



U8-U14 Shooting

Category: Technical: Shooting
Difficulty: Beginner

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Description

Proper shooting form with laces: Plant foot (non kicking foot) next to the ball pointed in the direction you want the ball to go. Kicking foot should be pointed toward the ground so that the laces part of the foot is used to strike the ball. Keep ankle locked to prevent your toe from coming up and toe bashing the ball. Strike through the center of the ball while keeping upper body and knee of kicking foot over the ball. Try to land on your kicking foot to generate power. The same arm as your kicking foot should go up as you wind up to kick the ball to help keep you balanced.

Shooting Warmup (5 mins)

Shooting Warmup

Players should be across from each other 10-20 yards apart working on proper laces shooting form using all the steps mentioned.



Windows (10 mins)

Setup cones in a circle with a small 3x3 square in the middle. Split up players evenly as numbers allow. Players on the outside have a ball in their hands. Players on the inside of the circle will go to one of the players on the outside and practice different variations of finishing out of the air. They must reset in the middle square before going to another player on the outside. Do 1minute rounds for each group allowing both groups to do the intended shooting practice.

U8-U10

- Laces Volleys - hit the ball out of the air using your laces technique to get the ball back in the players hands
- Inside foot volleys - hit the ball using inside the foot passing technique to get the ball back in the players hands
- Thigh-foot - take a touch with your thigh then try to volley the ball back to the players hands
- Chest-foot - take a touch with your chest then try to volley the ball back to the players hands
- Half Volley - strike the ball with inside the foot or laces as the ball hits the ground. The ball should be hit immediately after it touches the ground, before it bounces up. Timing is very important here!
- Settle & shoot - Play the ball in the air and let the player settle the ball using their foot (top of foot, inside the foot, or bottom of the foot can be used) then practice shooting the ball back to the players feet. This should not be a full power shot, just working on technique after settling the ball.

U11-U14

- All of the same ones from U8-U10 can be done here as well
- Side volley - Same technique as laces normal volley but the ball should be played slightly to the side of the attacker. This technique is slightly harder and will require you to angle your body slightly so you are striking the ball using your laces but from a side position instead of straight in front. This can be done especially with thigh-foot and half volleys.
- Headers - throw the ball up and let the player head the ball back into your hands or down towards the players feet for a directional header.



Hawaii (10 mins)

Hawaii

Setup a square space 20x20 or 30x30 depending on number of players. Small goals should be placed 5 yards from the square. You can play 3v3 or 4v4. Players scrimmage as normal but can only score from inside the square.

Variation: Setup a big goal on one end and put a goalie inside to block shots, other side still has small goals, and players are still shooting from within the box to practice shooting at distance.

Coaching points:

- Look to get a scoring opportunity as quickly as possible
- Think: can I score in this moment?
- If the answer is no then think: can I get the ball to someone who can score?



Layoff shooting (10 mins)

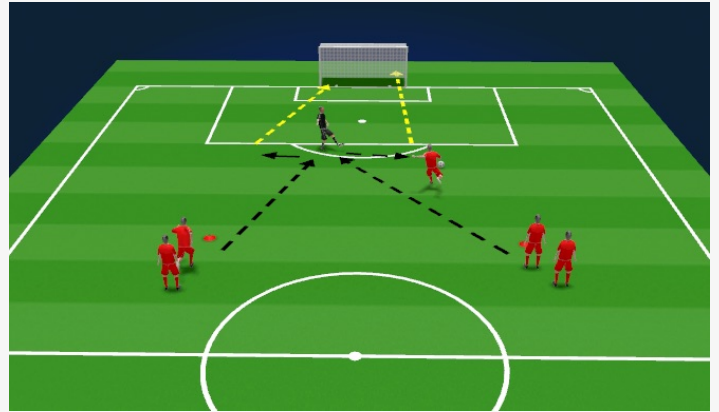
Layoff Shooting

Setup cones 10 yards from top of the box and have players work on shooting from different game like scenarios. Coach can be the person playing the layoff passes or you can have the kids be the layoff person.

- 2 touch shooting
- 1 touch shooting
- Dribble and shoot
- Turn and shoot

Coaching points:

- Prep touch (touch before you shoot) is very important, not too short and not too far from you. You only need 1-2 steps really to generate solid power when shooting.
- Where you strike on the ball matters and can cause the ball to go one way or another.
- Approach the ball at a slight angle ~45 degrees
- How much you turn your hip one way or the other can help position your shoot accurately.



Penalty Kick (5 mins)

Penalty Kicks

Practice shooting form from the penalty mark can be helpful as players are close to the goal and can work on the shooting form from close distance. U8's can do this with no goalkeeper as they do not have goalkeepers yet. U9/U10 can use keepers on their size goal.

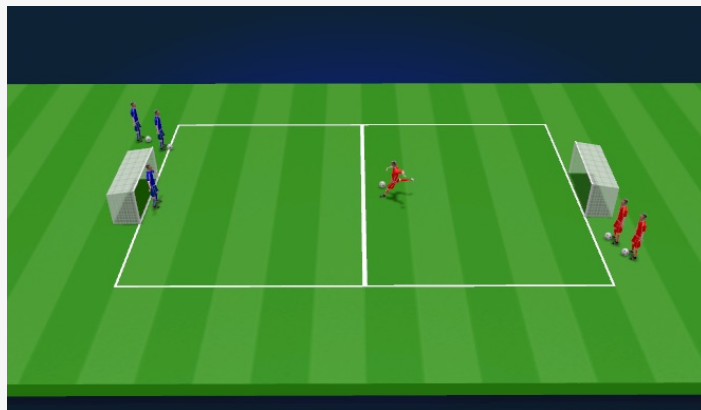


Goalie Wars (10 mins)

Goalie Wars

Place two goals and split up teams evenly. Players start next to their goal. U8s play with no goalkeeper, U9/U10 start with a goalkeeper on one side. One player on one side will dribble up and shoot before a designated area (can be shorter if they are having trouble kicking at distance or longer if players are having a lot of success). After the shooter takes their shot they become the goalie for their team (U8's will just collect their ball) then the player from the opposing side comes on and tries to shoot. Shooters become goalies and teams alternate taking shots one at a time and play continues for a certain amount of time or to a certain amount of goals scored. This is a fun game kids love and you may even find out someone who is a great goalkeeper from this or find someone who can strike the ball exceptionally well. Coaching points:

- Prep touch can set you up for success
- Power is good but accuracy is more important
- Transition to goalkeeper quickly



Shooting lines

This is intended for U11-U14 only.

Setup 4 cones around the top of the box and split players up evenly amongst the cones. Every player should have a ball.

Start the play from left or right side. First player dribbles into the middle and shoots, after their shot they turn and play a layoff pass with the player at the next cone and that player shoots a 1 or 2 touch shot, after their shot they turn and do a layoff pass with the next cone, after that shot they turn and play a layoff pass into the corner with the player at the last cone. All 3 players that shot previously will stay in for this final round. The player who received the lay off pass into the corner will cross the ball on the ground or in the air so players running in can try to finish. After that players retrieve their ball and move down one cone to the left or right depending which direction your flow of shots is going.

Coaching points:

- Normal shooting technique points we talked about in warmup
- Mixing up runs before/as the cross is coming in
 - It is easy for the defending team to guard if the runs are all straight in. Someone should go towards front post, middle of goal, and lastly far post, in that order and runs should be timed according to when the cross is coming in.

