

Weekly Activities - Ages 7 - 8

Theme: S.A.F.E.SM

Session: Seven

Daily Topic: Shooting

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (warm up activities with and without a ball)

0:10-0:25 Turns and Burns (fast footwork)

0:25-0:45 Skillbuilders (skills and techniques based upon the theme of the day)

0:45-0:55 Break (competitions/quizzes)

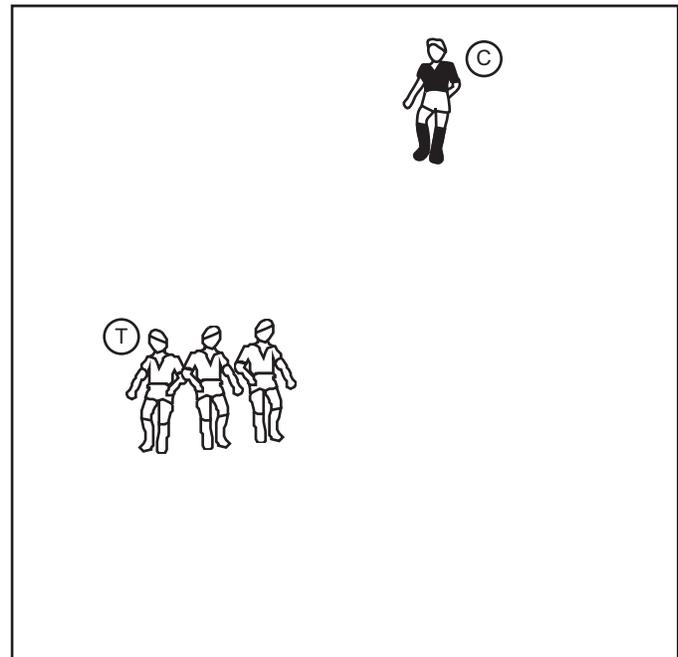
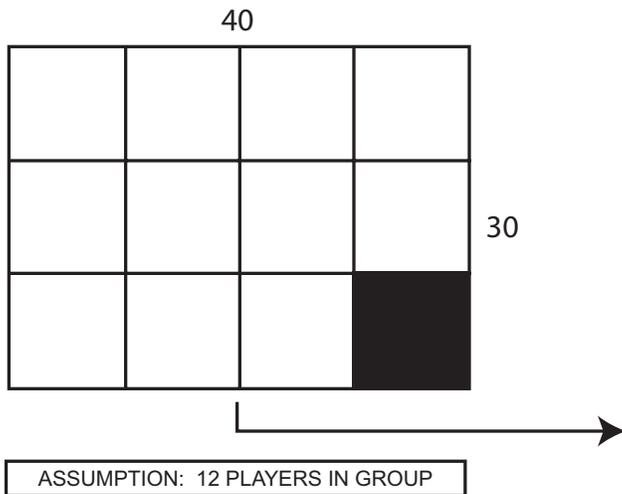
0:55-1:05 Netbusters (small-sided conditioned games around a goal)

1:05-1:15 Backyard Soccer (games based on a street game mentality)

1:15-1:30 "The Big Game" (small-sided conditioned game developed to free play)

SOCCER-ROBICS - Movement & Speed

Circle Of Doom



Purpose

To develop turning skills and changing direction—keeping head up.

Organization

Set out a 10 x 10 yard area. Groups of 4. 3 players make a circle linking arms or holding hands. Repeat in 2 other areas for a total of 12 players.

Game Objective

The object of the game is for the dark catcher to attempt to run around the group of 3 linked players to tag the target player. The linked players attempt to prevent the catcher from reaching the target player by moving around so that the target player remains at the furthest point from the catcher. If the target player is tagged, he changes places with the catcher. Repeat and rotate.

