

U8 Soccer Shooting Session



Soccer Graphics

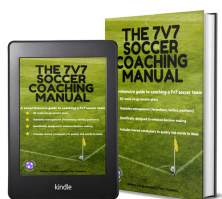


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

Use code AFL-RMTD for 5% off

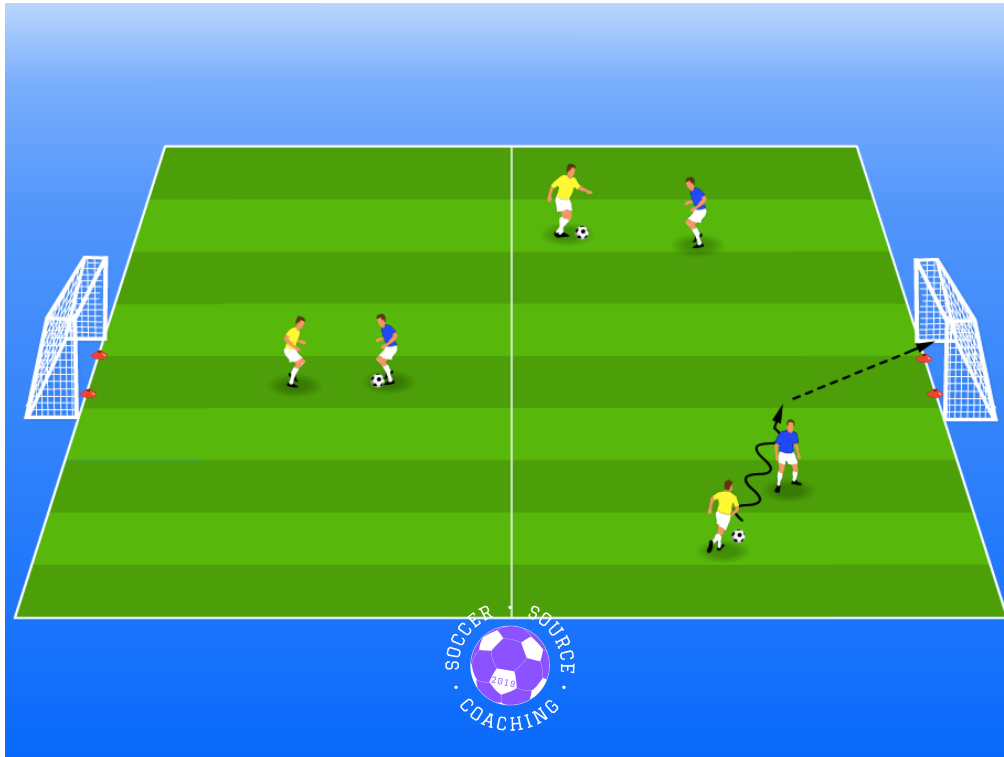
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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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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 your area and goals like a normal soccer field.

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.

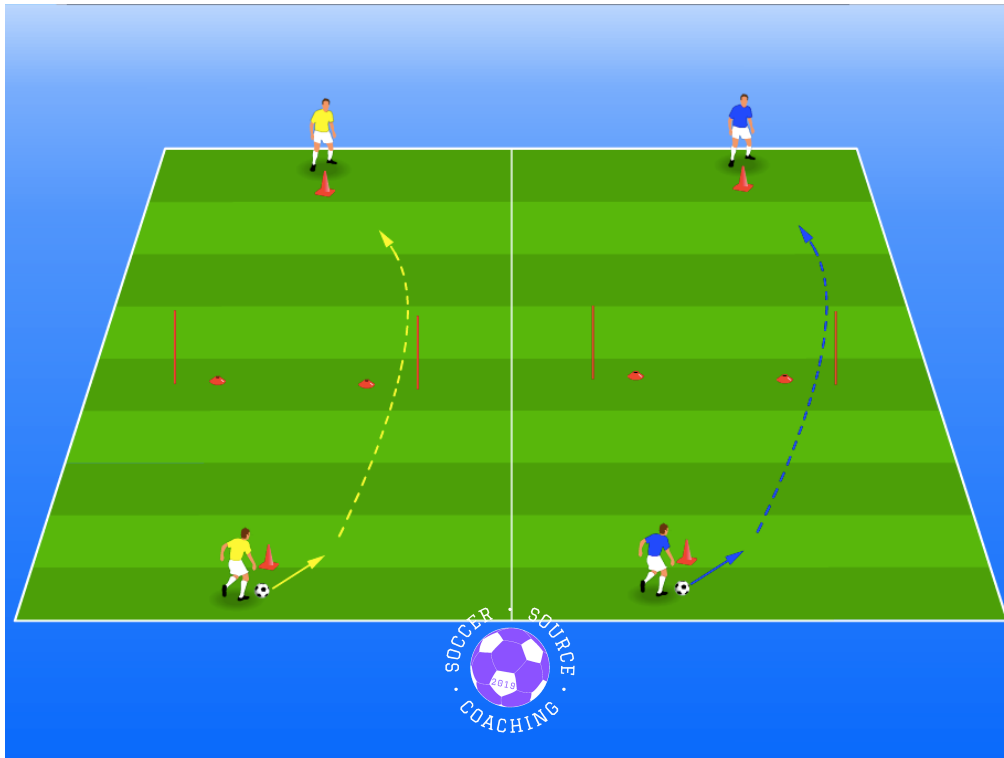
All the pairs will use the same goals to defend and score in.

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?



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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 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 setup for the first exercise you want to place a cone on the insides of the goalposts to create 2 gates.

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 they goal through the middle section of the goal they will get 1 point and if they miss they will get 0 points.

