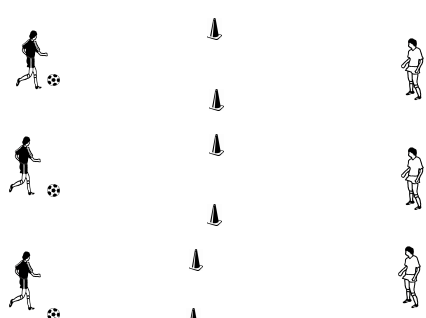
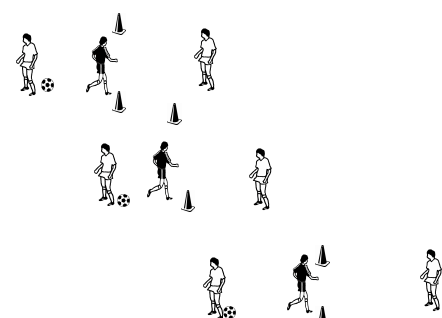
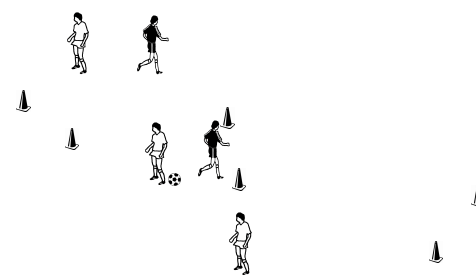




Club:	Weyburn Soccer Association
Session:	6
Team:	U8
Session Topic:	Shooting

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo		<p>Implementation – Players are standing with a partner, one ‘batman’, one ‘robin’ and face each other. One ‘bat ball’ between the two. Players have to shoot the ball through gates (2 cones) to score. Once ball is on the other side, partner has a chance to score. Can make goals smaller as it goes on to make it harder. USE LACES TO SHOOT! NO TOE!</p> <p>Coaching Points</p> <ul style="list-style-type: none">• Angle of approach when striking the ball – Face the way you want the ball to go• Follow through with shot, like the golf swing technique – following through when the ball is hit.• Head and knee over the ball to keep it down• Aiming• Move the ball into the correct area before hitting
Stage 2: Opposed		7 Minutes
Field Demo		<p>Implementation – Same as previous, however groups are now in 3's. Now have ‘The Penguin’ as the goalkeeper to shoot past. Positions are rotated when coach says. Encourage shooting into the bottom corners. If there is one group of 4, you can do 3 shooters and make a triangle for the goals.</p> <p>Coaching Points</p> <ul style="list-style-type: none">• Good contact of the soccer ball, following through with kick.• Go over points from Stage 1.• Encourage shooting into corners.• If ball is going high, ensure kicking centre of the ball and not leaning back when striking.
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo		<ul style="list-style-type: none">• Implementation – Players are split into 2 teams, ‘Batman and Robin’ v ‘Joker and Penguin’. Several goals are laid out using cones. One team starts with the ball and has to run around and score as many goals as they can in 30 seconds. Other team has to stop shots by being goal keepers. Start with 1 ball. Can increase number of balls. When GK has ball, they give it to a player on the other team. Have more goals than GK's. Switch roles. <p>Coaching Points</p> <ul style="list-style-type: none">• Heads up looking for the open goal• Drive towards space and open goal• Aim for corners when shooting• Following through with the ball when striking
Game Time		