Progressions

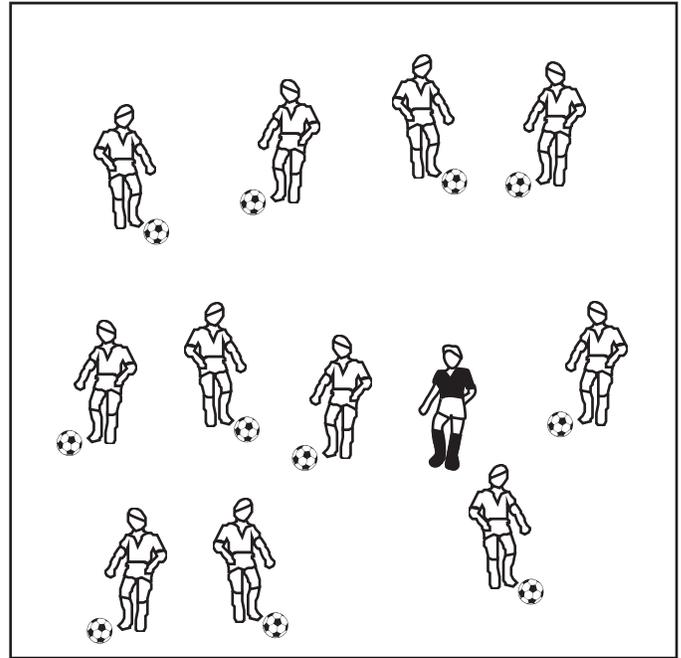
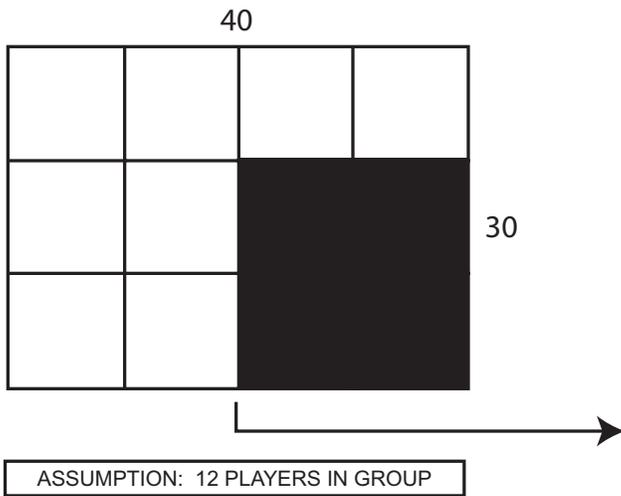
Introduce a ball. The catcher must dribble his ball while trying to tag the target player.

Key Coaching Points

1. Work as a team to avoid the catcher.
2. Catchers should fake and move quickly to reach the target player.

URNS & BURNS - Dribbling

Terminator



Purpose

To develop turning and running with the ball.

Organization

Set out a 20 x 20 yard area. One ball per player except for the lone dark catcher/terminator. All players must stay within the confines of the area.

Game Objective

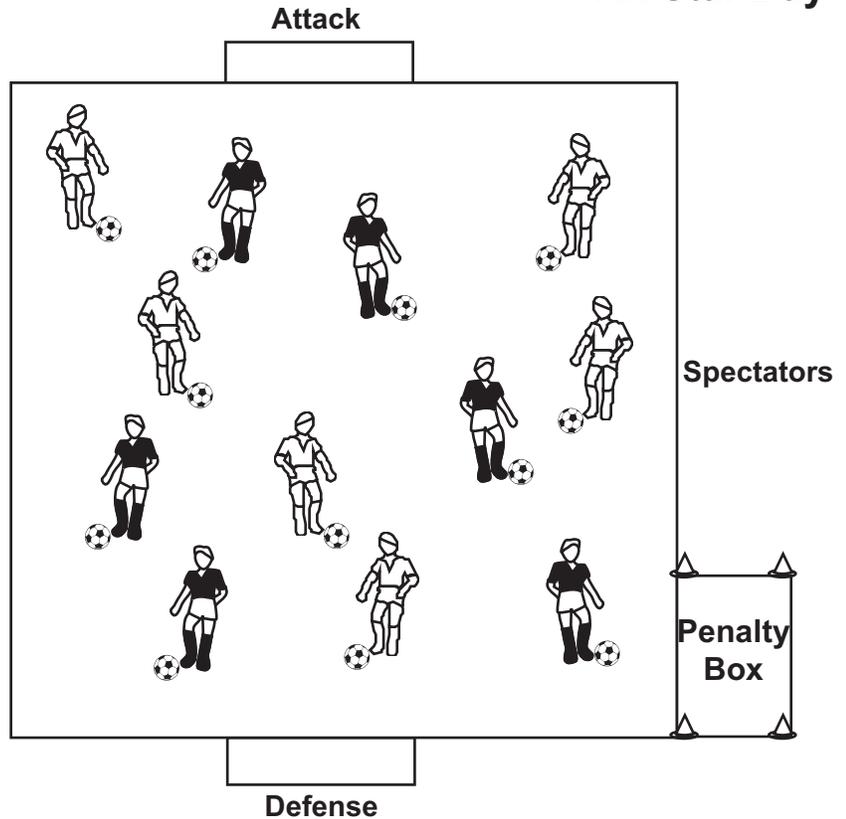
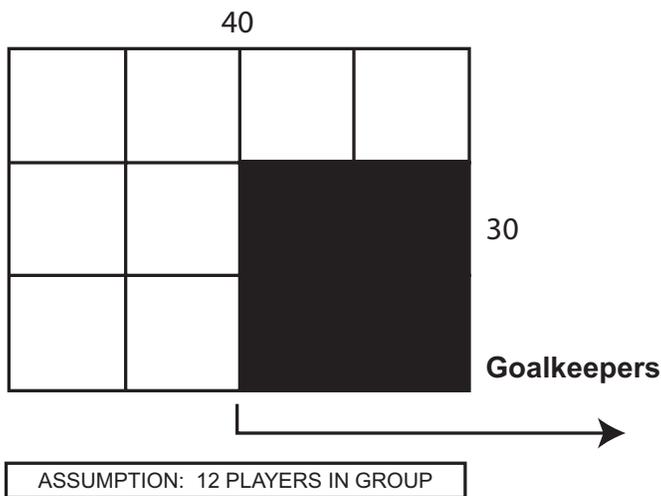
The light players are chased by the (dark player) terminator. Any light player, who either a.) dribbles outside the box or b.) has their ball kicked outside the box by the terminator, becomes a dark player catcher. Play until only one light player remains.

