



U7-U8 Skills Session 5

Category: Technical: Shooting

Difficulty: Beginner

Am-Club: Waterloo Minor Soccer Club
Carl Horton, Waterloo, Canada

Description

4v4 (10 mins)

Organization:

As the players arrive organize them into the small sided games. Start with 1v1 and then go from there. Once you get to 4v4 start the next game.



Mud Monsters (10 mins)

Mud Monsters!

Organization:

Set up a 20m x 20m grid, 12 players, 10 with the a ball at their feet, 2 players outside the grid as catchers. (Mud Monsters)

Procedure:

On Coaches call the catchers try to tag the players dribbling inside the area. If a player gets tagged they stand with their legs apart shouting Help, Help I'm stuck in the mud To be freed a player can crawl through the back of their legs. If the Mu Monsters catch and freeze all the players they win. If after 60 seconds the players are still dribbling, they win.

Emphasis:

FUN, Listening, Dribbling, Changing Direction, Balance, Agility, Coordination, Imagination



Opposed Shooting (10 mins)

Organization:

- see diagram for set-up and equipment
- area approx. 20x15 yards

Player A and D dribbles/RWB width ways across the field to finish inside the zone into the small goal and immediately become the defender. That is the trigger for Player B and E to attack the big goal in a 1v1 situation. If defender wins ball can dribble into end zone for bonus point. Player A defends against Player E and Player D defends against player B

Players A and E switch lines and Players D and B switch lines.

Coaching Points:

- good touch out of feet to run with ball at speed
- accurate finishing
- close control and dribbling/moves if challenged by defender
- quick transition from attacking to defending



2v2 SSG (10 mins)

Organization:

10-12 players

see diagram for set-up and equipment

area approx. 16x16

Procedure:

On coach's call (red yellow) 2 players for each team must react, touch that colour cone, then run around their net, with coach passing ball in, to play 2v2, can score in either goal, if win the ball attack opponents net.

Coaching Points:

See the ball/See the player

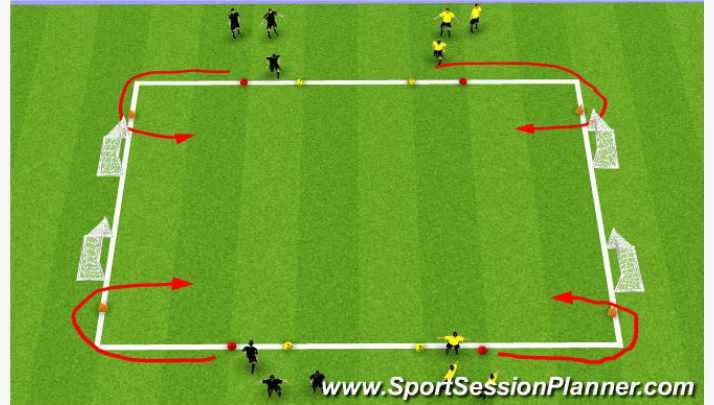
Change of speed/direction

Keep head up

Use all parts of both feet

Decision making, Should I dribble, pass or shoot?

Have FUN



3v3/4v4 (10 mins)

Small Sided Game: 3v3 or 4v4 depending on number of players

Organisation:

Set up two fields 35 x 25 yds. Depending on numbers have 3v3 or 4v4 with retreat line.

Emphasis:

Having fun

