



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: 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 shot before cone "1". After scoring 15 goals as a team, they move to Station "2".

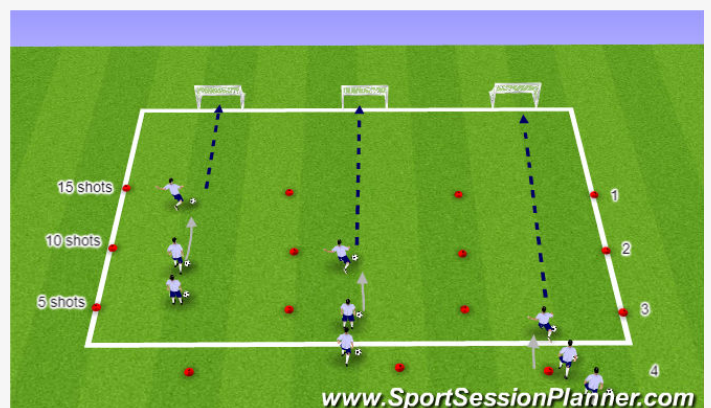
Station "2"

- 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)

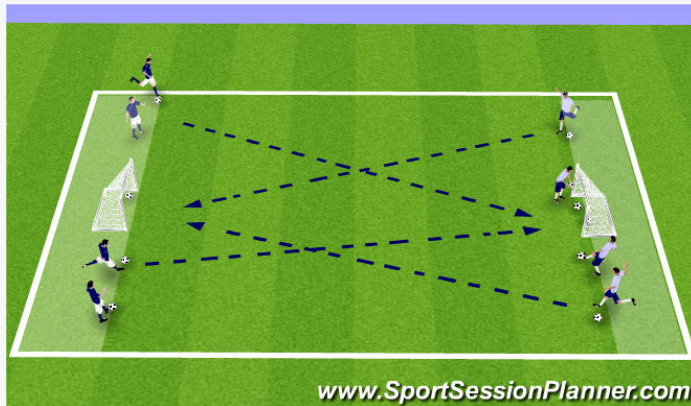
Number of players required: Full U7 or U8 team

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 regular scrimmage.

Variations/Progression:

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

