



# Arlington Lesson Plans (1st & 2nd Grade - U7 & U8 Age Groups) - Topic: Shooting

**Category:** Technical: Shooting  
**Difficulty:** Beginner

Eddie Lima, Bristow, United States of America  
Individual-Young Member

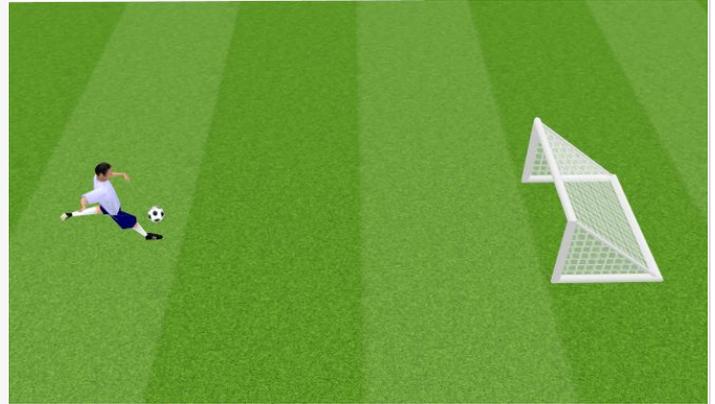
## Description

Lesson plan created by Eddie Lima (Arlington Assistant Director of Coaching Education)

## Shooting Technique

### Shooting Technique:

- Look up at the goal before shooting.
- Approach the ball at an angle.
- Plant your non-kick foot next to the ball, pointing your toes toward the goal.
- Bend your non-kick knee and push your arm out for balance.
- Keep your shoulders square and over the ball.
- Take your kicking foot far back and swing it quickly toward the ball.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces.
- Hit the middle of the ball to shoot it straight.
- After making contact with the ball, follow through in kicking motion all the way up.
- Land on the same foot that you used to kick the ball.



## Warm-up: Small side games (10 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

**Grid requirement:** Create 2 grids of 20 X20 yards marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** From 2 to 4 teams will be formed like a regular scrimmage to play small side games.

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games



## Activity: Distance shooting I (20 mins)

**Number of players required:** Full U7 or U8 team

**Equipment:** Create the line of shooting with cones. Have at least 5 yards between the line of cones. If you do not have pug goals, you can use cones for goals. All players should have a ball. If not, they can play the activity with 2 balls per group.

**Grid requirement:** Create many grids with 5 minimum players per grid.

**How the game is played:** Divide the players into teams. The players will dribble the ball and shoot before the line (cones).

Station 1

- Dribble the ball from cone 2 and shoot before cone 1. After scoring 15 goals as a team, they move to Station 2.

Station 2

- Dribble the ball from cone 3 and shot before cone 2. After scoring 10 goals as a team, they move to Station 3.

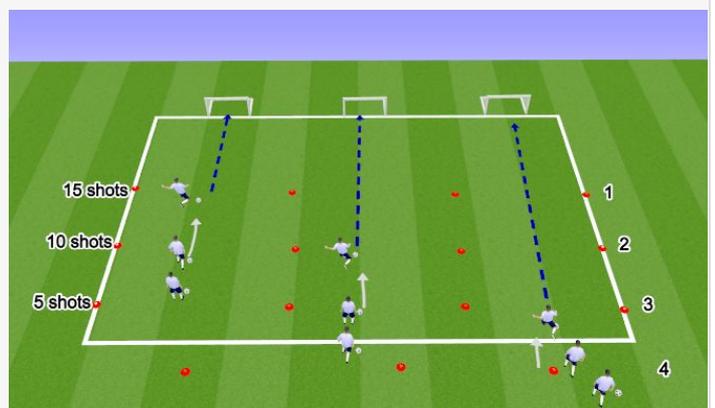
Station 3

- Dribble the ball from cone 4 and shot before cone 3. After scoring 5 goals as a team, they win

- First team that shot correct (15, 10, or 5) wins.

**Observation:**

- Closer to the goal will be better for players to use the Inside of their foot.
- Far from the goal will be better for players to use their laces.



**Variations/Progression:** Increase or Decrease the distance from the goal.

### Activity: Distance Shooting II (10 mins)

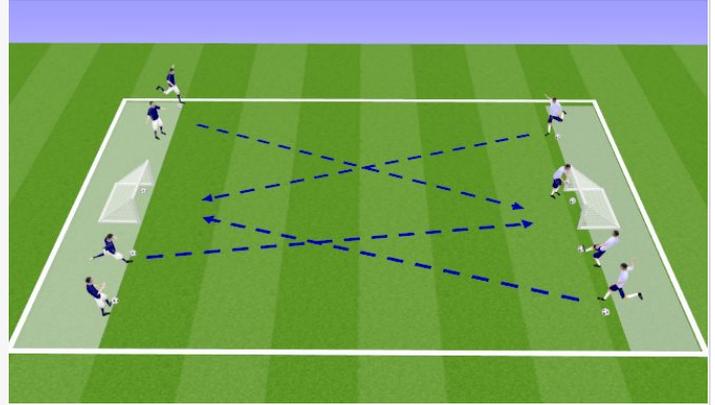
**Number of players required:** Full U7 or U8 team

**Equipment:** Each player should have a ball. 2 pug goals or cones to create the goals.

**Grid requirement:** Create a 40 x 40 grid. All players are required to play inside the grid.

**How the game is played:** Divide the players into 2 teams. The players will shoot the ball before the line of their own goal. The team that has the most goals in the end, wins.

**Variations/Progression:** Increase or Decrease the distance from the goals.



### Match - Scrimmage (20 mins)

**Number of players required:** Full U7 or U8 Team

**Equipment:** many soccer balls. For the 2 goals, you can use pug goals or cones.

**Grid requirement:** Create a 40 X 40-yard grid marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed like a regular scrimmage.

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games

