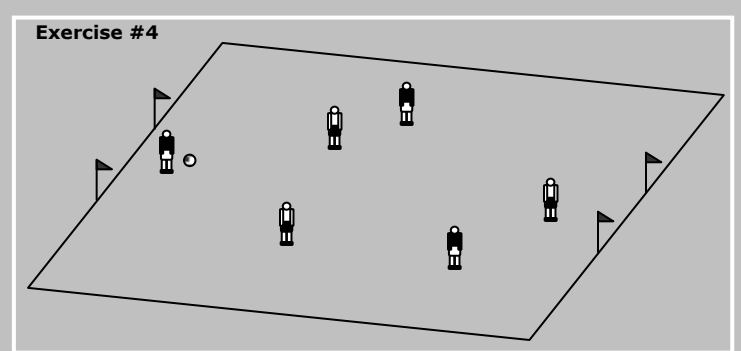
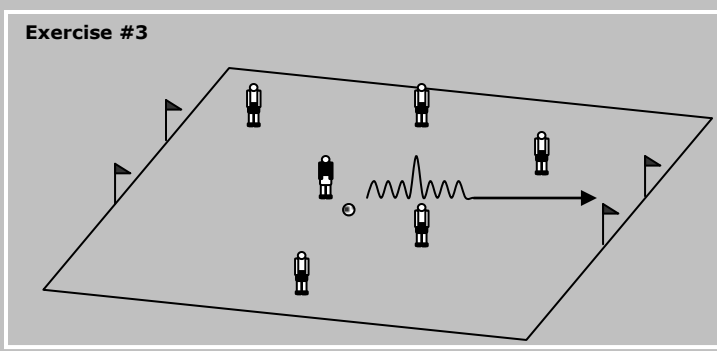
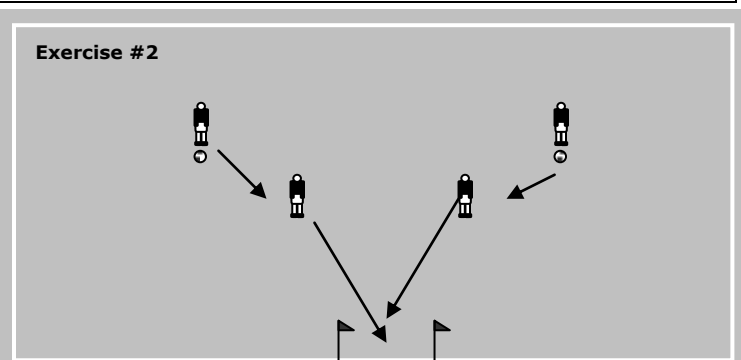
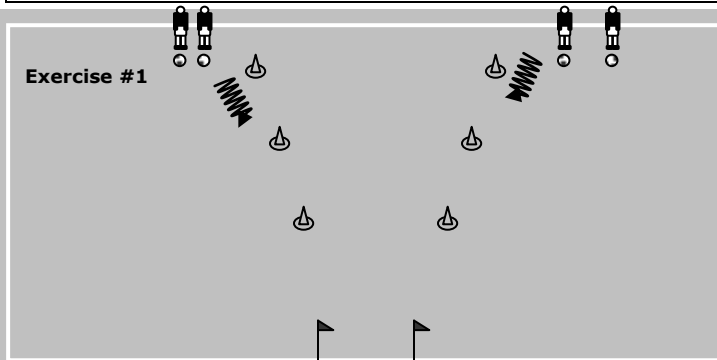


## U8 FINISHING SESSION (SHOOTING)

CATEGORY	TOPIC	AGE	DIVISION	CODE
Finishing	Shooting	U8	Micro	U8C
<b>Exercise #1</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Cones and Shoot:</b> Dribble through cones without touching a cone, touch ball every step, once by last cone shoot ball on goal. Once players shoot, next player in line goes. If there are too many players standing in line set up exercise going to a second goal, this will maximize repetition. Repeat process. <i>Time: 15 min.</i></p>		<p>Dribbling technique. Shooting, use laces, toe down, and ankle locked. Plant foot pointed at goal. Strike center of ball. Follow through; land on shooting foot or plant foot, entire body should be off the ground. Stay 4:1 on the positive to instructional comments throughout the session.</p>		
<b>Exercise #2</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>Turning Finishing:</b> Ball is passed into player who turns with one touch and shoots. Player who passes ball becomes shooter. Repeat process. <i>Time: 10 min.</i></p>		<p>Turn with ball in motion side on, with the inside or outside of the foot. Shooting technique (same coaching points as above). Be positive.</p>		
<b>Exercise #3</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>World Cup:</b> Use two goals with 1 ball (1 v all), coach serves ball onto field, all players play against each other and try to score on either goal. After a player scores they come out and wait to progress to the next round, the last player left is out, play until there is one winner. <i>Time: 15 min.</i></p>		<p>Dribbling to beat players. Same coaching points as above. Laugh and have fun with the players.</p>		
<b>Exercise #4</b>	<b>Organization</b>	<b>Coaching Points</b>		
<p><b>3v3:</b> Play a 3v3 game. For a group of 10 – 12 players set-up two fields for two 3v3 games. Field(s) size 25x35 yard grid; use one ball per field. <i>Time: 35 min.</i></p>		<p>Encourage players to score and play the game. Same coaching points as above. Become a fan of the players (good job, well done, etc.).</p>		



Light		Dribbling		Priority number	
Dark		Dribbling with feint		Nike ball	
Player making decision		Ball movement		Cone	
Goalkeeper		Run		Flag	
Grid		Cross			