Key Coaching Points

1. Keep the ball close to your body.
2. Try to look up and around between touches.
3. Use your body to shield the ball from the defenders.
4. Turn away from danger.

URNS & BURNS - Ball Familiarity

All Star Day



Purpose

To develop fast feet and turns.

Organization

Set out a 20 x 20 yard area. One ball per player. All players must stay within the confines of the area. All players assume identity of an MLS player.

Game Objective

Players dribble around the area using the inside and outside of both feet. On the command “scissors!,” players perform a scissors fake. Players react to the coach’s direction commands of “attack!,” “defense!,” “spectators!,” or “goalkeepers!” by running the ball to those lines as shown in the diagram.

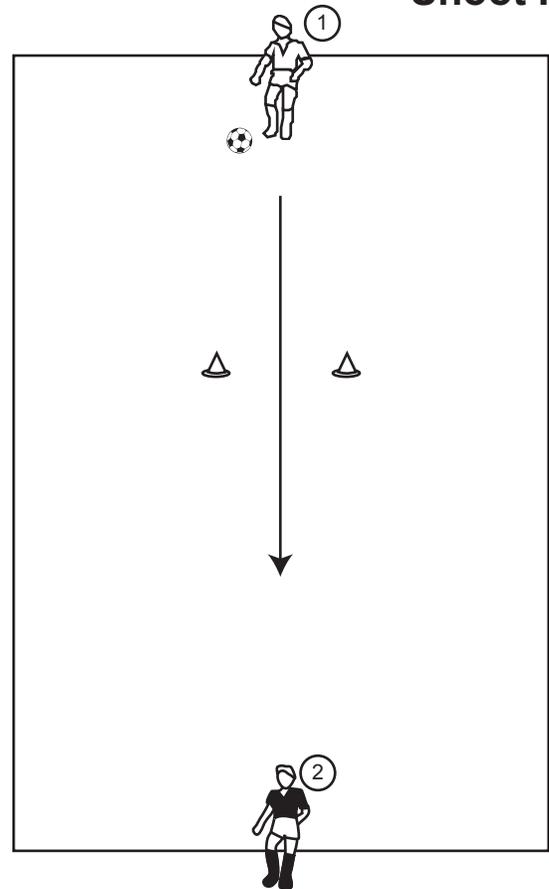
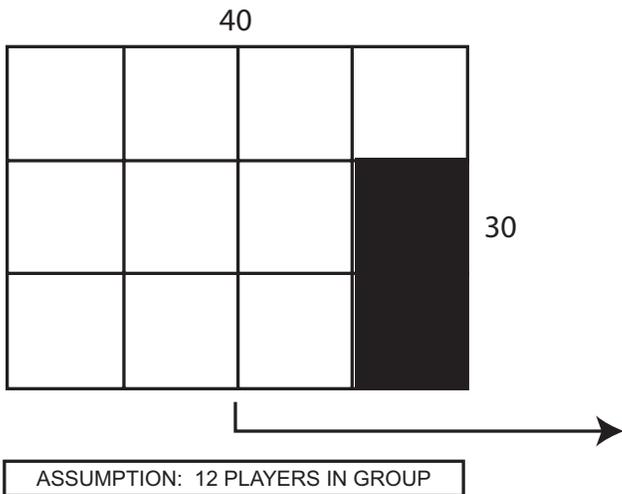
Progressions

