



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

Category: Technical: Shooting
Difficulty: Beginner

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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: shooting I (10 mins)

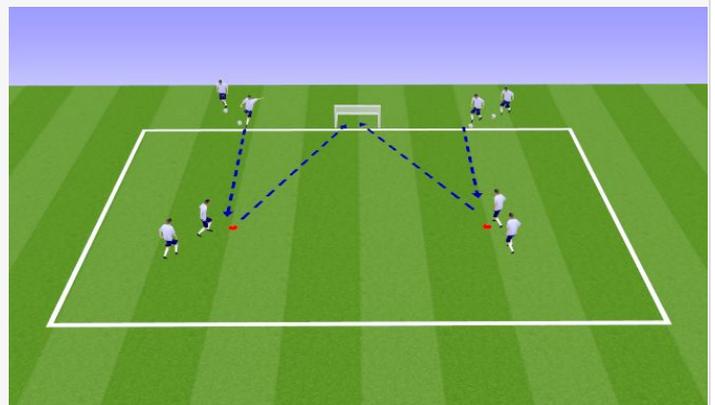
Number of players required: Full U7 or U8 team

Equipment: Cones to create the lines and pug goals or cones to create the goals.

Grid requirement: Create a 40 x40 grid. Players are required to play inside the grid.

How the game is played: Players from the line of the goal pass the ball to the players in front of them. The player receives the ball and shoots at the goal.

Variations/Progression: Increase or decrease the distance from the goal.



Activity: Shooting II (10 mins)

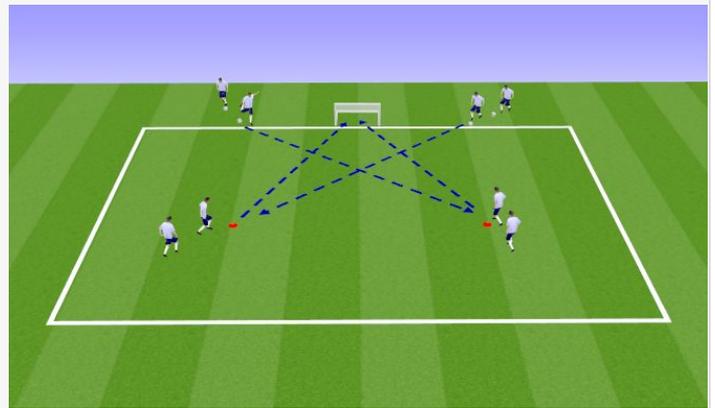
Number of players required: Full U7 or U8 team

Equipment: Cones to create the lines and pug goals or cones to create the goals.

Grid requirement: Create a 40 x 40 grid. Players are required to play inside the grid.

How the game is played: Players from the line of the goal pass the ball to the players across from them. The player receives the ball and shoots at the goal.

Variations/Progression: Increase or decrease the distance from the goal.



Activity: shooting 1vs. 1 (10 mins)

Number of players required: Full U7 or U8 team

Equipment: Cones to create the lines and pug goals or cones to create the goals.

Grid requirement: Create a 40 x 40 grid. Players are required to play inside the grid.

How the game is played:

Station 1

- Players will run around the cone (angle). The player that gets to the ball first is offense and another player will be a defender.

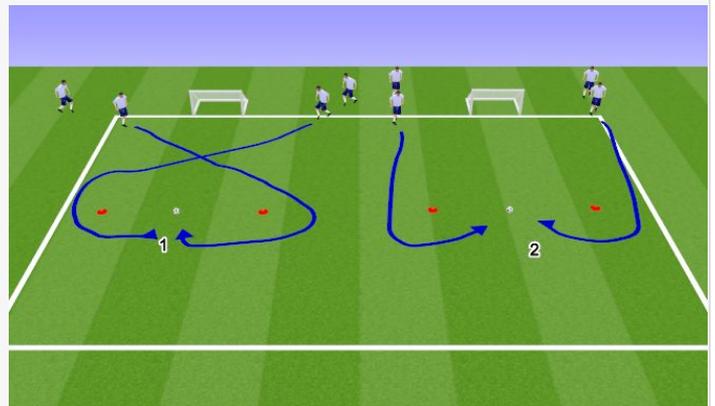
Station 2

- Players will run around the cone (straight). The player that gets to the ball first is offense and another player will be a defender.

Variations/Progression: Add more players (2 vs. 2)

Key Coaching Points:

Shooting Technique



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

