



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

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

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Individual-Young Member

## Description

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## 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 X 20 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 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)

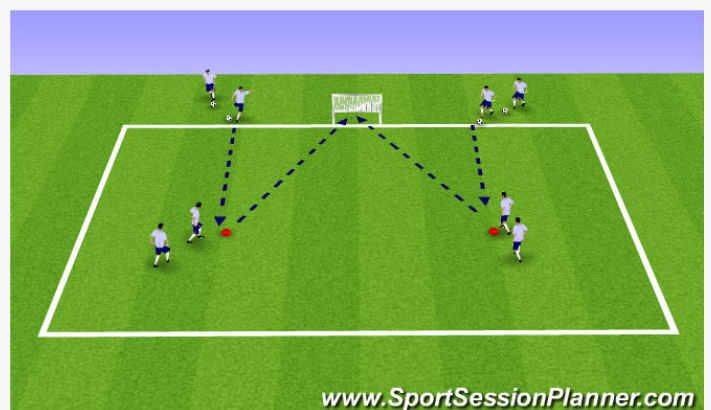
**Number of players required:** Full U7 or U8 team

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

**Grid requirement:** Create a 40 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 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)

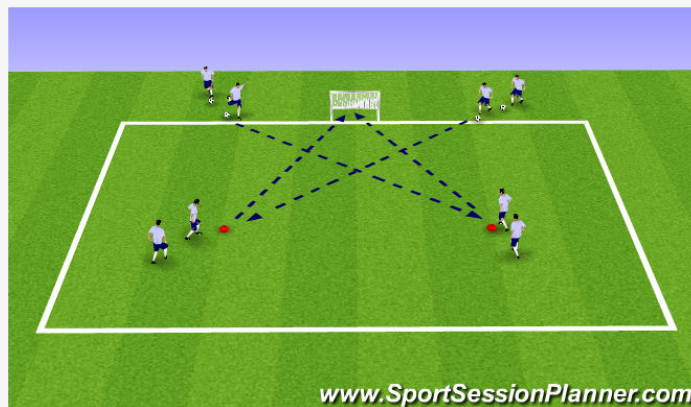
**Number of players required:** Full U7 or U8 team

**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 of 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.

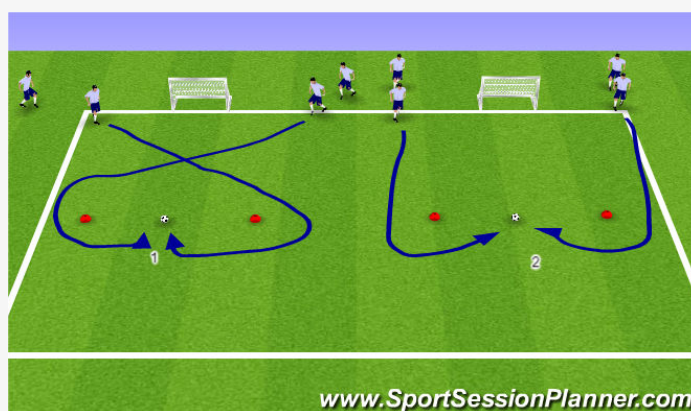
Station "2"

- 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 regular scrimmage.

**Variations/Progression:**

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