1. If coach shouts out a number, the players must get in a group of that number. All players who do not find a group, must go to the penalty box and do the two turns.
2. If a coach shouts out a side of the field, all the players must run to that side of the field (e.g., attack, defense, goalkeeper, spectator).

Key Coaching Points

1. Player must hop momentarily off the supporting leg when performing the sole turn.
2. Use the scissors fake to make space.
3. Accelerate out of the turn.

Shoot In 2's



Purpose

To develop the basic mechanics and techniques of shooting.

Organization

Set out a 10 x 20 yard area. Group in pairs. One ball per pair. Place 2 discs in the center of the area approximately 3 yards apart. Repeat in 5 other areas for a total of 12 players.

Game Objective

Light player #1 takes 3 steps back from the ball and shoots the ball across the area to dark player #2. The goal is to strike the ball between the discs without the ball touching either disc. Dark player #2 repeats the practice from the other side.

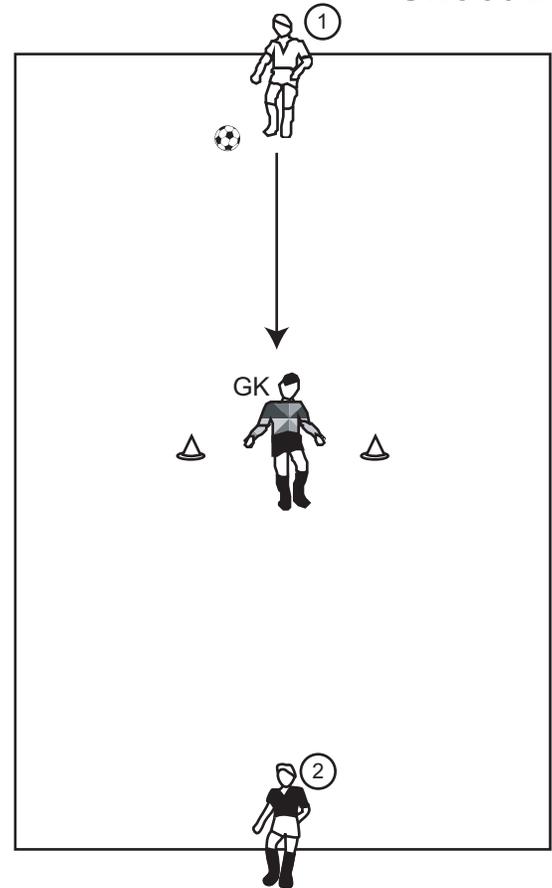
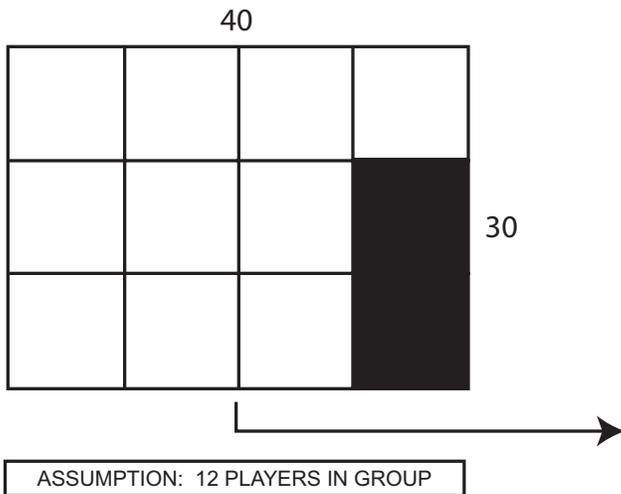
Progressions

1. Progress to two touches.
2. Make the goal narrower.
3. Progress to rolling the ball to partner, striking the ball first time.

