

SoccerPracticePlans™

From Coerver ClubMax

Practice No. 202



GOALSCORING For 8-10 year olds

Shooting Basics

WARM UP

Dribbling and Kicking Through Gates

1. Dribble through gates **using laces**.
2. Kick the ball **gently** through gates **using laces**.
3. Kick the ball **gently** through the gates using laces. Run around gate and meet ball on the other side..
4. Race through the gates.



MAIN POINTS:

1. Dribble using "Magic Touch."
2. Keep your **toes down** and make contact with the ball with your **laces**.
3. Alternate shooting between the **left** and the **right** foot.

MAIN TOPIC

Dribbling and Shooting

1. Dribble to goal and shoot. Shoot with laces.
2. Go the end of the opposite line after shooting.
3. Two players are dribbling and shooting simultaneously from either end.



MAIN POINTS:

1. **Speed dribble** using "magic Touch."
2. **Push** ball ahead for speed..
3. **Point toes down** when shooting.

GAME PLAY A

Shooting 3v0

1. Every player must touch the ball at least once.
2. Try to score five goals with five attacks.
3. Shoot only from Shooting Zone.



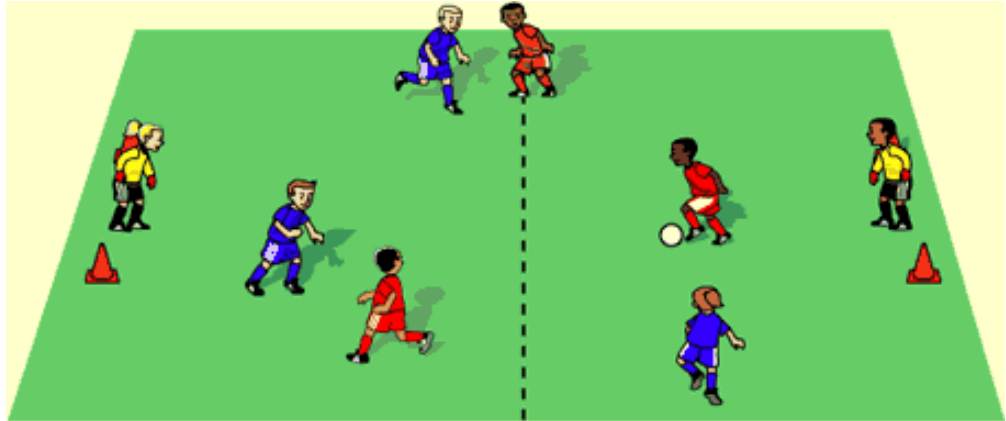
MAIN POINTS:

1. Shoot with laces.
2. Maintain **triangular** arrangement of players.

GAME PLAY B

3v3 Games

1. Each goal is defended by a goalkeeper.
2. Use two fields if necessary.



MAIN POINTS:

1. Shoot with laces.
2. Maintain **triangular** arrangement of players.

COOL DOWN

1. Each player dribbles a ball anywhere on the field.
3. Stretching and loosening off.
2. Coach reviews the session and its main points before assigning homework.