

# COACHING GUIDELINES

## INTRODUCTION

Dear Coaches,

The following coach's manual has been put together to guide you and your U-8 team throughout your upcoming season.

It contains various drills and games which focus on dribbling, passing, shooting, and teamwork. All activities are appropriately designed for the U-8 range and every activity and game can be modified and adjusted to your own team's needs and abilities. Also included are some coaching guidelines and coaching points to refer to and use when working with this age group in teaching them basic skills.

We are happy to advise and discuss anything in this booklet with you. If you have any questions, please feel free to contact us by email.

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We wish you a fun and successful season!

Sincerely,

Manuel

# COACHING GUIDELINES

**Soccer is still all about having fun with the ball and encouraging the children to want to have the ball at their feet. The numbers should still be one and two players to a ball.**

## GAME APPLICATION

**Game Form:** 3v3, 4v4 is best option for these ages

**GK Status:** Optional. Players should not be limited to playing one 'position'

**Field Size:** 4v4 (40 yards x 25 yards) – 3v3 (30 yards x 20 yards)

**Ball Size:** 3

When the ball goes out of bounds, the game is restarted with a kick-in or dribble-in. No throw-ins.

- **SOME THOUGHTS ABOUT THIS AGE**

These children are still young. By the end of this phase, (around eight years old) children are beginning to be able to apply past experience to the present situation. For example, at a simple level, they can remember what they were shown or what they tried with the ball from the last practice. At the same time, this ability is not present on a consistent basis. They are still not able to imagine consequences (i.e., if you do this, what will happen?). Let them learn through experience.

Do not attempt to replicate organizational schemes that you have seen older teams doing. Seven and eight year olds are not capable of playing anything that resembles organized soccer. For example, team concepts such as combination play or positions should not be introduced at this age.

Do use older players as mentors and role models. Often the younger players will learn simply by watching how the older players move or by what they can do with the ball.

## GOALS FOR PRACTICE, GAMES AND SEASON

- **PRACTICE**

There should be a lot of playing with the ball in small numbers for relatively short periods of time. A key focus for this age is to encourage players not to fear the ball. Give each player plenty of opportunities to experience the ball at his or her own pace. For example, organizing games where there are multiple goals and balls for the players to work with. Also, games where they are changing direction and changing how fast they run, and dealing with balls on the ground and with bouncing balls.

# COACHING GUIDELINES

- **DURATION, RATIO OF BALL: CHILD**

Practices should last 45 to 60 minutes. For most of the practice, each player should be actively involved with a ball. Games of 1 v 1 or games up to 3 v 3 with multiple balls involved (2:1 ratio of player to ball) and games to goals are also enjoyable and effective for this age.

- **GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING DURING PRACTICE**

No lines. No laps. No lectures. Attendance is still optional. Provided there is adequate supervision, children at this age should be allowed to come in and out of practice as they pleased. At this point, if you have not already done so, you may want to introduce some boundaries. However, don't allow the boundaries of the environment to hinder the training time by producing frequent stoppages of play because the ball goes 'out of bounds'. Try to keep the flow of the game going. Encourage informal play without pressure to 'perform.'. Encourage the basic skills and give the players a lot of time with the ball. This will ultimately build their confidence. Make sure to always include games to goals.

- **GENERAL DESCRIPTION OF INFORMATION THAT IS COMMUNICATED TO THE PLAYERS BY THE COACH**

Similar to the U-6 age group, the coach/parent should be positive and encouraging of each child. Specific soccer-related information should be limited to basic ideas of how to best keep the ball from running out of bounds too often, as well as some simple ideas for maneuvering in tight spaces and opponents. Coaches should exclude discussions about positions or other team concepts. When addressing technique, consider that kids learn much by watching and copying. A good picture of proper technique can be a very powerful learning tool. Coaches should say things such as, "See if you can make it look like this." Limit time spent breaking down the mechanics. Instead, try to do most of your teaching of technique by offering a picture and then set up fun games where the objective of the game is for players to practice certain ways to control the ball. The approach allows the player a certain amount of freedom to develop their ball control and accept that there is more than one way of doing it.

