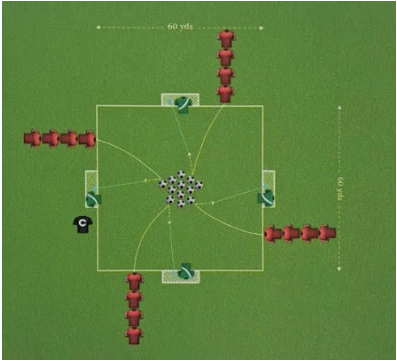

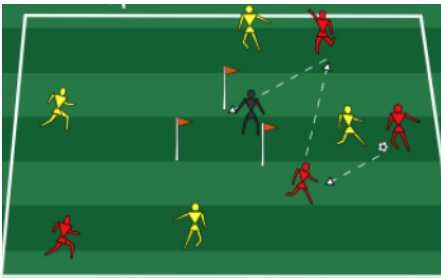


Bedford Youth Soccer U8 Week 4

Dribbling/Turning to Shoot

Warm up: 4 Goal shooting	Set up	Explanation	Coaching points
	<ul style="list-style-type: none"> <li>• A box about 25x25, with a goal (cones are fine) on each face of the box and a team placed next to each goal.</li> <li>• A collection of soccer balls are placed in the center of the box.</li> </ul>	<ul style="list-style-type: none"> <li>• On coach's command, the first player from each team comes into the center, turns with a ball and shoots toward their own goal.</li> <li>• Once they shoot, they return to the line and high five their team mate, who then completes the same sequence.</li> <li>• Once a player has high fived their team mate, they must retrieve the ball they shot and roll it back into the middle of the field.</li> <li>• Balls returned to the field can be shot from where they lie, so returning the ball carelessly to the field may lead to an opposing team having an easy shot.</li> <li>• The team with the most goals in 3 minutes wins the round.</li> </ul>	<ul style="list-style-type: none"> <li>• Be sharp into the ball and quick to turn.</li> <li>• What different techniques can you use to turn/shoot</li> <li>• Can you shoot with both feet?</li> </ul>
	<ul style="list-style-type: none"> <li>• 2 Goals are set up 20-25 yards apart, with a cone/group of cones in the center of the field.</li> <li>• Each player has a ball, and are set up in 2 groups about 3 to the side of each goal.</li> </ul>	<ul style="list-style-type: none"> <li>• On coaches command, the first player in each line dribbles towards the cones in the center (which act as the "defender")</li> <li>• The player dribbles/feints around the cones, and shoots at the opposite goal.</li> <li>• The player then retrieves their ball and joins the back of the other line.</li> <li>• Coach can pick up the speed of the drill by releasing the next player as soon as the player in front has passed the cone/taken their shot.</li> <li>• As a progression, take the cones away and have the 2 dribblers approach each other and feint each other out before shooting at the goal.</li> </ul>	<ul style="list-style-type: none"> <li>• Dribble at the defender quickly with the ball close.</li> <li>• Vary the way you feint around the defender.</li> <li>• Turn your toe down to lock your ankle, and try to drive the ball with pace.</li> </ul>
	<ul style="list-style-type: none"> <li>• Mark a field about 30x30 (or use your space accordingly) with a triangle of cones (5x5) in the center.</li> <li>• Two teams of 4 in the field, with a goalkeeper positioned in the triangle.</li> </ul>	<ul style="list-style-type: none"> <li>• The 2 teams play a regular game and can score by shooting the ball through any side of the triangle.</li> <li>• The game is continuous as long as the ball is in play - if a goal is scored through the triangle and the scoring team retrieves the ball before it goes out of play, they keep possession.</li> <li>• The goalkeeper can be a team of their own - everytime they make a save, they get a point.</li> </ul>	<ul style="list-style-type: none"> <li>• Team in possession should attempt to move the ball quickly to an unguarded side of the triangle goal.</li> <li>• Every angle is a shooting angle!</li> <li>• Team on defense should stay compact and protect the area around the triangle, rather than get spread out chasing the ball around the field</li> </ul>