

# SoccerPracticePlans™

From Coerver Coaching

Practice No. 207



## GOALSCORING For 8-10 year olds

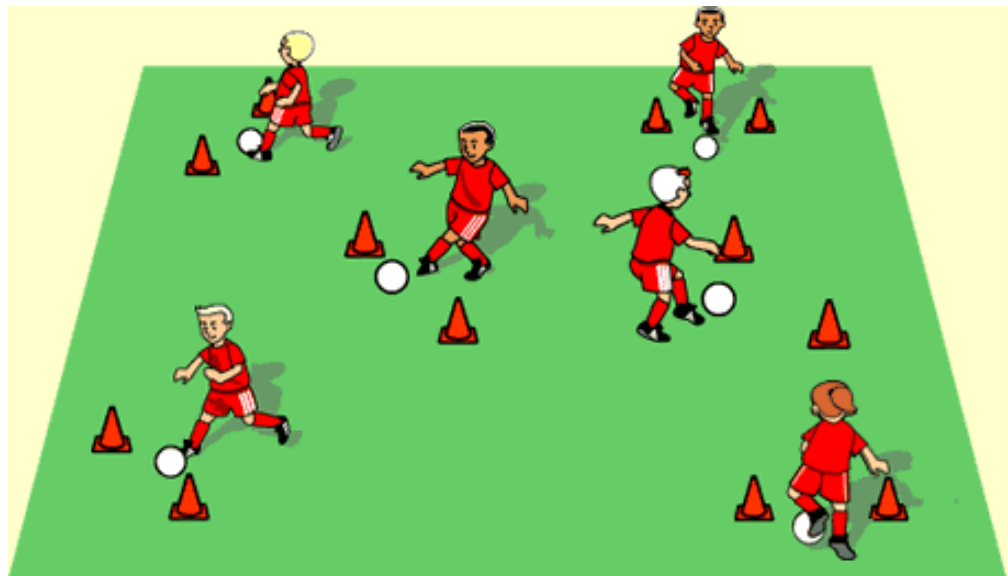
### Team Shooting

## WARM UP

### Dribbling and Shooting Through Goals

1. Dribble and shoot balls through gates.
2. Use any loose ball on the field to dribble and shoot.
3. How many goals can you score in one minute?.

**VARIATION:**  
Put goalkeepers in goals.



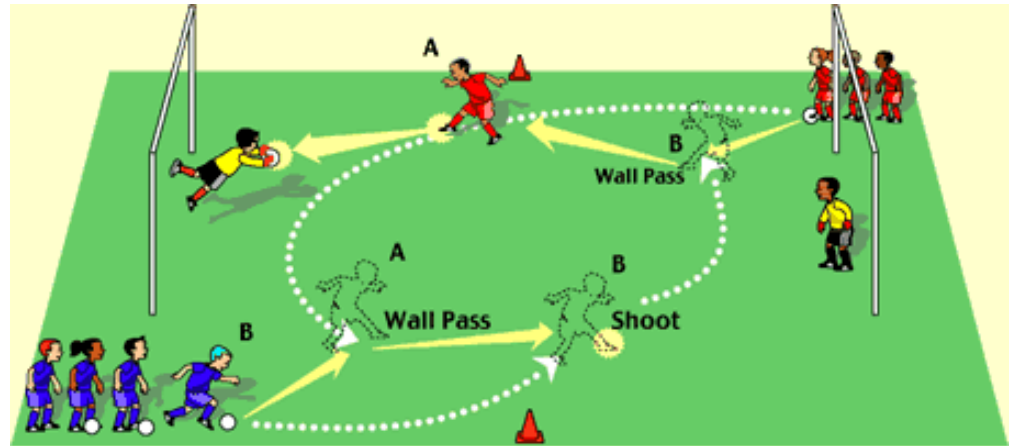
### MAIN POINTS:

1. Dribble using "Magic Touch."
2. Toes down and shoot with laces.
3. Accuracy over power. Ball must not leave field after shot.

## MAIN TOPIC A

### Speed Dribbling and Shooting

1. Dribble past middle cone and shoot...
2. ...then shooter always plays a wall pass with next player in opposite group, then joins that line.



### MAIN POINTS:

1. Strike ball with **laces**.
2. **Look up** before the shot.
3. **Follow shots** for rebounds.
4. Take a **big stride** just before shooting

## GAME PLAY

### Shooting on Four Goals

1. Three teams of four players.

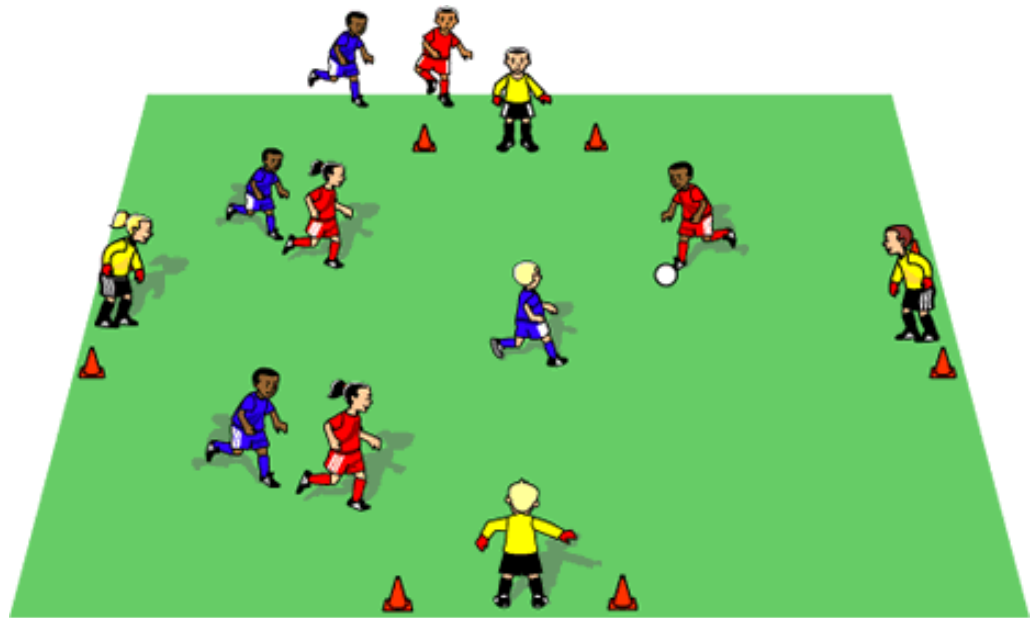
2. One team is made up of goalkeepers.

3. Players can score in any goal from within the playing area.

4. Play continues if the ball goes behind any of the goals.

5. Rotate teams every five to seven minutes

6. A fourth team could have the role of collecting balls.



### MAIN POINTS:

1. Shoot at **every** opportunity.
2. Dribble and shoot at the **least defended** goal.
3. Take a **good "set up" touch** before shooting.
4. **Follow shots** for rebounds.

## **COOL DOWN**

### **Cool Down**

- 1. All players jog slowly side-by-side from one end of the field to the other and back again. Each player dribbles a ball throughout.**
- 2. Stretching and loosening off.**
- 3. Coach reviews the session and its main points before assigning homework in preparation for the next practice.**

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