- **GENERAL DESCRIPTION OF WHAT SHOULD BE HAPPENING IN MATCHES**

U.S Soccer recommends that there be no organized matches at this age. Consistently set up mini games at practice for your kids to compete against each other, according to their age. There will be no need to keep score or even be very involved, except to enjoy the players and their effort and joy. Every player should look forward to opportunities to have the ball at his or her feet and to score. It is the coach's responsibility to encourage this fear-free culture. For the 7 and 8 year old groups, these games should only be seen as another fun activity that happens to include a soccer ball. They are not ready for specific soccer type information and there should be no

## COACHING GUIDELINES

emphasis on team concepts or positions. They will have plenty of opportunities to play in ‘real soccer games,’ as they get older. Most of the information from coaches during these times will pertain to each player’s individual relationship with the soccer ball – to want it, how to find it, deal with it, feel more comfortable with it, keep it close, etc.

**CONSIDER THIS:** How can the coach help all his or her players to develop to their potential? First, help your weaker players to develop their confidence with the ball. At the same time, continue to challenge your stronger players to expand their creativity and confidence. Confidence is the key. The more time they spend during practice and games with the ball at their feet, the more comfortable they will become, the confident they will become, the more they will look to get involved, and the more fun they will have with soccer.

Remember that the level of skill and competence that an 8 year old exhibits is no indication of the skill and competence that he or she will exhibit at 16 or 18 years of age. You can not predict which 8 year old will develop into a real player. Therefore work to encourage all your players to be competent and comfortable with the ball. This will give all your players the same opportunity to reach their potential.

Work during practice to move all your players forward at their own pace. Do not be concerned with match results. Be concerned that all your players want the ball at their feet and want to score. If you can accomplish this, you have successfully allowed your group to grow as soccer players. Unlike practice, you cannot add more balls/goals during games to give kids more chances with the ball. But you can emphasize certain themes for the players to focus on, such as getting involved, attacking the goal, taking chances, and then spend the length of the game reinforcing these points. This approach will give your players the green light to experiment and be creative – qualities that, unfortunately at the younger ages, are often discouraged on game day, in the name of being safe and winning.

(Extract taken from: “Best Practices for Coaching Soccer in the United States” USA National Youth Soccer Association)

# COACHING POINTS

## Touch and Technique

- Maintain close control with both feet.
- Be agile, stay on toes.
- Use all parts of feet, inside, outside, laces, sole.
- Move to get behind balls path.
- Keep a soft contact.
- Concentrate on center of ball.
- Keep head up.
- Control ball first, don't just kick it away.
- Be a friend with the ball.

## PASSING

- Use inside of feet.
- Change body position so it's comfortable.
- Stay relaxed. Don't be like a robot.
- Look at ball when passing.
- Pass to other players, not just kick and hope.
- Move afterwards.
- Move away from players to receive ball.
- Turn body to face ball when receiving.
- Stay spread out.

## SHOOTING

- Keep toe pointing down.
- Lock ankle.
- Strike with shoelaces.
- Strike through center of ball.
- Swing leg and follow through.
- Keep relaxed except keep foot locked.
- Accuracy before power.
- Keep knee and head over ball.
- Place standing foot alongside ball, not in front or behind.
- Aim for bottom corners of goal.
- Accuracy before power.
- Follow after shooting.
- Use foot closest to the ball. I.E. left or right foot.

## GAMES

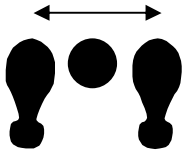
- All of the above.
- Keep moving.
- Encourage movement towards ball.
- Encourage use of width.
- Keep positions only loosely restricted.
- Take Time-out to rotate subs and positions.
- Coach, educate, and support during games.
- Explain all fouls and calls made.

# DRIBBLING GAMES

(For Warm-Up, can also substitute any of the dribbling games instead of technical footwork)

## WARM - UPS

### TIC - TOC



## BALL GYMNASTICS:

**Stationary:** Roll ball with bottom of foot forwards and backwards with right then left. Repeat from side to side, and then in a circular motion. Repeat all with increased speed.

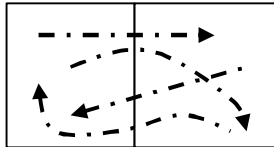
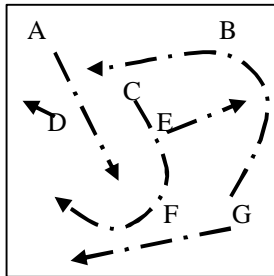
### On Toes.

**Tick-Tock.** Pass the ball from inside of left to inside of right ( See Diagram)

**Hat Dance.** Lightly touch ball with bottom of right foot then with left. Ball should remain still. Increase speed for both.