Key Coaching Points

1. A slightly angled approach to the ball.
2. Place the non kicking foot alongside the ball and 8-10 inches to the side of the ball.
3. Look at the ball and keep your knee over the ball.

Shoot In 3's



Purpose

To encourage players to shoot low and to the corners.

Organization

Set out a 10 x 20 yard area. Group in threes. One ball per group. Place 2 discs in the center of the area approximately 5 yards apart. Repeat in 3 other areas for a total of 12 players.

Game Objective

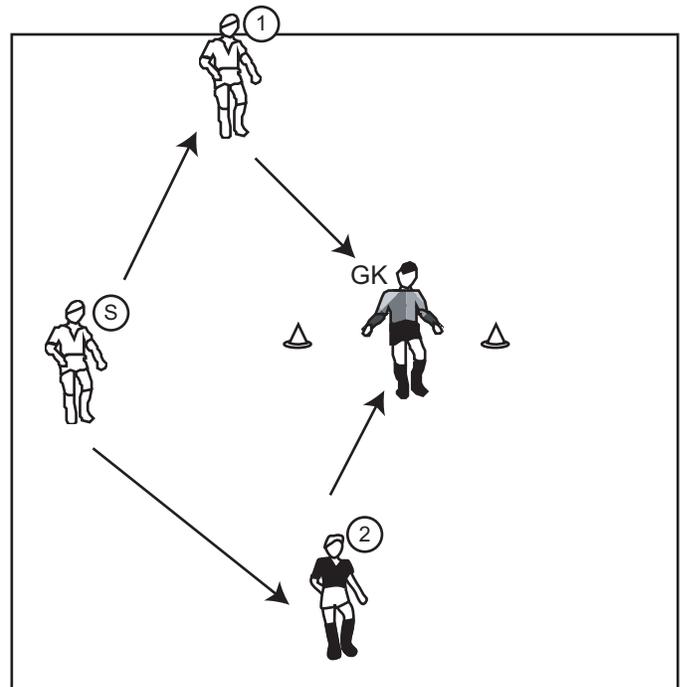
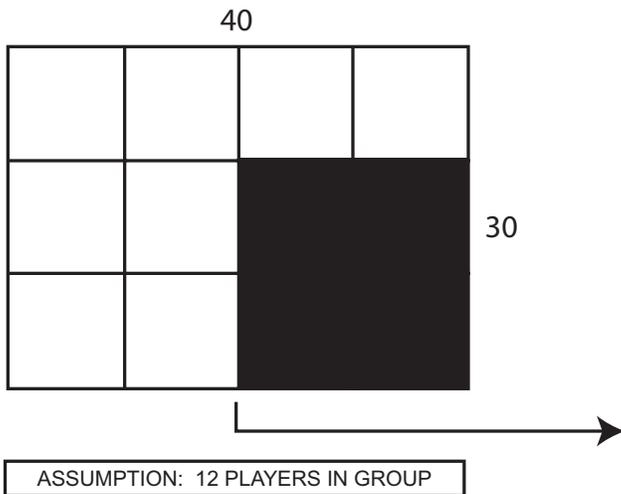
Light player #1 shoots the ball at the goal attempting to beat the goalkeeper by directing the ball low and to the corners. If light player scores, Dark player #2 should move into line with the ball to receive it on the other side. If the goalkeeper saves the ball then he turns and serves the ball to dark player, who repeats the practice. The ball must be struck from a stationary position.

Progressions

1. Pass the ball forward to yourself and shoot.
2. Push the ball to the side to create a new shooting angle.

Key Coaching Points

1. Strike the ball with the laces.
2. The non striking knee should be slightly bent but braced.
3. Head over the ball.
4. Select the target area.



Purpose

To develop receiving the ball and shooting.

Organization

Set out a 20 x 20 yard area. Groups of four. Two balls per group. One server stationed on the side of the goal. Repeat in two other areas for a total of 12 players.

Game Objective

The server plays the ball to light player #1 who controls the ball in front with his first touch and shoots on goal. The server then plays the ball to dark player #1 who repeats the practice. Rotate positions.

