



## U8 Finishing

**Category:** Technical: Shooting  
**Difficulty:** Moderate

Michael Caine, derry, United States of America  
Individual-Adult Member

### Description

U8 Shooting Technique

#### Warm Up

Organization 20 x 20 square

Each Player has a ball at their feet, dribbling inside the area.

Coach gives various commands such as turn, dribble.

Add dynamic stretches. High Kness, heel flicks, open the gate.

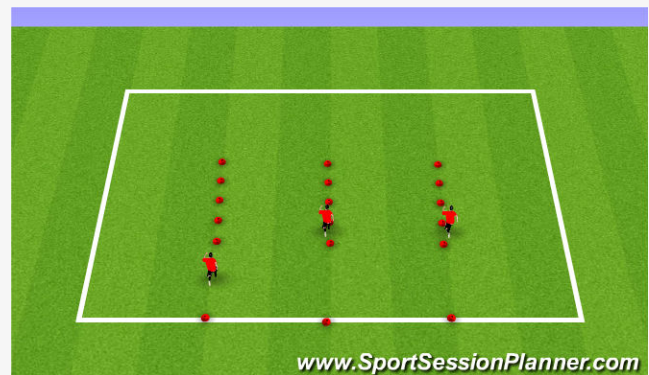


#### SAQ

Line 1 side to sides

Line 2 bunny hops

Line 3 2 steps in each



#### Technical

Organization

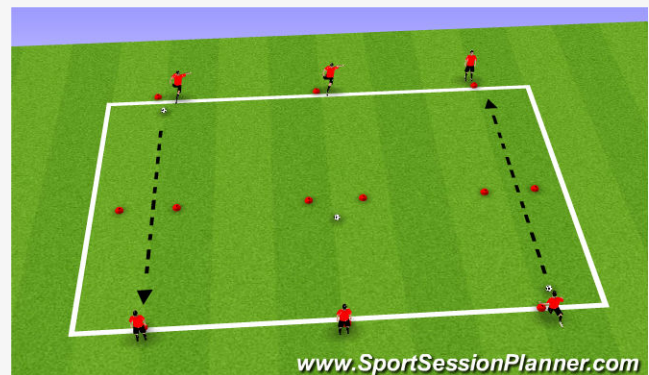
Players 15 yards apart

Gate is 4 yards apart

Players will "Shoot" the ball through the gates to their teammate

Coaching Points

1. non-kicking foot planted, next to the ball toe aimed at partner.
2. Strike through the ball with their laces - toe down, ankle locked
3. Angle of Approach - come from an angle - not straight on.
4. Strike through the center of the ball - eyes focused on the ball.



## Technical Adv.

Organization 20 x 20 square split into 2. Add a goal at the end line of the square

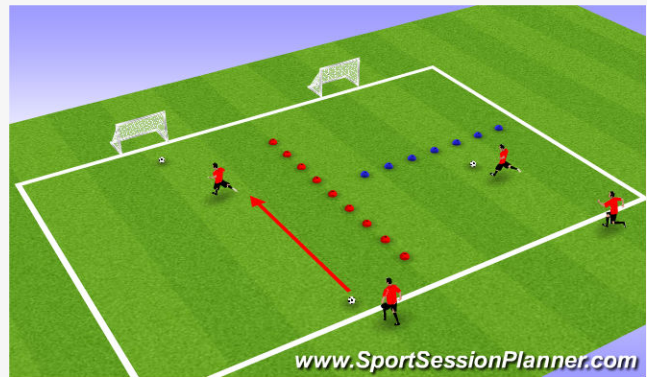
Player dribbles down towards the goal, and shoot at the goal.

Progression

Add Blue line players must shoot before crossing the line.

Coaching Points

1. non-kicking foot planted, next to the ball toe aimed at the goal.
2. Strike through the ball with their laces - toe down, ankle locked
3. Angle of Approach - come from an angle - not straight
4. Can players get their head up to see where the goal is as they dribble?
5. Then look at the ball when striking, to make a good contact.



## 4 Goal Game

Organization 30x30 with a goal at each line

Encourage players to attack any goal, and get shots at goal.

Coaching Points

1. head up - see the goal
2. quick shots.



## Game

Regular Game

