



PLAY – STRIKING AT GOAL (U6 – U8)

Focus: Improve players ability to strike at goal

Explanation

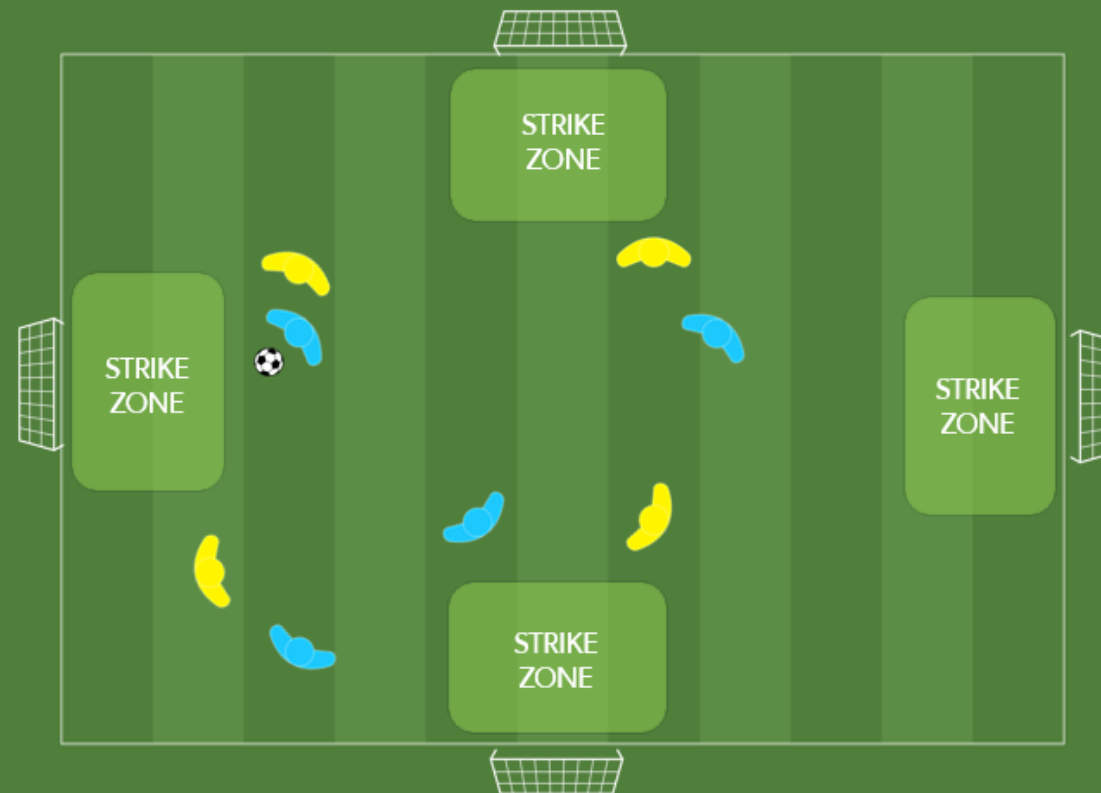
- Have an area set up so that as the players are arriving, they can get straight into a game.
- This set up has four goals, one on each side. You can choose to use only two and have two different directions or play a four-goal game.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- You can score from anywhere, but if you move the ball into the strike zone then you can take a free shot with your second touch. No defending in the strike zone but the goal must be scored with the first touch in there or it is turned over.

Coaching Points

- Take a touch into space to give yourself room to strike the ball.
- Move towards the ball and place your non kicking foot beside it.
- Aim to hit the ball with the top of the foot you are kicking with.
- Watch the ball as you hit it towards the target/goal.
- If you are very close to the goal, then you can use the inside of your foot to pass the ball into the goal.

SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- If you score from inside the strike zone, then the next goal must be from outside.





PRACTICE – STRIKING AT GOAL (U6 – U8)

Focus: Improve players ability to strike at goal

Explanation

- Using the same area and set up as the Game Play, place 8 footballs in each of the two areas as shown and add a middle cone or pole to the centre.
- Each area with the balls will be a home base, and the other goal to the right or left will be the second base for the team.
- Divide the players into two teams and assign each team one of the home bases.
- On the coaches call the players will take turns to move a ball from the home base, run around the middle cone and turn towards their second base and then strike the ball towards the goal.
- Once they have taken a shot, they run back around the middle cone to their home base and tag the next player to go.
- The game ends when one team has moved all their footballs. The winning team is the team with the most goals.
- Start again but this time going from the second base back to the home base.

Coaching Points

- Take a touch into space to give yourself room to strike the ball.
- Move towards the ball and place your non kicking foot beside it.
- Aim to hit the ball with the top of the foot you are kicking with.
- Watch the ball as you hit it towards the target/goal.
- If you are very close to the goal, then you can use the inside of your foot to pass the ball into the goal.

SO-CHANGE-IT

- Not enough small goals? Use cones or poles.
- Left foot only strike, right foot only strike.
- Add in a defender that the player with the ball must try and get past before striking.

Repeat Play

- Return to the first game set up for the last part of your session.
- Has the players ability to strike the ball towards goal improved?