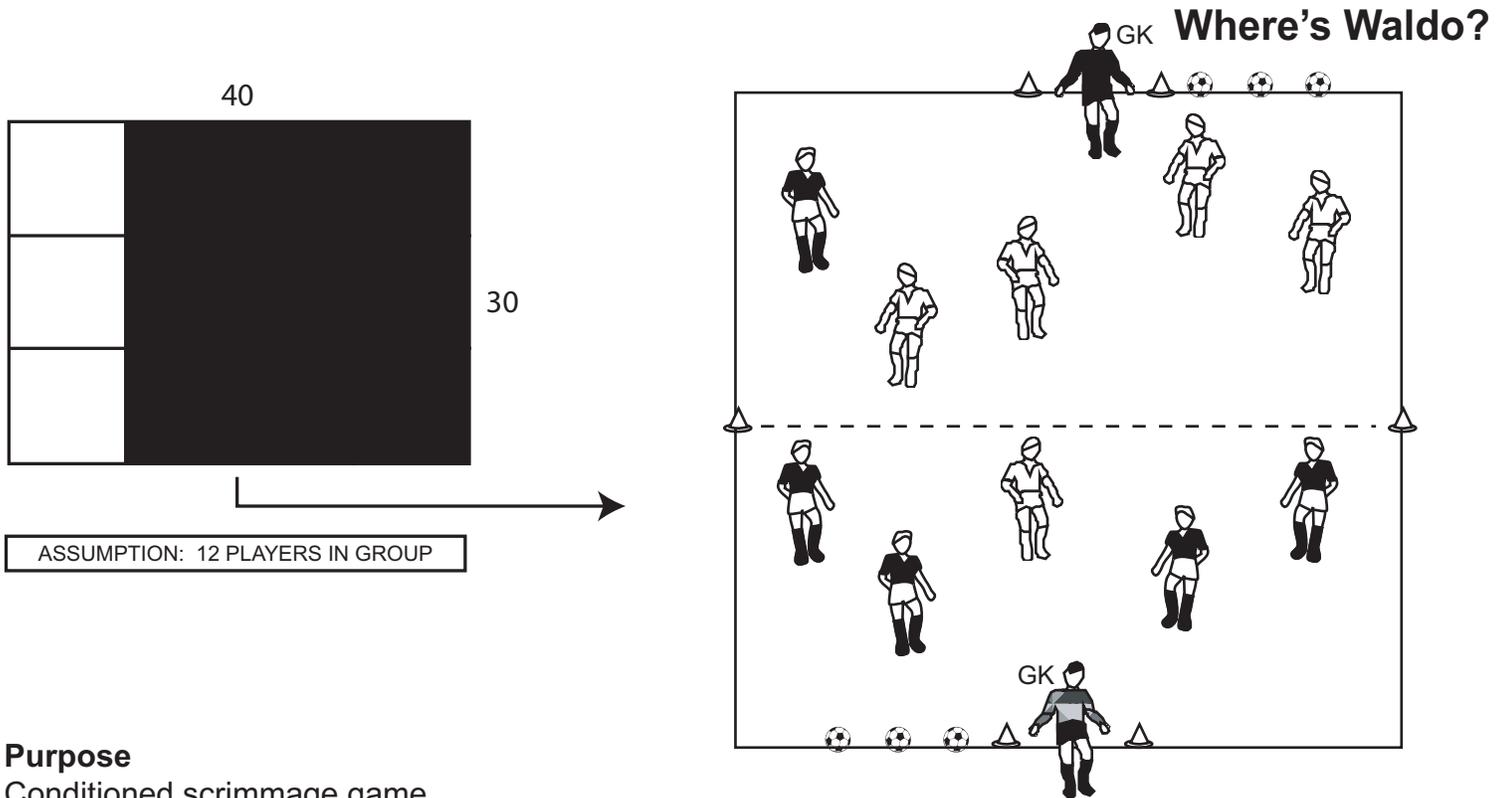
Progressions

1. Server throws the ball in.
2. Attacker has only 3 touches to score.

Key Coaching Points

1. Knee and body over the ball.
2. Strike the ball with the laces.
3. Keep the ball low and directed to the corners.
4. Follow through at the target.

NETBUSTER - Shooting



Purpose

Conditioned scrimmage game.

