



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 Target (10 mins)

Number of players required: Full U7 or U8 team

Equipment: Create the line of shooting with cones. Have at least 15 yards between the starting line and the line of shooting. If you do not have pug goals, you can use cones for goals. All players should have a ball.

Grid requirement: Create a 40 x 40 grid. All players must play inside the grid.

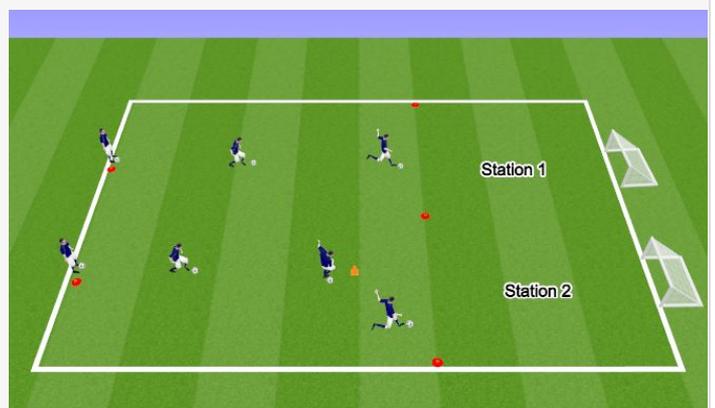
How the game is played: Divide the players into teams. The players will dribble the ball and shoot before the line (cones).

Station 1

Dribble the ball towards the lines of the cones and shoot

Station 2

Dribble the ball, make a move on the cone and shoot the ball before the line of the cones.



Activity: 1 vs. 1 Shooting Challenge (10 mins)

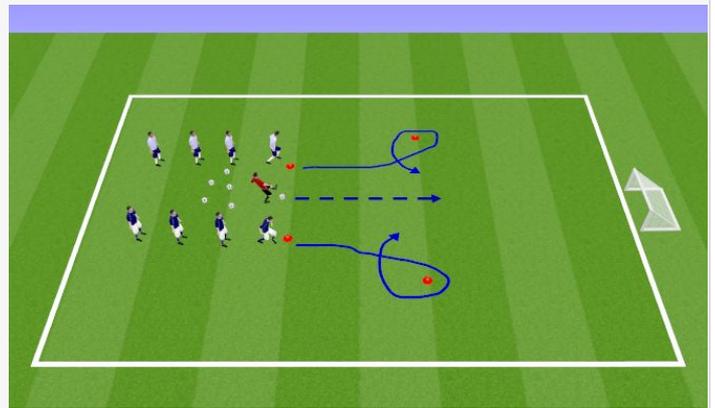
Number of players required: Full U7 or U8 team

Equipment: Few cones, a few soccer balls, and 1 pug goal. If you do not have a pug goal, you can use cones for goals.

Grid requirement: Create a 40 x 40 grid. All players must play inside the grid.

How the game is played: Players/Teams will play 1 vs. 1. The players will run towards the second line of the cone before challenging the ball. The coach will pass the ball in the middle and both players will challenge the ball after completing the run. The player that wins the ball will be offense and the player that did not win the ball will be the defender. The offense player will try to score.

Variations/Progression: 2 vs. 2



Activity: 2 vs. 2 Shooting Challenge (10 mins)

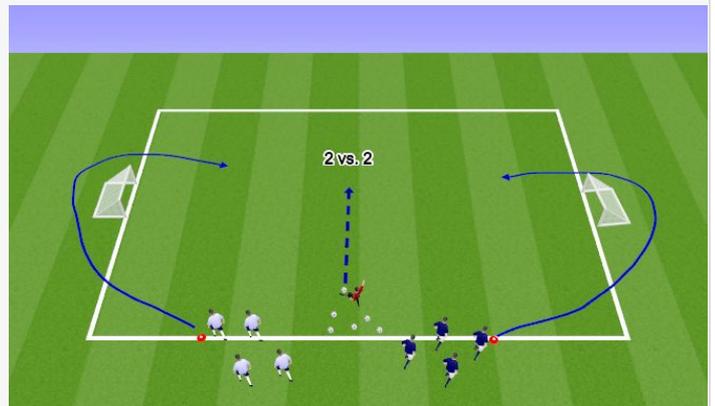
Number of players required: Full U7 or U8 team

Equipment: Few cones, a few soccer balls, and 2 pug goals. If you do not have pug goals, you can use cones for goals.

Grid requirement: Create a 40 x 40 grid. All players must play inside the grid.

How the game is played: Players will run around their own goal before getting inside the field. The coach will pass the ball in the middle where the players will play 2 vs. 2. The team that gets the ball first will be offense and another team will be defenders.

Variations/Progression: You can increase the number of players (3 vs. 3 - 4 vs. 4)



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

