

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:** Increase the accuracy & number of shots made.

**MATERIAL/
TIME**

**0-15 MINS
Warm-up**

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

36-75 Mins

MATERIAL & ORGANIZATION/ PROGRESSIONS

Lose Your Shadow

Players team up in pairs. One player starts with a ball and his/her partner does not. Player without ball must try to lose their partner by running away from them whilst remaining in the area. The player with the ball must track their partner wherever they go and try to keep as close as possible. On coach's command, everyone freezes. The player with the ball must now try and score a goal by passing the ball through their partners open legs. Switch roles

WATER BREAK

Coconut Shy

In an area 30x20, divide the players into two groups. Place 5 discs with soccer balls on them on each end line. Play 5v5 in the area and see which team can knock off the other team's coconuts the fastest. Make field smaller if players are not achieving success quickly

Progression:

- Spread out the coconuts further apart
- Use both feet to shoot

WATER BREAK

4x4 End game. Could use 4 goal soccer to increase goals/shots

**COACHING
POINTS**

**USE LACES TO
STRIKE BALL**

**FOLLOW
THROUGH
WITH SHOT**

**LAND ON
KICKING FOOT**

**POINT NON
KICKING FOOT
IN DIRECTION
OF TARGET**

**KEEP HEAD
AND KNEE
OVER THE
BALL TO KEEP
IT DOWN**

SELF EVALUATION :

EVALUATION OF SESSION: