

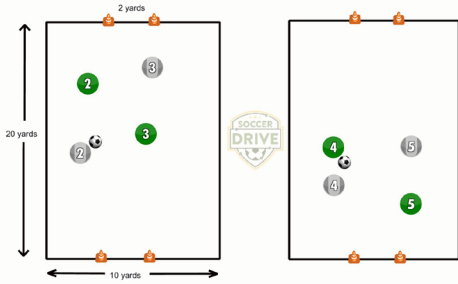


FINISHING

AGE LEVEL: U8

TIME: 60 MINUTES

PRACTICE PLAN



2 VS. 2 PLAY

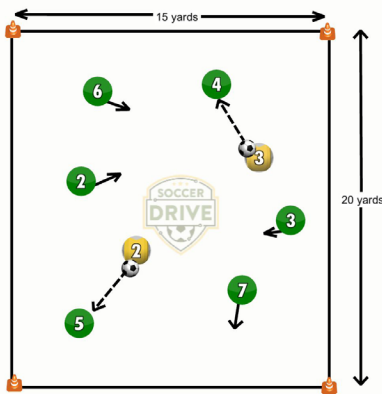
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards.
- » Place 2 yd goals on each endline.
- » Players play 2v2 on field.
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice).

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



ANGRY BIRDS

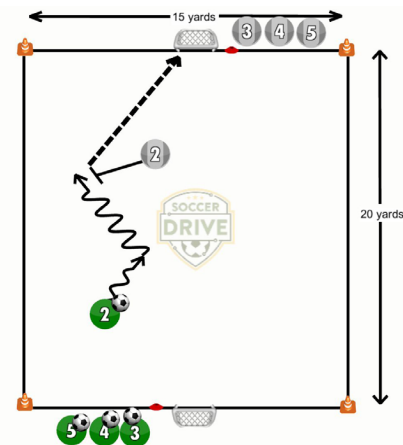
TIME 10 minutes

SETUP

- » In a 15Wx20L yard grid, coach will select two players to be Angry Birds with a ball.
- » The rest of the players are Piggies and do not have a ball.
- » Angry Birds try to tag the Piggies by passing their ball to hit the Piggies below the knee.
- » If a Piggy gets tagged they get their ball and join the Angry Birds.
- » If Piggies leave the grid to escape Angry Birds they become Angry Birds.
- » Play until there are two players left as Piggies, who become the Angry Birds for the next round!

COACHING POINTS

- » To be accurate, show players how to use the inside of their foot to strike the ball.
- » Stress timing of pass. Can you pass to where the player is going, not where they were?
- » Use peripheral vision while dribbling to see where you want to go next.
- » Can players dribble the ball to better set up their next pass?



1 VS. 1 DRIBBLE COMBAT

TIME 10 minutes

SETUP

- » In a 15Wx20L yard grid with 3 yard goals on each end line.
- » Each team starts next to their goal. One team starts with the balls.
- » The first player from each team steps onto the field. The player from the team with the ball dribbles down the field and tries to score in the opponent's goal.
- » The player from the team without the ball tries to steal it and score in their opponent's goal.
- » After a goal is scored, or a ball goes out of bounds, next players start. Players switch lines.

COACHING POINTS

- » Encourage players to look to shoot as soon as they get enough space from the defender to do so.
- » Placement vs. Power. Shooting on a small target with no GK, players should look to shoot for accuracy over power. (example: striking the ball with the inside of the foot is more accurate than using the laces).
- » Play quick! Attack the defender 1v1 quickly to get them off-balance, and open room for a quick finish.

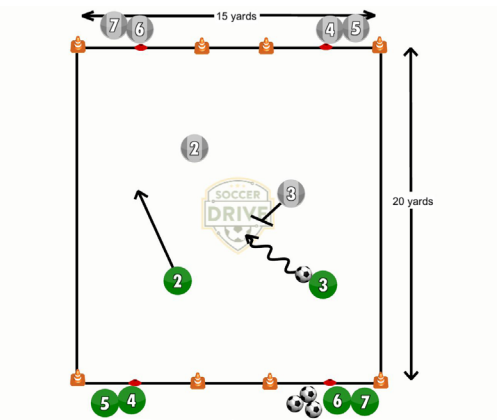
PROGRESSION

- » Progress to 2v1, then 2v2.



FINISHING

PRACTICE PLAN



4 CORNER SHOOTING

TIME 10 minutes

SETUP

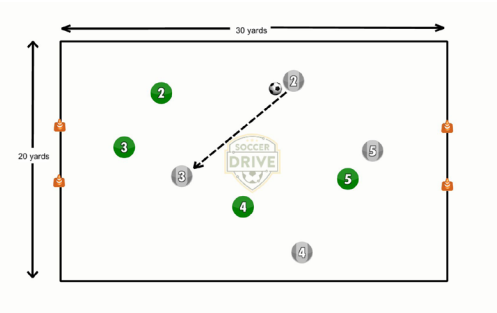
- » In a 15Wx20L yard grid, 3 yard cone goal at each end, two teams with players from the same team placed at the end line corners of the goal they are defending.
- » Coach is at midfield with all the balls.
- » Game starts when the coach serves the ball onto the field and the first player from each corner enters the field. Players try to score on the opponent's goals.
- » Play ends with a goal or the ball goes out of bounds.
- » Players switch lines after leaving field.

COACHING POINTS

- » Encourage players to lock ankle while passing and shooting, and use inside of their feet.
- » When passing to someone to score, it's important to play the ball into the space in front of them, rather to their feet.
- » Player receiving the ball should be loud when calling for the ball, and show with their hand(s) where they would like the ball played to.
- » When you have the space to shoot on goal, do it! Scoring more than your opponent is the goal of soccer, so take all the chances that you get to shoot!

PROGRESSION

- » 1pt for a goal scored, but 2 pts for a goal scored from past the halfway line of field.



4 VS. 4 SCRIMMAGE

TIME 20 minutes

SETUP

- » Play 4v4. If your numbers are short, decrease size of field to 25x15 and play 3v3.
- » Cones for goals are 2yds wide (same as for a game).
- » There are no goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play! Use this as an opportunity to talk about the rules of the game for your league. If a goal is scored, bring ball back to center of field and show the players where they should stand to restart.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » What part of our foot should we use to be accurate in a pass or shot? (inside, as there's more surface area to strike with!)
- » Why should we look to shoot whenever we have space to do so? (because shooting is how you score goals. If you take too long to shoot, the opportunity to do so will disappear)
- » Why do we sometimes want to play the ball into space rather than to their feet? (if there is space behind the defenders, we want to attack that space so we can shoot!)
- » Have a team cheer and dismiss the team. Great job, coach!