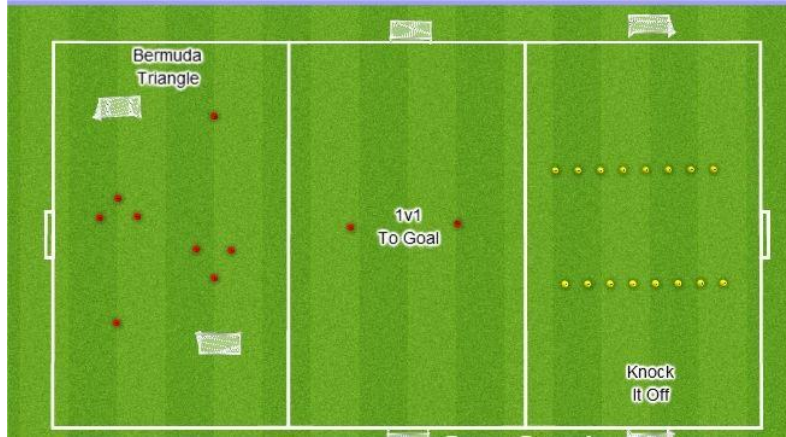




U7-U8 Fundamentals Outdoor 2017

WEEK 6



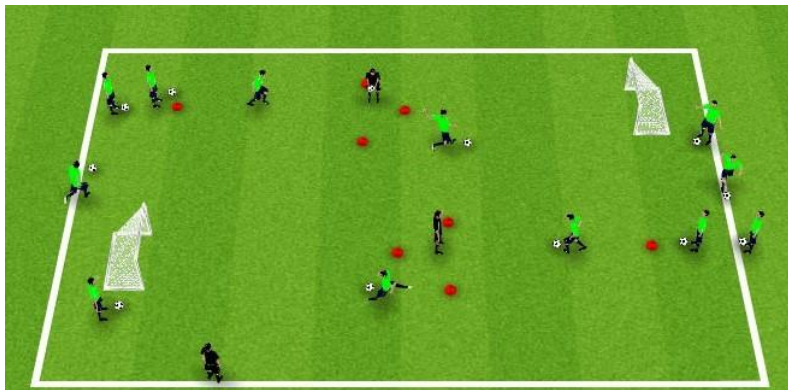
⌘ Set Up

Shooting

The 3 basic coaching points to focus in on are:
 Keep your eye on the ball
 Plant foot is pointed towards target (knee bent)
 Shooting foot is locked and pointed down (laces)

Surface of the foot:

- Laces
- Inside
- Outside
- NO toes



⌘ Bermuda Triangle (12 mins)

Set Up:

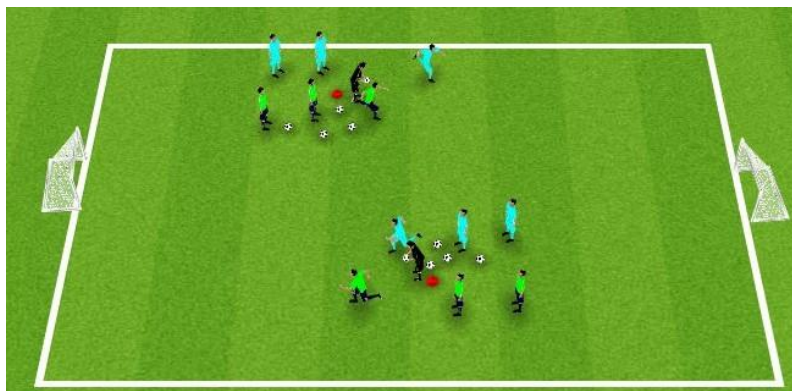
2 Lines with 6 players in each line
 Triangle with Coach inside about 12 yards from goal

Instructions:

Each player has a ball and dribbles or passing into the coach
 Coach lays off the ball to a side and player strikes the ball

Options:

- Closer or further to goal
- Pass or dribble into coach



⌘ 1v1 to Goal (12 mins)

Set Up:

Split group in half in separate colors
 Line them up 3&3 about 15-20 yards from goal
 Balls start with coach

Instructions:

Coach drops ball to one side
 Players compete for ball and dribble to goal
 Must end on a shot
 Retrieve ball and alternate side

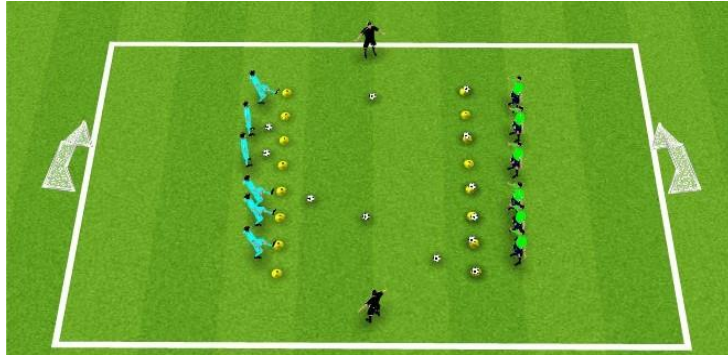
Options:

- Stagger the starting positions of the lines favoring 1 line
- Both players can get a ball and first one to shoot and score gets the point for their team
- Start closer or further from goal



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Knock It Off (12 mins)

Set Up:

Up to 12 players working in pairs

Set up 2 rows of cones about 15 yards apart

Instructions:

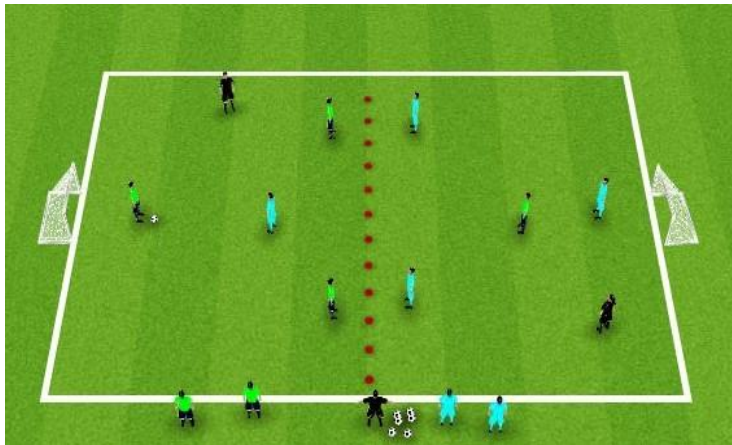
"Go" Player 1 shoots ball across the channel and tries to knock down Player 2's ball

Do this 3-5 times and reverse roles

Options:

Increase or decrease distance

Make it a team game



Regular Small Sided Game 4v4 (10 mins)

The focus of this Small Sided Game is to foster real time decisions and allow the players to PLAY

Encourage:

Spreading Out in a *Diamond*

Staying *High/Wide/Deep*

Keep their heads *UP*

Of Note:

Restarts from own end after goal

Opposing team backs up past center line

Kicks ins when Ball goes out

First Pass is *Free*