**Movement.** Tick-Tock but move ball slightly forwards each touch. Take it width of field then turn and return. Same with Hat dance. Sideways stance. Roll right foot over ball and stop with inside of left. On return use other feet.

## TECHNIQUE



2 Squares C

## SQUARE ACTIVITIES.

**Commands.** Move ball inside square. Coach gives Commands like Stop, Go, Turn Left foot, Right foot, Insides, Tic-toc, etc.

**Other Commands.** Body Parts. Touch ball with that BP.

**Find Spaces.** As kids move their ball inside square they try to find as much space as possible. On Coaches command player with most space is winner.

**2 Squares A.** Add a 2nd square and have players on command move ball into new square.

**2 Squares B.** Split kids into 2 groups, 1 in each square, on command they leave their ball and switch squares to find a new one.

**2 Squares C.** Same as above but take the ball with them, avoiding bumping in the middle. (See Diagram)

**Lose your Shadow.** In the double square each player has ball and partner. The Shadow has to try and stay within 1 yd of the leader. Partners Switch between Leader and Shadow.

## Relay races.

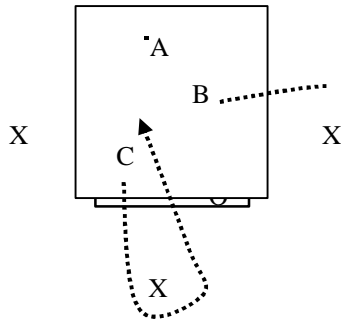
Set up multiple teams of 3 or 4 players. For each team set up a short course of cones that players have to dribble through. Players then dribble back, give ball to next person who repeats the course. When all players in a team have completed they sit in a straight line with their hands on their heads. Be creative and make other simple races in which the players use the ball in various ways. Not all of the relays have to use a ball.

# DRIBBLING GAMES

## DRIBBLING GAMES

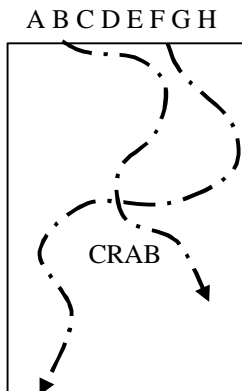
**Pac Dudes.** Kids inside square dribble around, 1 player ( GHOST ) outside square. On command, the Ghost has to kick all the balls out of the square. Winner is last one in square. Emphasize shielding and turning. Change ghosts.

### Musical Soccerballs



**Musical Soccerballs.** Place 4 cones outside square. Dribble in square, on command, players stop ball and leave it, and run to touch any one of the 4 cones. Coach removes 1 ball and When they come back into square they put their foot on ANY available ball. Player who doesn't get a ball is out. Get that player to remove next ball. Make sure all players are moving in square, not staying by the sides. (See diagram)

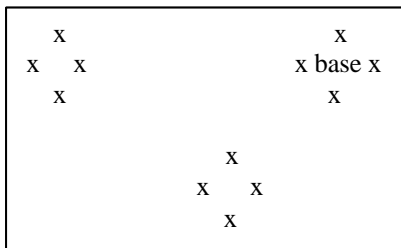
### Crab Soccer set-up.



### Crab Soccer

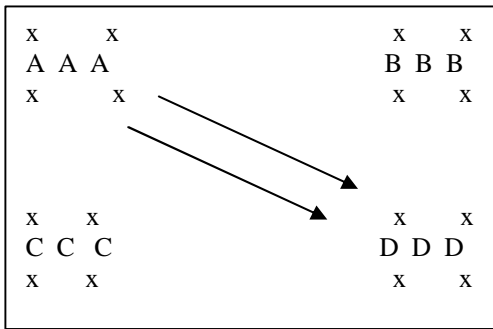
Players start at end of the grid with their Soccer balls. Coach (or designated player) starts as crab sitting with legs forward, and can only move in this position. On command, players have to dribble ball past Crab to the other end without their ball going out of the grid. They must stop the ball on the line. Crab moves to kick ball out of the grid. If ball goes out of the grid, then that player becomes crab. When everyone has reached the other line, and crabs are ready, then repeat in opposite direction. Last one to keep their ball is winner. Emphasize close control and movement from side to side to get past the crabs.

