



November 6<sup>th</sup> - 12<sup>th</sup>

First Kicks: U7/8 # 3

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Category: Technical: shooting

### Whole

**Objectives:** Shooting

**Organization:**

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

**Coaching point:**

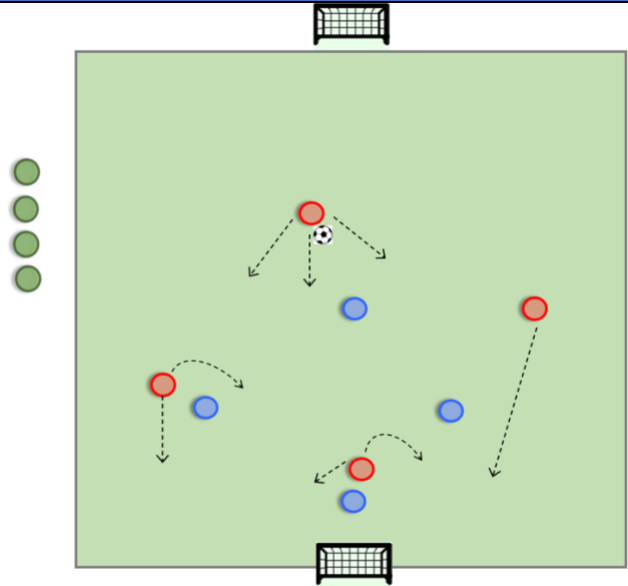
Open body: prepare their body to receive forward and take shots.

- The quality of the first touch

**Reminder!**

Team shape: remind players to adjust their position to keep their team shape (diamond) as moving forward.

**Duration:** 10-15 min



### Part (individual base)

**Objectives:** Shooting

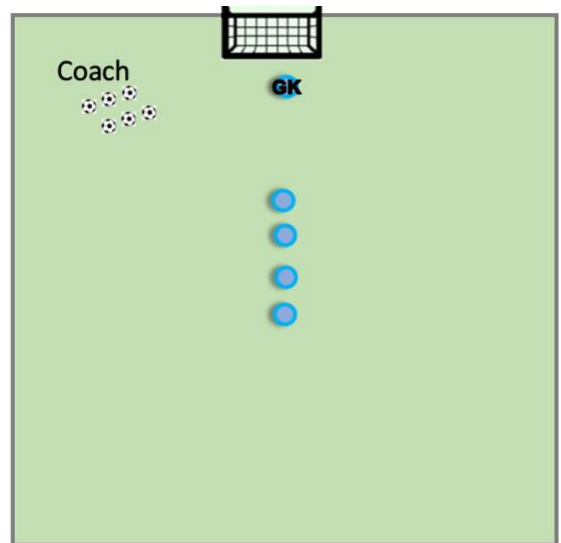
**Lightning:**

Players line up in front of the net. The first player in the line should run to the net as a goalkeeper. The coach passes the ball to the next player in the ball. If the player score, then runs back to the line and wait while the keeper is out of the game. If the striker cannot score a goal, they should run to the net and become the keeper, while the previous keeper will run back to the line.

**Progression:**

- Catch: the players who are out of the game can try to catch the striker's shot in the air and come back to the game
- Crossbar: if one of the strikers hits the crossbar, all the outside players can return to the game.

**Duration:** 10-15 min



## Whole

**Objectives:** Shooting in game situation

**Organization:**

Field size: 25m x 30m

**Kings court**

Divide players into three teams. Play 4v4, one team will have rest. The teams will switch after every 3 mins or 2 goals (i.e., the winners always stay in the field, and the other two teams will switch). Game rules apply.

The team with the most wins will be the champion. Give a round of applause to the best goal scorer from each team.

**Coaching points:**

- Team shape (i.e., diamond)
- Open body: prepare their body to receive forward and take shots.
- The quality of the first touch

**Duration:** 15-20 min