Organization

Set out a 30 x 30 yard area. Create a halfway line using discs. Store soccer balls behind each goal. Play 4 v 1 in each half with a goalkeeper.

Game Objective

The light team's goalkeeper serves the ball to any of his dark teammates in his half. They must get a shot on the goal in the opposite field. The lone light player of the dark team in that area is a defender trying to block the shot. The lone Light player in the opposite area is the cherry picker, following in on the goalkeeper for rebounds. Repeat in the opposite direction.

Progressions

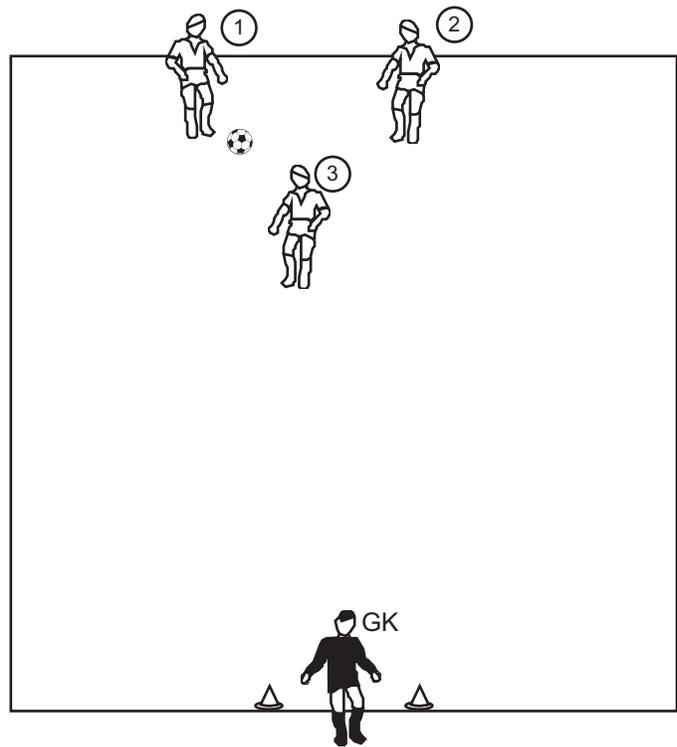
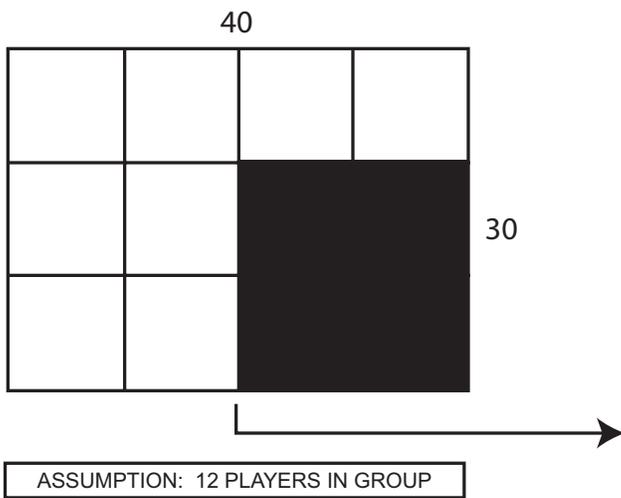
Take away the halfway line and progress to a full field game of 6 v 6.

Key Coaching Points

1. As soon as an opportunity for a shot arises it needs to be taken.
2. Shooting is as much an attitude and instinct as it is a technique.
3. Follow in for rebounds.

BACKYARD SOCCER - Shooting

3 Goals And In



Purpose

To develop shooting and finishing.

Organization

Set out a 20 x 20 yard area. Groups of 4. 1 ball per group. Position players as shown in the diagram. Repeat in 2 other areas for a total of 12 players.