### Running Bases



Each player will need a ball, except those that have been designated as "It". Players that are "It" need to carry a colored pinnie or flag in their hand. Players with a ball try to dribble without being tagged. If they are, they exchange places with the "tagger" (The "tagger" hands the pinnie to the dribbler and takes their ball). Dribblers are safe in one of the designated bases. Only one player is allowed in a base at a time. if a new player enters base, the old player must leave the base. Add "taggers" when the players find the game to be easy. It seems about right to have one base for every 3 players, but, this number can be adjusted either way to make the game constantly interesting. This game can also be played by only allowing the "tagger" to "get" someone by kicking their ball away, not just "tagging" the person. Experiment with different combinations of "taggers" and bases to keep the players engaged.

# DRIBBLING GAMES



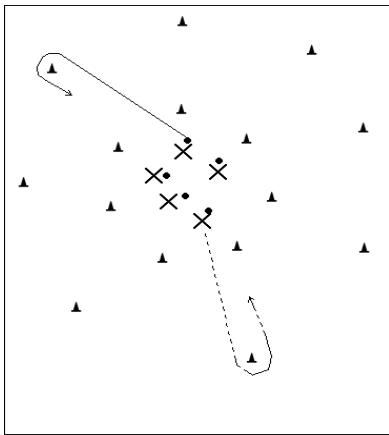
## Criss Cross Dribbling Game

This game is best run with at least 8 players but no more than 20 players. The drill should be run approximately 20 minutes and on a small field.

**Setup:** Create 4 - 7X7 yard grids by making a big 30X30 grid and sectioning off the corners of the larger grid. Create four different color teams of 3-6 players per team. Make sure you have enough balls for every player and assign each team 1 of the 4 grids. Number the teams 1 through 4.

**How to Play:** The coach should yell a pair of team numbers to start these teams "switch" (switch boxes with each other). Start off with only two groups working against each other as their objective is to dribble to their opponent's grid as fast as they can and stop their ball in the grid. The first team with the entire team is in their opponents grid with their balls completely stopped is awarded a point. Remind players to keep their heads up and ball close since they are headed into oncoming traffic, players must be aware of players coming towards them.

**Variations:** Once the teams have conquered the control factor with 2 teams switching, make 3 and then all 4 teams switch at once. Switching the groups diagonally will cause all 4 teams meet in the middle. This can get pretty messy, so make sure your players are ready for this before you attempt it.

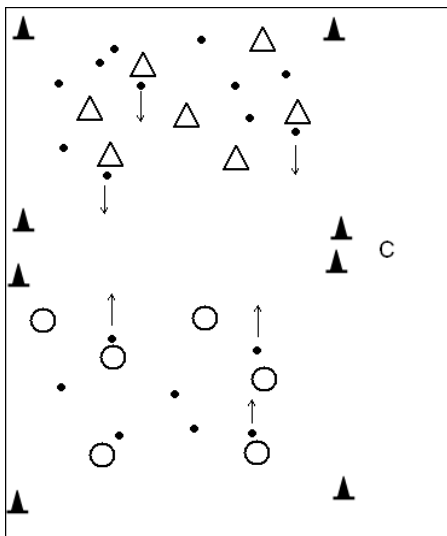


## Explode

**Setup-** make two large circles with flat cones. The outside circle should be 15-20 yards from the inner circle.

**The Game-** Players dribble inside the small circle of cones. On the coaches whistle, players explode to the outside and dribble their ball around an outside cone. First player back to inner circle wins.

When players come back, keep dribbling.. coach blows whistle again or make last player back do 10 "ball taps" with the bottom of his cleat.



## Keep your yard clean

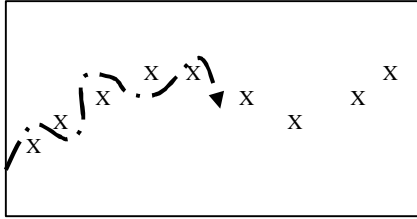
**The set up.** Two 40x40 grids next to each other.

**The Game-** two equal teams, one in each grid. Each player has a ball to start the game. On the coaches whistle, the players try to pass the ball from their yard into the opposing teams yard. When the coach blows the whistle(3-5 mins), play stops, the team with the least amount of balls in their yard wins.

**Variation-** tell the players what type of pass they have to use. Ex: LEFT FOOT ONLY

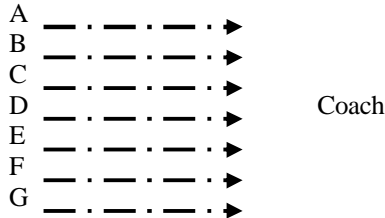


# DRIBBLING GAMES



## Windy Orange Brick Road

How to play: Set up a bending line of cones. At 1 end of the line place a Wicked Witch (coach, asst coach) and have players at the other end of the cones. Each player tries to dribble down the windy orange brick road, zig-zagging through the cones. At the end of the road when they meet the Wicked Witch they have to shoot the ball past her to melt her.



