



November 13<sup>th</sup> - 19<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:**

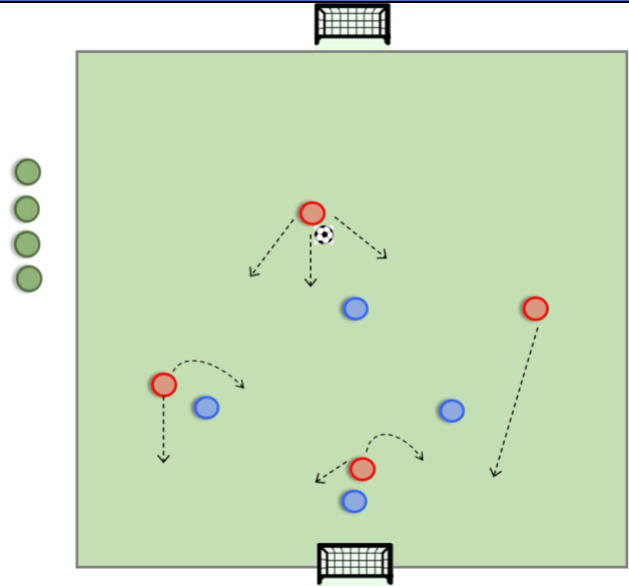
Open body: prepare their body to receive forward and take shots.

- 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 (team base)

**Objectives:** Shooting

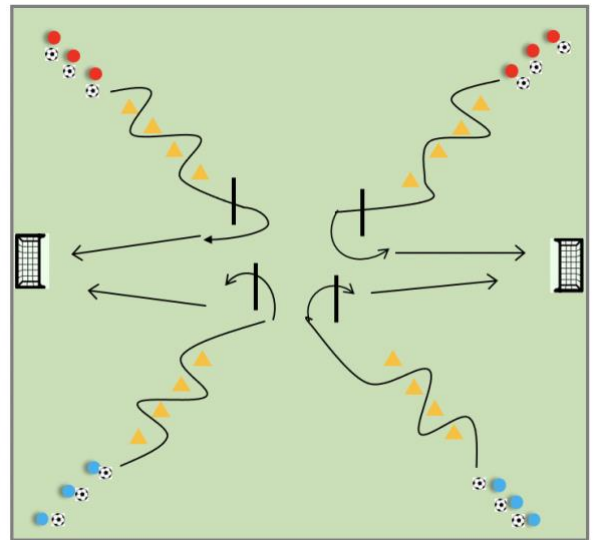
**Organization:**

Divide players into four teams. Each player has a ball. The first players on each line will start together, dribble through all the cones, turn around the pole and score on the pugs.

**Progression:**

- Two teams will compete on each side (right and left). The player who scores the goal faster on each side will get the point.
- On each side, one team has balls and plays as strikers, while the other team plays as keepers. Keepers will do the same thing without the ball and try to deny the attacker's ball.

**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