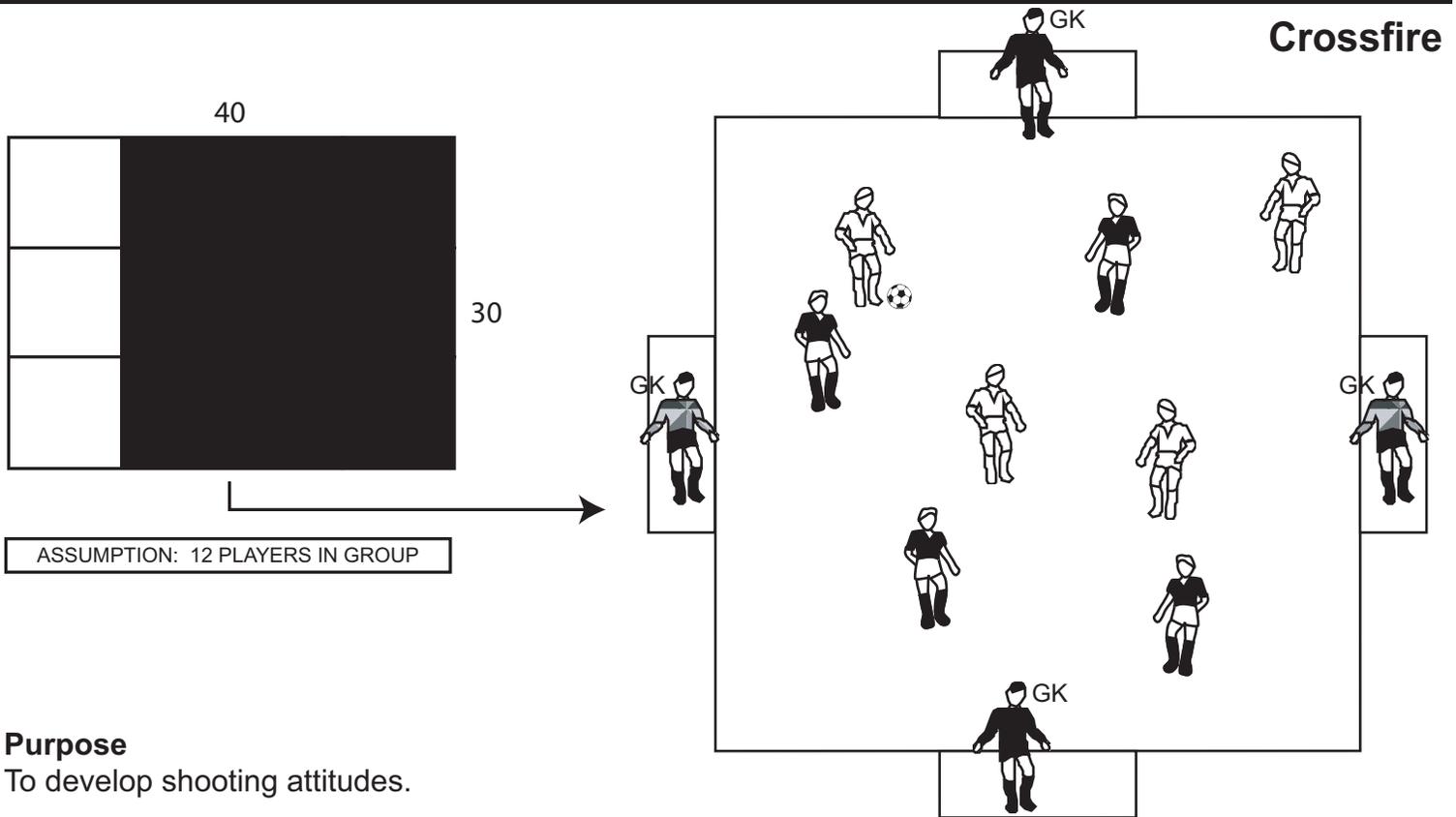
Game Objective

Light players 1, 2 and 3 compete against each other to score goals. The first player to score 3 goals is the winner. The winner then gets to choose who goes into goal next.

Key Coaching Points

1. Take shots early and keep them low.
2. Follow in for rebounds.
3. Challenge for every ball.
4. Shoot to the corners and away from the goalkeeper.

THE BIG GAME - Shooting



Purpose

To develop shooting attitudes.

Organization

Set out a 30 x 30 yard area with goals on each side of the area. Position 4 players from each team randomly within the area. Place a goalkeeper in each of the goals.

Game Objective

The dark team can score in the goals to the left and right of the diagram, while the light team can score in the goals at either the top or bottom of the diagram.

Progressions

Make the goals 5 yards wide and play with no goalkeepers in a 6 v 6 within the area.

Key Coaching Points

1. Develop a shoot first, pass second, attitude towards goal scoring.
2. Follow up on goalkeepers to maximize rebound scoring chances