## How Long Left Ref?

How to play: Coach starts as the Ref. Each player has a ball. The Player shouts "How long left ref?" and the ref shouts back a time. Each player advances the ball the number the ref shouts out. Players ask again and repeat. When the ref blows the whistle, the players have to dribble their soccer balls back to the line and the ref chases and tries to kick their ball away. Let each player have a go as the ref.

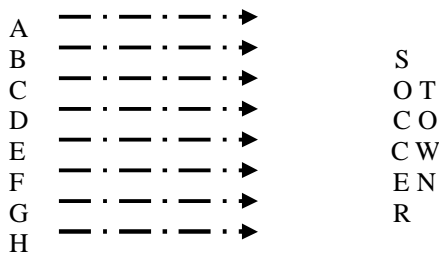
Teaching points: Use soft touches to keep away from ref, and then dribble at speed and stop ball with feet only.

## Knockout

How to play: Each player with a ball inside a square. On command "knockout" players are allowed to try and kick other players balls out, but must keep their own ball inside square.

## Bunnies

How to play: Players start on side of a grid with the ball. Two players are in the middle of the grid, and they are the "Bunnies." When the coach yells "go" the bunnies have to hop and try to tag one of the players dribbling the ball across the grid. If a player gets tagged, they also become a "bunny".

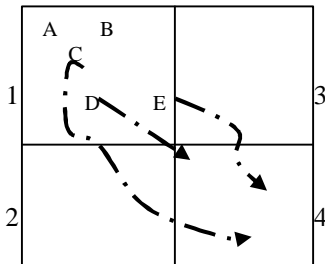


## Traffic Lights

How to play: Players start on one end of ( Soccer city) grid with their soccer balls (car). Coach is the traffic light (or traffic cop). Coach shouts various colors of traffic lights and players try to drive their soccer cars to Soccer town at the other end of grid. On command "red light" players need to stop their car with the sole of the foot and not move. If they move they return to soccer city and start again. Play to see who reaches Soccer town first.

Teaching Points: Dribbling and control movement.

Progressions: Add "yellow light" and make players do a stationary tic-toc or hat dance. Add additional commands: reverse where players go backwards, go home players turn and head back home, left, right etc.



## Multiple Square Games:

A: Using 4 adjacent squares. All players start in one square with ball. Coach calls a square number and players move their ball to that square and keep dribbling inside new square until coach calls another number.

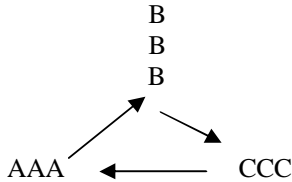
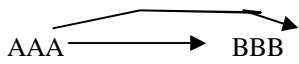
B: Split players into all 4 squares. Call 2 square numbers and those players have to switch squares.

C: Have players from 1 square on command try to go and steal balls from the other squares. Set time and see who can steal the most balls.



# BASIC PASSING

## WARM - UP



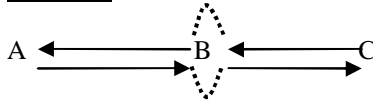
**2 Line Passing** Players are organized into two lines facing each other. (or sets of two lines facing each other) The first player in line A passes to the first player in line B who traps it, looks up and passes back to line A. After the player passes the ball, they run to the end of the opposite line. Passing is continuous until coach decides to stop or after certain amount of good passes has been achieved.

**Triangle Passing** Players are organized into lines that make the shape of a triangle. Line A passes to Line B and Line B passes to Line C. After each player passes the ball to the next line, they run to the end of that line. After some time, reverse the direction of the triangle.

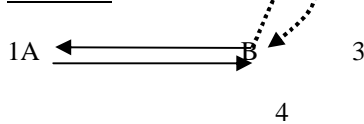
**Pass and Stop.** In pairs players are 3yds apart. Player 1 passes and player 2 stops ball. Player 2 runs backwards and player 1 runs forwards to pass ball again. Repeat for length of field then return with player roles switched.

## TECHNIQUE

### Various 2



### Various 3



## VARIOUS.

**1.** In pairs approx. 5 yds apart players pass back and forth. GIVE GOOD DEMO OF TECHNIQUE. Emphasize stopping ball 1st.

