

MLU SOCCER COACHING PLAN

COACH NAME: _____ DATE: _____

Details of Coaching Session:

Date: _____ Time (to/from): _____ Age / M / F: U8G

Theme of Session: Shooting

Session Goals: To increase accuracy and fun when shooting

**MATERIAL/
TIME**

**0-15Mins
Warm-up**

**16-35Mins
Technical
Exercise/Game**

36-75Mins

MATERIAL & ORGANIZATION/ PROGRESSIONS

Striker

Players work in pairs, 1 ball per pair. Player 1 is the striker and player 2 is the goalkeeper. The goalkeeper starts by throwing the ball out in any direction. Player 1 must run to the ball, dribble it within shooting range and take the shot at the goalkeeper. Repeat 10 times, then switch.

Progression:

- In pairs approx. 8 feet away, player 1 stands with legs open & player 2 has to shoot the ball through their legs. Each goal is worth a point, have 10 goes each.

WATER BREAK

Loads of goals

Set up 3 goals. Put players in groups of 4. No GK's to begin. Player dribbles to right and shoots in empty goal. Put a cone in middle of goal – score 2 pts for far post, 1pt for near. Then players dribble to left etc.

Progression:

- Put a GK in. Play for 90seconds then switch goalkeepers. See who gets most goals/saves. There will be a lot of bad technique – don't worry.

WATER BREAK

Play in a field of 40x30, make it long and narrow. Normal 4x4 with emphasis on shoot on sight.

**COACHING
POINTS**

**KEEP EYE ON
BALL**

**HIT MIDDLE OF
BALL**

**LACES ARE FOR
ACES, TOESOS
ARE FOR BOZOS**

**SAME AS
ABOVE**

SELF EVALUATION:

EVALUATION OF SESSION: