**GOAL**  Improve the techniques of Shooting to score goals

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Team Tactical Principles</th>
<th>Key Qualities</th>
<th>Focus, Take Initiative</th>
</tr>
</thead>
<tbody>
<tr>
<td>8-U</td>
<td>Shoot, Score goals, Support the attack</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PLAY - SMALL SIDED GAMES

**Objectives:** Play the game to score more goals than the other team.

**Organization:** 2-3 fields, 15W x 20L w/a goal at each end. As players arrive to the field play 2v1, 2v2, up to 3v3 games.

**Time:** 4 games of 2 mins, 30 sec rest, activity duration is 10 min.

**Rules:** Begin games & after a goal w/ a kick off. Out of bounds, pass or dribble the ball in. Give players some free play time w/ no coaching.

**Key Words:** Head up (look), find an opening (to the goal), shoot, move the ball forward closer to goal

**Guided Questions:** How can you tell which children are happy playing the game? How can you help them to be more comfortable?

**Answers:** Young children display happiness with smiles and laughter. Have players be on a team w/ friends or children they know.

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**PRACTICE - CORE ACTIVITY**

**Less Challenging Activity**

**Organization:** 20Wx25Lyd grid w/6 goals on endlines. Coaches are defenders. Dribble & shoot to score in a goal at one end then go to the other end to shoot.

**Rules:** Each player w/ a ball. How many goals in 2min, beat score. Shoot w/favorite foot, non-favorite foot. Bonus pts for goals after beating a defender.

**Activity Duration** | 21 min  
**Time Active**       | 2 min  
**Active Rest**        | 1 min  

**More Challenging Activity**

**Organization:** 20Wx25Lyd field with goals. Make 2 teams. Balls next to the goals. Play 3v3.

**Rules:** One team of 3 starts w/ the ball. Play to score in opponent's goal. After a goal the team that was scored on gets a new ball & plays right away. Play for 2 min before rotating players. Keep score.

**Key Words:** Look up, find an opening, go to goal, shoot

**Guided Questions:** What should you do if players just dribble up close to a goal to score? Why would a player dribble before shooting?

**Answers:** Encourage attempts to shoot from the "far away marker". To get into a clear opening or path to the goal, past defenders to shoot.

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**PLAY - LET THEM PLAY**

**Objective:** Each team is playing the game to score goals.

**Organization:** On a 25W x 35L field w/ a small goal at each end. Play 4v4.

**Time:** Game is for 30 min, 2 halves of 12 min with 3 min of rest after each half.

**Rules:** All modified 4v4 rules apply.

**Key Words:** Find an opening, get through, shoot to score

**Guided Questions:** How does a player know it is a good time to shoot? When should you praise a shot?

**Answers:** There is a clear path to the goal, or they are close to the opponent's goal. When the shot is on target or the shot is a goal.