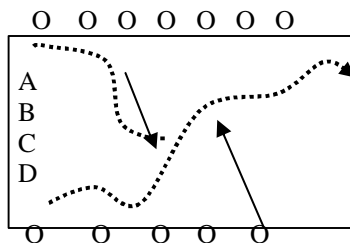
**2.** In 3's approx. 5 yds apart with 2 balls. A passes to B. B stops ball and passes back, then Turns to face C, who passes in. Repeat and rotate player B.

**3. Numbers.** In pairs, 1 ball, 4 cones in cross shape. A is by bottom cone and passes to B in center of cross. When he passes shouts a # 1,2,3,4. B stops passes back and then runs to touch that cone. When A shouts **1** players change position after passes.

**4. 3 squares.** Have 2 pairs in each square, with 1 ball per pair. Players move around inside their square, on command pass to their partner. Repeat. Emphasize movement and looking up.

**5.** In pairs, players stand 5 yds apart from each other, facing each other. One player starts with the ball and the other one stands with their feet spread apart to make a goal. The player with the ball tries to pass the ball through the other players legs for a point. Each player takes turns and they see who gets more points in a certain time period.

## GAMES



### Fireball.

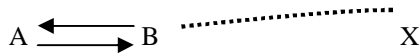
Set up a grid. Have players start at one end with all the balls lined up along the two sides. Coach starts with the balls on the side of the grid.

On command players have to run to other end of the grid dodging balls that coach is passing in. If hit below knee they join the side. Reset all the balls and repeat till everyone hit.

Winner is last player standing E

# BASIC PASSING

## I'M A STAR



Divide into pairs and place approx. 5 - 10 yds from each other. Player A has ball. Payer B must call A's name before A passes. A passes. B stops and passes back when A calls his name. After passing B turns and runs to cone approx. 15 yds away. On return they repeat. Repeat 3 times and on final return players do 5 Star Jumps while shouting "I'm a Star!" to show they are finished. New game A and B swap roles.

## Hand Ball

**Set up-** two teams in field with one soccerball.

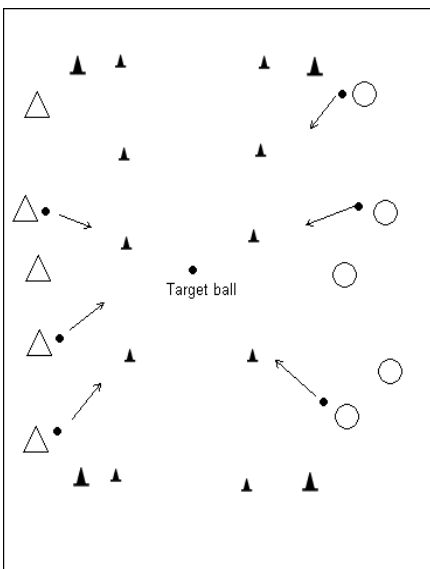
**How to Play:** to teach the concept of spreading out- players play keep away by catching and throwing the ball with their hands. When a player has the ball, he cannot run, and tries to throw ball to team mate that is spread out. At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins.

**Progress** to a soccer style game of keep away

**Relays/ Zig Zag** Have 3 teams of 4. Set up about 5 cones in front of each team who is in a single-file line. Players in turn zig zag through cones using foot and surface coach has stated. When all have been 1st team sitting down in straight line are the winners.

## Soccer Bowling

Set up 5 balls in the format of 3-2-1 on top of flat cones. Players line up between 5-10 yards away from the balls. First player in line passes toward the balls and knocks as many as they can off of the cones. Each player gets a second chance to knock all of the balls off. If they knock all of the balls off of the cones, they yell, "STRIKE!"



## Tug of War

**Setup:** create four imaginary lines with cones. The inside lines about 20 yards. Put a unique colored soccer ball (target ball) in the middle.

**How to Play:** Players on each side try make the target ball cross the opposing teams line by passing their soccer ball at the target ball.

# ADDITIONAL PASSING GAMES

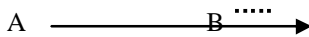
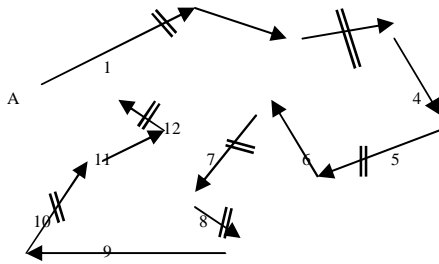
## Soccer Golf

Set up a golf course using cones to make gates as holes. Have players pass their ball through the gates in the order you designate. Players count their number of passes. The lowest score wins.

