
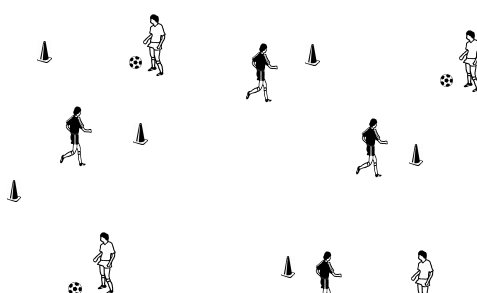
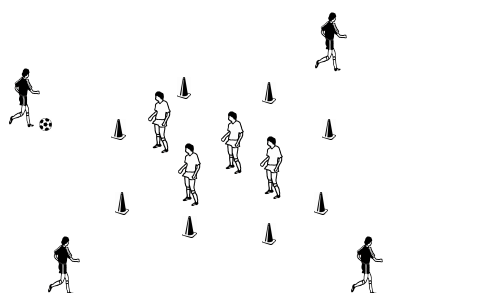




Club:	Weyburn Soccer Association
Session:	11
Team:	U8
Session Topic:	Shooting

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Game called ‘Space Invaders’ – Have tall cones placed randomly throughout the middle of your grid. Tell the players they are space cadets, and the tall cones are the aliens. Players must dribble around and when you shout ‘attack’ they must knock over the aliens with ball. Try kicking the ball with their LACES! NOT SIDE FOOT and not the toe. ‘SAY NO TO THE TOE!’ Coach keeps putting cones back up. Towards end let them knock them all over. Maybe time how long it takes and challenge them to beat their time/see how many they can get in one minute.</p> <p>Coaching Points –</p> <ul style="list-style-type: none"> • Keep head and knee over the ball, not leaning back • Select their target, getting close before kicking • Make sure all players are using their laces to strike the ball 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Split players into 2 teams. 1 team are ‘space cadets’, 1 team ‘alien helpers’. Space cadets dribble round trying to knock over the cones with the ball whilst alien helpers are trying to put them back up. If too easy, make alien helpers hop around. Coach counts how many cones are standing up v down to decide who wins. Then switch roles.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Head up looking for target when dribbling • USE LACES! • Good contact with the ball, follow through with strike • Head and knee over the ball • Using laces not inside of foot to strike the ball! SAY NO TO THE TOE! 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation Players are set into 2 teams, similar to dodge ball. 1 team in a defined area with the other team surrounding them. Players are eliminated if hit below the waist with the ball. 1 ball is used at first with others being introduced at coach’s discretion. ENSURE BELOW WAIST ONLY – Only use side foot. Switch roles.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Using LACES to strike the ball. • Strike through the ball, keep toe pointing down • Get body over the ball to keep the ball down, DO NOT LEAN BACK as this makes ball go in the air • Players in the centre remain aware of surroundings by having head up. 	
Game Time		