The winning 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, the inside of your right, the laces of your left foot, and the laces of your right foot.

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

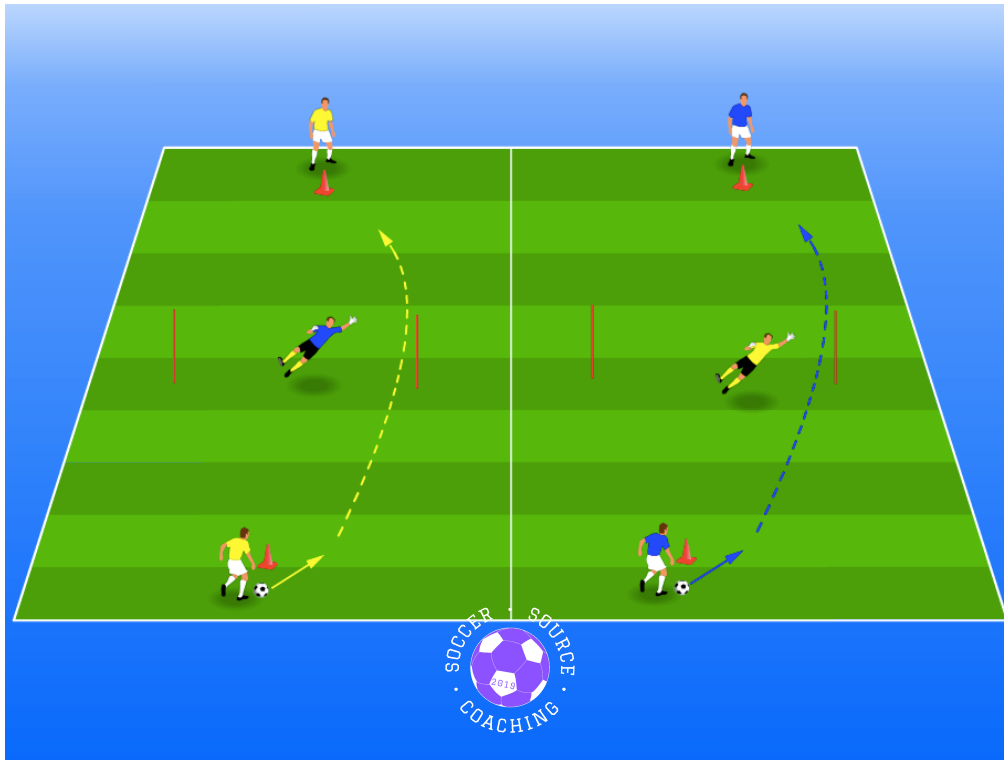
Aim for the corners when shooting

Questions that can lead to coaching points:

Why should you take a touch out of your feet and run on to strike the ball?

What should you do before taking your shot?

Where should you be aiming when shooting?



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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 setup 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 goalkeeper 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.

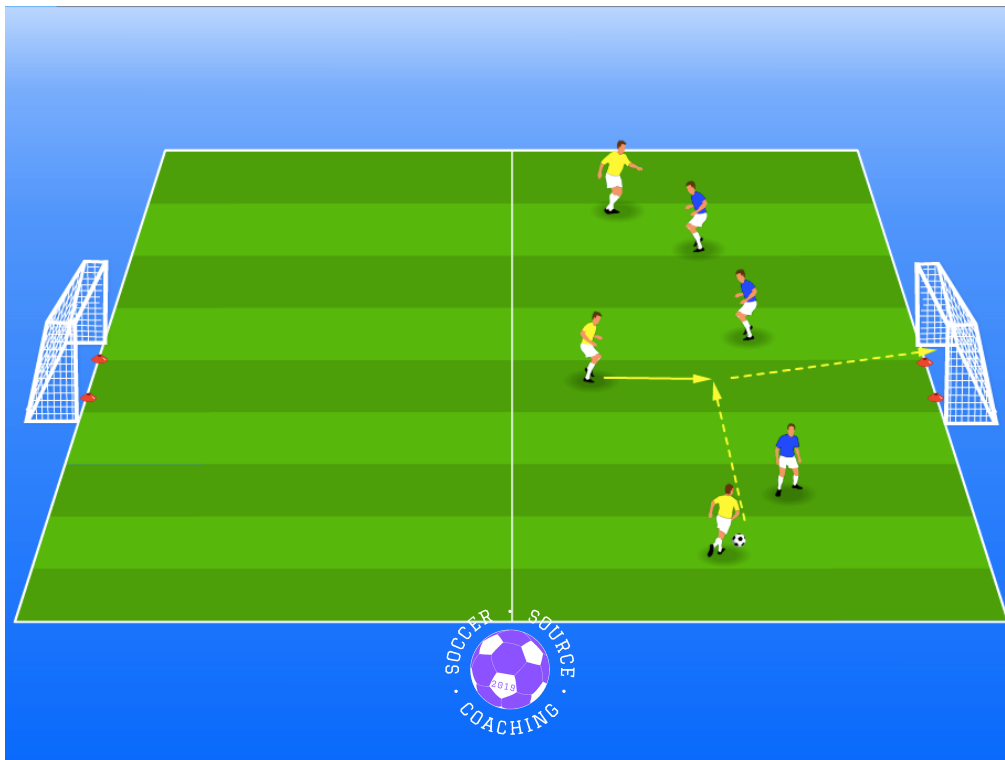
Touch the ball out of your feet and take the shot while the ball is moving

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?



[Click here for the video](#)

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 setup 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 your group may need to set up another field for them to play on.

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

Coaching points:

Reinforce previous coaching points from throughout the session

Let your players play and only step in to give small individual coaching points

A regular game of 3v3 soccer for the last 10 minutes