Teaching points: A variety of passing techniques, short, angled, long.

Variation: have players design the course, or use obstacles such as trees, parents that players have to pass around.

3



## Tunnel Game

In pairs players have a ball. 1 player stands with his/her legs shoulder width apart. Player tries to pass ball through the legs. They take it in turns to try and score points.

Scoring: 3 pts if it goes through without touching. 2pts if it touches a leg and still goes through, 1 pt hits leg but doesn't go through. 0pt if misses.

Progression: As ball goes through legs the tunnel player, turns and runs and receives it dribbles back towards partner and passes. The partner moves to let the ball pass through legs, turns and runs to receive it.

Teaching point: For the progression it gets the receiver into getting their body behind the ball.

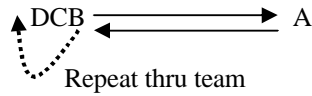
## Stuck in the mud.

In a grid about 20 by 20, players are dribbling their soccer balls. Have 2 or 3 players as Swamp Monsters outside the grid with a ball each. On "go" the swamp monsters dribble their balls into the grid and attempt to hit players on the knees and below or soccer ball. If a player gets hit, or leaves the grid, they are stuck in the mud and they pick the ball up and hold it on their head, and stand with legs apart. Other players may release them by passing their ball through the stuck players legs. Rotate through the team as Swamp monsters and see who can get the most people stuck.

Teaching Points: Good passing technique, passing to where a player is running, good control, turning and changing of direction technique for the players in the swamp.

# CONTROL AND TURNING

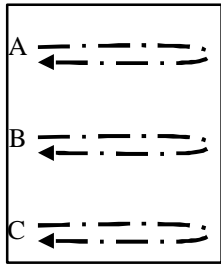
## WARM UPS



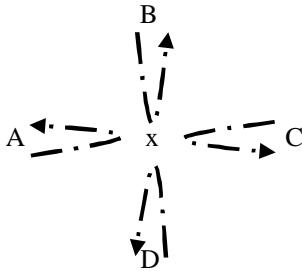
**Wall game.** Set up 2 or 3 teams. Player A is 5 - 10 yds from group. A is the Wall. Each player passes to the Wall. When it comes back he stops it, and then goes to end of line. All players pass to wall, then player B becomes wall. All players have turn as wall. When B, C, and D have turn as Wall team is finished and sit down in line.

## TECHNIQUE

### Choice of set ups.



OR:



## TECHNICAL MOVES (SEE BELOW)

### U7

1. roll
2. Cut ( inside and outside )
3. Cryuff
4. Barnes

### U8

1. roll
2. cut ( inside and outside )
3. Cryuff
4. Barnes
5. Step 1 and 2.
6. Scissors.

**Roll:** Roll backwards with sole of shoe.

**Cut:** Cut across body with inside. Then with outside.

**Cryuff.** Put standing leg alongside ball. Look to shoot, then turn foot inwards and drag ball back behind standing foot with inside of other foot.

**Barnes:** Step over ball with outside of one foot ( LUNGE ), then push ball forwards with outside of other foot.

**Step 1:** Fake a pass with inside of foot, but step over ball and cut ball back with outside of same foot.

**Step 2:** Opposite as above. Step over with outside, cut with inside.

**Scissors:** As with Step 1, but cut ball back with inside of other foot.

**Turning.** Allow approx. 5 mins of freedom. In half field get them moving with the ball trying new tricks , moves, or coervers.

## GAMES

### 1 V. 1'S.

**Set up.** Square with 1 pair per side, 1 ball per pair. A and B face each other about 1 yd. apart. A has ball and B is shadow. B is not allowed to steal ball. A must try and stop ball by 1 of the cones while 'losing' B. Start without ball to get the idea of body movement.

Emphasize upper body movement, change of direction and speed.

**Keep away.** Set up. 3 squares, 2 pairs per square, 1 ball per pair. Player A has to try and keep ball away from B. And C away from D. When player loses ball, or when coach gives command, whichever is first, players switch roles.

# SHOOTING

## WARM-UP

## 2 GROUPS.

Coerver: Half the group practice coerver moves in half field.

Juggling: Other half practice juggling. Change after 5 - 7 mins.

## TECHNIQUE

## SHOOTING.

Striking with laces.

