



<b>Name:</b> Fabien Lewis	<b>Team:</b> U8	<b>Day:</b> 2	<b>Duration:</b> 60 Minutes
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**Description:** This session is set up to give players more opportunity to play, while practicing shooting. Using this session, you get players in the game mind set for the upcoming game. Players learn how to shoot, create chances and support in attack.

<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage – 15 minutes</p> <p><b>Organization:</b> Make 2-3 fields, 20 x 20 yard grid with a goal at each end. As players arrive to the field start them playing games up to 4 v 4. Start games w/ a kick off. Out of bounds, pass the ball in to a teammate. Allow for free play among the players.</p> <p><b>Coaching Points:</b> (1) Look up. (2) Find an opening. (3) Attack quickly towards the goal to shoot. (4) Toes down – ankles locked- strike with laces (5) Land on shooting foot.</p>
<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> “Shoot Out” – 20 minutes</p> <p><b>Organization:</b> Set up several 20 x 20 yard field w/ a midfield line &amp; goals. <u>Progression I:</u> Have 2 teams play (2 v 2 or 2 v 2 + 1 &amp; goalkeepers), 5 minutes game. After, 5 minutes, form different teams or give teams different opponent. Bonus points if you score a goal from a shot taken from your half of the field (long range shot). Keep score. <u>Progression II:</u> 4 v 4 + 1 and goalkeepers.</p> <p><b>Coaching Points:</b> (1) Reiterate previous points. (2) Positive Communication.</p>
<p style="text-align: right; font-size: small;">© Copyright www.academysoccercoach.co.uk 2018</p>	<p><b>Activity:</b> Scrimmage – 25 minutes</p> <p><b>Organization:</b> On a 35 x 30 yard field with a goal at each end, play 6 v 6 + goalkeepers. Enforce your own modified small sided game rule/s.</p> <p><b>Coaching Points:</b> (1) Reinforce previous points.</p> <p><i>Modify a 6 v 6 to 4 v 4 + 2 goalkeepers. Adjust field to 25 x 20 yard.</i></p>