

# Soccer Shooting Session for U8



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## Shooting warm up for u8

### Time:

15 minutes

### Set up:

- 25 x 40 yard area
- 2 goals
- 1 soccer ball per pair
- 14 cones

### Instructions:

Set up you area and goals like a normal soccer field.

When you set up the goals place 2 cones (4 in total), a yard inside of each post on the inside of the goals. This will create 2 gates within the goals and next to the posts.

Using the remaining 10 (5 cones per semi circle) cones make a semi circle around each of the goals.

Divide your players into pairs with one soccer ball in each pair, if you have an odd number you make a group of 3 with one player being the magic player (the magic player will be on the same team as the player who has possession of the ball).

This will be a 1v1, however if players are able to score a goal and it goes through the gates it will be worth 3 points. If they score and it does not go through the gates it will be worth 1 point.

Players are not allowed to score within the semi circle.

The player who has the most points in the pair will be the winner.

Each round will last 5 minutes.

At the end of each round swap players round so they are working with a different partner.

All the pairs will use the same goals to defender and score in.

### Coaching points:

- When you are shooting aim for the corners as this the hardest place for a goalkeeper so save the shot
- Strike the ball when you want to get power in the shot and use the inside of your foot to place your shot
- Dribble with your head so you can see the goal and know how far away from the goal you are to take your shot

### Questions that can lead to coaching points:

- Where should you be aiming when you take your shot? Why?
- What different shooting techniques can you use? When would you the different technique?
- Why should you dribble with your head up?



## U8 shooting session technical activity

### Time:

20 minutes

### Set up:

- 1 soccer ball per pair
- 1 goal per pair
- 4 cones per pair

### Instructions:

Set up your goal up and place 2 cones opposite each other 10 yards apart from the middle of the goal, this is where your players will start.

Similar to the set up for the first exercise you want to place a cone on the insides of the goal posts to create 2 gates.

This will mean that as one player takes a shot the player on the opposite will be able to collect the ball and vice versa.

This means that a lot of time is saved chasing after soccer balls after a shot has been taken.

One player will start with the ball and they will have a touch out of their feet and have a shot at the goal.

If they are able to score through the gate they will get 3 points, if goals through the middles section of the goal they will get 1 point and if they miss they will get 0 points.

The winner player will be the player that has the most points.

You divide this drill into 4 rounds of 5 minutes with players using different techniques and changing the foot they are shooting with.

For example, using the inside of your left foot, inside of your right, the laces of your left foot and the laces of our right foot.

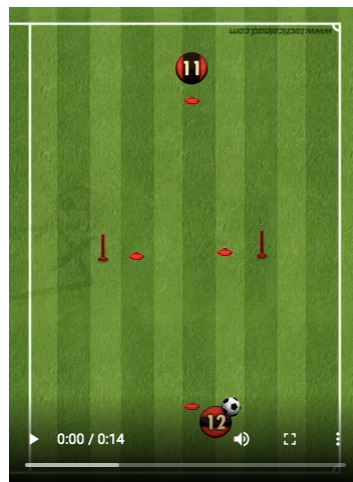
If you have enough pairs you can turn this into a ladder system where players can move up if they won and move down if they lost.

### Coaching points:

- Take a touch out of your feet and strike the ball in your step, similar to a game scenario
- Look up before you shoot so you know where the goal is and where you are aiming for
- Aim for the corners when shooting

### Questions that can lead to coaching points:

- Why should you take a touch out you feet and run on to strike the ball?
- What should you do before taking your shot?
- Where should you be aiming when shooting?



## U8 shooting session technical activity progression

### Time:

20 minutes

### Set up:

- 1 soccer ball per group of 3
- 1 goal per pair
- 4 cones per pair

### Instructions:

The set up for this will be exactly the same, however instead of working in pairs players will now work in groups of 3.

Instead of having gates to aim for the third player will go in goal instead.

The group of players will compete to get the highest score, with the player getting the highest score becoming the winner.

Each time a player scores a goal they will get 3 points and if the goal keeper makes a save they will get 1 point.

There should be 3 rounds so each player has a chance to shoot twice and be the goalkeeper once.

Players can decide what technique and what foot they want to shoot with.

Players must take their shots from the cones that is 10 yards back from the goal.

### Coaching points:

- Aim for the corners where it is hard for the goalkeeper to reach.

- Shoot with your head up so you know where the goalkeeper is and the goal is.
- Touch the ball out of your feet and take the shot while the ball is moving

### Questions that can lead to coaching points:

- Where should you be aiming when shooting the soccer ball?
- How do you know where the goalkeeper and goal is?
- Why should you try to strike the ball while moving?



## Conditioned soccer shooting game

### Time:

25 minutes

### Set up:

- 25 x 40 yard area
- 2 goals
- 1 soccer ball
- 14 cones
- 2 teams of 3

### Instructions:

This set up will be the exact same as the first activity with the same rules and point scoring system.

The only difference is that it will become a 3v3 small sided game instead of 1v1.

Depending on the size of you group may need to set up another field for them to play on.

I would recommended trying to keep the same sided game 3v3 or 2v2.

### Coaching points:

- Reinforce previous coaching points from the throughout the session
- Let your players play and only step in to give small individual coaching points

**Regular game of 3v3 soccer for the last 10 minutes**

