

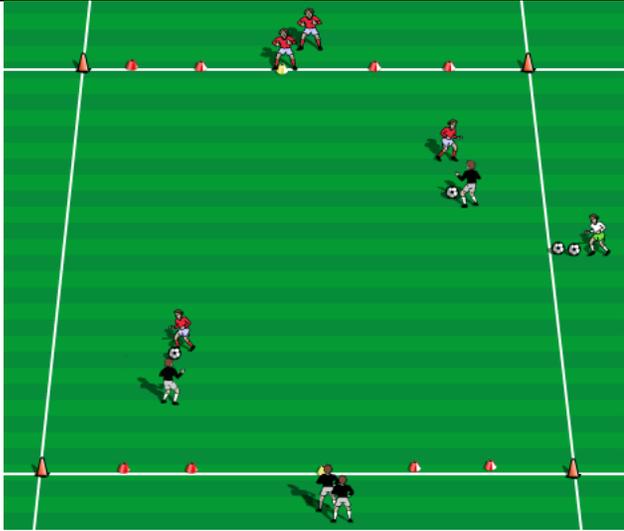
St. Mary's SOCCER

U08/U09 Academy Session 8

Main Topic: Shooting. In this session we will work with the players on striking the ball with the laces. We want the players to learn how to shoot the ball with their laces r. Be sure to have them practice shooting with their laces using both their right and left feet.

Striking the Ball with the laces

1. Toe down
2. Locked ankle
3. Placement foot pointed to target and parallel to ball
4. Weight over the ball to keep it low to the ground
5. Eyes on ball at instant of contact
6. Follow through to target

Activity Name/Description	Diagram/Instructions	Coaching Points/Questions
<p>1st Activity – 1v1 Warmup Easy warmup activity while you wait for your players to arrive. Set up two cone goals (gates) at each end of the grid. The gates are two cones placed 4 to 6 feet apart.</p> <p>Once two players arrive, have them start playing 1v1 where they score by dribbling through one of the cone goals.</p> <p>If a player uses a move to beat a player (such as the step over), they get 3 points.</p>		<p>1v1 is the basis for all of soccer. We want our players to develop the confidence to beat any player when they are in a 1v1 situation.</p> <p>The reason for having two gates is to discourage the defender from just standing in front of one goal. It also gives the attacker an option if one goal is being guarded by the defender.</p> <p>More than 1v1 can be going on at the same time.</p>

2nd Activity –4 Surface Dribbling

This is a review of the 4 primary surfaces of the foot to use when dribbling. Outside (pinky toe), inside (big toe), laces and bottom (sole).

Players will dribble the soccer ball from one side of the grid to the other.

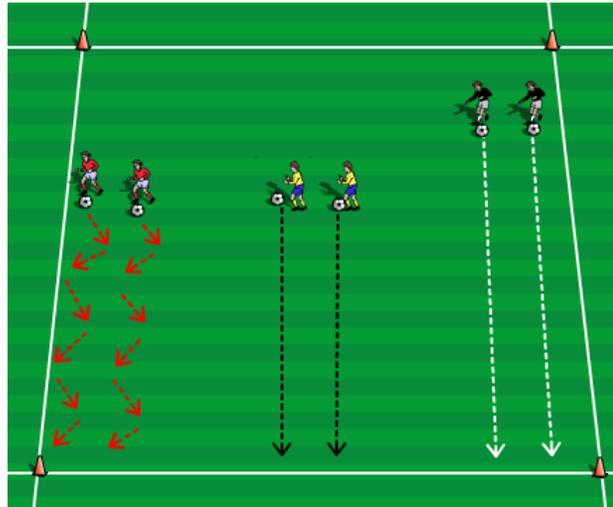
Once they get to the far side of the grid, have them execute one of the change of direction moves introduced during the last session.

Pullback: Executed by placing the bottom of the foot on the ball, rolling it backward, and turning with it. **Full Zico:** A stepover move with one foot, then turn and take away with the opposite foot.

Half Zico: A stepover move with one foot, then turn and take away with the same foot.

3rd Activity – Large group activity

The site/field coordinator will gather all players around one of the team grids to introduce the topic for this week.



For the outside (and inside) of the foot, have them take two small touches with one foot, then two small touches with the other foot alternating across the grid. The ball will not go straight across the grid but move at ~45 degree angles moving back and forth as they cross the grid.

For the sole/laces the players should use one foot going across the grid and then switch to the other foot returning across the grid.

Have the players practice the step over move.

