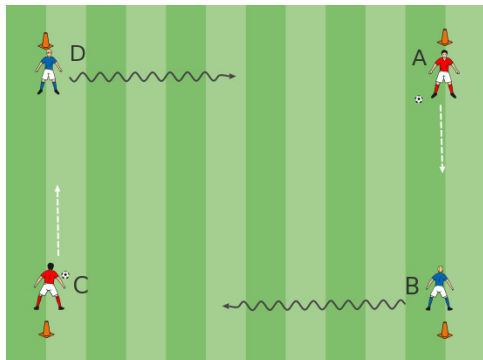



## TRAINING SESSION: U8 DEVELOP AND CHALLENGE WEEK 6 SHOOTING TO SCORE

## Objectives

To develop ball striking ability To develop a shoot to score mentality

## General Movement Squares



 12 Players

 Cones, Balls

 Intensity: 4

 10:00 min  
( x 00:00 min, 00:00 min rest)

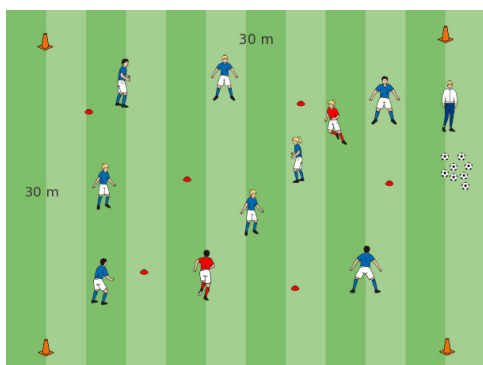
## Coaching Points

Head up/Try Dribble with both left and right feet/Accelerate away from defender into space

## Description

6x6m area 2-3 grids. 4 players 1 at each cone. Players A and C start with the ball in their hand. Player A and C throw ball to player B and D then race to try to tag them. Player B and D get ball and dribble to the other corner avoiding taggers. To progress change directions.

## Tag



 10 Players

 Cones, Balls

 Intensity: 5

 10:00 min  
( x 00:00 min, 00:00 min rest)

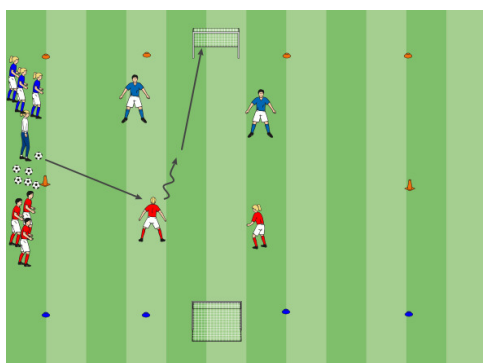
## Coaching Points

Move with head up/Change directions and speeds to avoid taggers/Be aware of open cones/Keep control of dribble


## Description

30x30m area. Cones spread out around area. 2 taggers. Players avoid taggers by running to a cone. Only 1 player allowed at cone. If a new player runs to the same cone then the other player must leave. Add soccer ball for non-taggers

## Get out of here!



 10 Players

 Goals, Pinnies, Cones

 Intensity: 6

 10:00 min  
( x 00:00 min, 00:00 min rest)

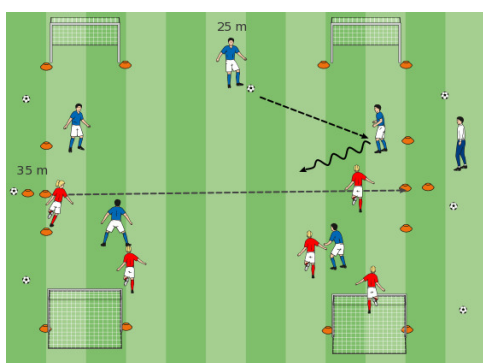
## Coaching Points

Different shooting surfaces of the foot laces, instep/1st option shoot/2nd option pass to teammate/Try shooting with both feet

## Description

20x20m Create a small sided field with small goals on each end. Divide into teams of 2. Play 2v2. When the ball goes out of bounds or there is a goal the coach says get out of here and 4 new players run on.

## Small Sided 5v5 with Retreat Line (4 Goals)



 10 Players

 4 Goals/Cones/Balls (use other color cones)

 Intensity: 7

 10:00 min  
( x 00:00 min, 00:00 min rest)

## Coaching Points

Penetrate (go forward) with dribble, pass, shot/Spread out/Once play goes live defense can pressure the ball.

## Description

35x25m Play 5v5 small sided game to 4 goals. If odd numbers play with a neutral. If ball goes to GK or out of bounds the opponent must go back behind the retreat line. GK passes ball into play and once their teammate receives the pass play is live.