1. Circle around coach. Players sit in crab position. Try to kick back into coaches hands.
2. This time players are standing and drop ball onto their foot. Same objective.
3. Same but in pairs approx. 5 yds apart.
4. Now drop ball and try and get through partners legs.
5. Ball on ground. Partner approx. 7 - 10yds away. Try to get through legs.
6. Set up. Goal of 2 cones approx. 12ft. Players either side of goal approx.

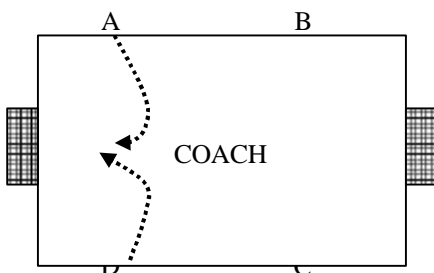
Emphasize: Strike middle of ball, strike with center of foot, keep ankle solid, flex from hip and knee, focus on ball only, be relaxed.

## GAMES

## PASS AND SHOOT.

Set up. 2 lines of players facing goal on half way line, in line with goal posts. Coach approx. 7 yds from players. Goal divided into 3. Players pass to coach who passes to side and/or forwards. Player runs on and shoots to goal. Players have to shoot before 5 yds and aim for corners. 10 points for corners, 5 points for center.

### Numbers Game

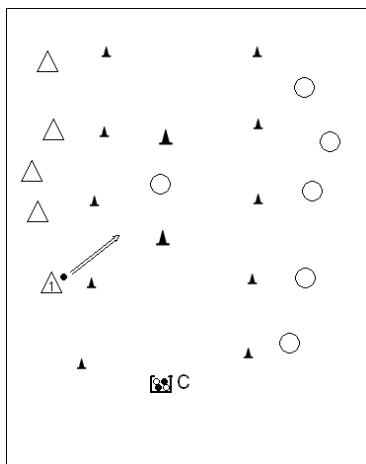


## NUMBERS.

Set up. 4 groups of players. Each group is numbered 1 thru 3. Coach on center spot with all balls.

Play. Coach calls # and groups A play D, and B play C, in each half. Player whose # is called tries to score, without going into arc.

Progression. Call 2 or 3 #'s .  
( SEE DIAGRAM. )



## THE SHOOTING GAME

Setup create two lines about 30 yards apart. Use cones to make a goal in the middle.

The Game-coach gives the ball to a team on one side. The opposing team sends a player into the goal.

Player 1 shoots the ball towards goal. If the goalie makes a save, he rolls the ball back to his O team and goes back behind the line with the rest of the O's.

Player 1 who shot now has to become the keeper. An O player will then take a shot on Player 1. If he scores or misses, the ball will roll to the other side. The player who shot, now becomes the keeper and Player 1 goes back with his team.

# SHOOTING

## WARM UP

## TEAM GAMES.

Set up. 2 teams of 6 or 3 teams of 4. 6 cones in line approx. 5yds apart.

1. Passing. Wall Game. ( see Control and Turning Section)

2. Tunnel ball. 1st player rolls ball through everyone's legs. End person picks ball up runs to front and repeats. Repeat through team. Sit down in line when finished.

3. Over under. 1st passes over head, next under legs. repeat as above.

4. Dribbling. dribble through cones. Repeat as above.

Emphasize: Team work, co-ordination.

## The Greeting Game

Players run randomly inside a grid. Coach yells out various greetings which the players have to carry out with other players on the team.

These commands include: shake hands, high five (left hand), high five (right hand), shoulder to shoulder, back to back, etc.

Progression: Add dribbling

## TECHNIQUE

## WALL PASS.

Set up. Same as Pass and Shoot (Shooting Section) but use full field, coach is in center circle.

Play. Similar as shoot and save but player is served ball by GK.

Dribbles forwards and passes to coach. Coach wall passes back, and player runs on dribbles and shoots. GK serves his line, goes to end of line and is replaced in goal by the 1st shooter.

## GAME

## NEW ZEALAND VS. AUSTRALIA

Set up. Half field. Divide into 2 groups. Put cones on corners.

Teams set up on half way on opposite sides facing opposite goals.

Players on each team given #'s 1 thru 6.

Play. Coach calls a # and serves ball into field. The players with that # run around corner cone, and goal and enter field to try and score against other team's player.

Progression. Call 2, 3 or more #'s at once. Introduce teamwork.

Set conditions. i.e. have to make a pass. etc.

England vs. America