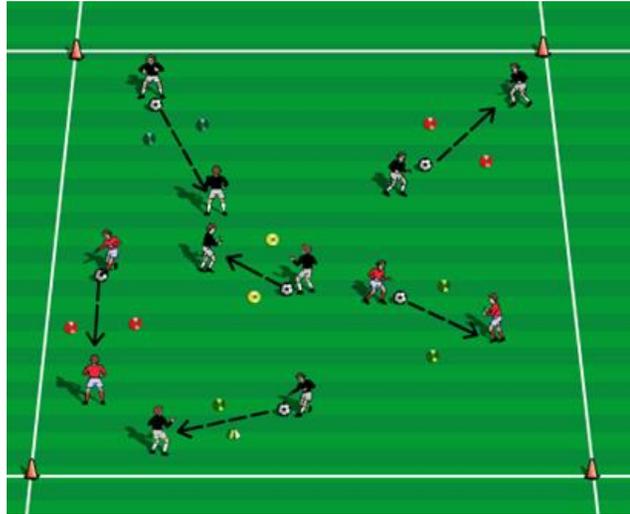
Step Over - Player fakes a pass using the inside of their foot and then take the ball away using the outside of the same foot.

4th Activity – Gate Shooting

The purpose of this activity is to allow two players to move to a target and shoot the ball through the gate using their laces.

Two cones are placed approximately 2-3 feet apart as gates all over the playing area.

Shooting the ball with their weight over the ball (ball beneath hips) instead of reaching out in front of them will give the ball a low trajectory. Additionally, we want the toe pointed down and the ankle locked.



Players partner up and move around grid passing (shooting) the ball with the laces to their partner on the other side of the gate. Can only shoot through a gate once and then have to move to another gate.

Vary the shooting distance having them start out closer to the gate and then work their way out to further distances.

5th Activity - PACMAN

Start out with each coach having a ball and the remaining balls are just outside the grid.

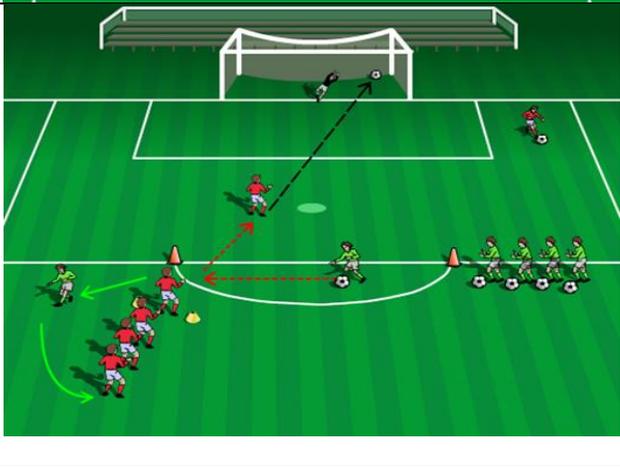
Coaches (Ghosts) dribble close to players without a ball (Pac-Men) and try to tag them with the ball **below the knee** using the laces to shoot the ball. Taggers can only use one ball.

If a Pac-Man gets tagged with a ball they go get their ball and become a Ghost.



Players work on shooting with the laces, position of the head and placement of the non-kicking foot, accuracy and keeping the ball low.

The last two or three players who were Pac-Men get to start out as the Ghosts in the next game.

<p>6th Activity – Bandit Game with Shooting</p> <p>Set up two or three balls on top of a cone inside the grid. The players whose ball is on the cones will start out as the bandits.</p> <p>When the coach say, “Watch Out for Bandits”, the bandits try to <u>steal</u> the other player’s soccer ball.</p> <p>Once they steal a soccer ball, they are no longer a bandit and the player that lost the ball is now a bandit.</p>		<p>If a soccer ball is kicked out of the grid, it can be brought back in once the player has completed 5 toe touches.</p> <p>After 30-40 seconds, the coach will yell “It’s a shootout” and every player with a ball tries to shoot the balls placed on top of the cones.</p> <p>The players who shoot the balls off the cones get to start out as the bandits in the next game.</p>
<p>7th Activity – Shooting Race</p> <p>For this activity the coach will have 4 small squares made up of 4 cones. Each square will be approximately 5 yards apart as depicted.</p> <p>In the center of the larger square the coach will place a ball on a cone.</p> <p>To start the game a player with a ball will be in each of the small squares.</p>		<p>Once the coach yells “go” the players will race around dribbling their ball through each of the smaller squares.</p> <p>Once they have returned to their original square they will try to knock the ball off the center cone by shooting at it using their laces.</p> <p>The player who knocks the ball off the cone is the winner.</p>
<p>8th Activity – Goal Shooting</p> <p>The purpose of this activity is for the player to work on shooting against a goalkeeper.</p> <p>Green player dribbles the line and leaves the ball in front of the red player. Green player sprints to the back of the red line.</p> <p>Red player takes a touch into the box and then take a shot on goal. Red player retrieves a ball and then gets in the back of the green line.</p>		<p>Coaching Points</p> <ol style="list-style-type: none"> 1. Think “Can I Shoot” and shoot early. 2. Aim small, miss small. 3. Plan foot (and hips) give direction of the ball 4. Keep the ball trajectory low by getting weight over the ball (head and shoulders in front of the ball and hips over the ball) 5. Shoot with laces and ankle locked.
<p>Cool Down</p>		<p>Juggling</p>