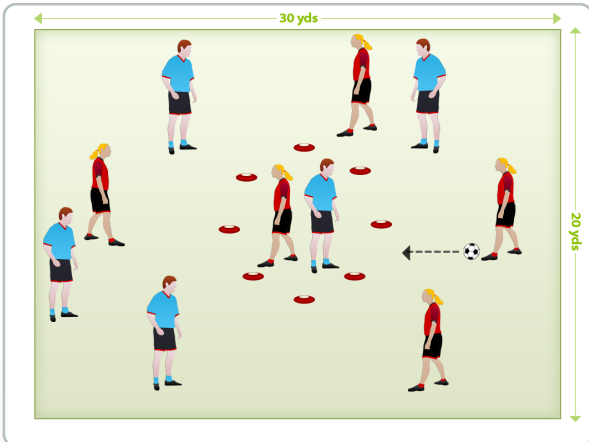


U8

WEEK 10  
#46

**NAME:** Keepers in the Circle **TYPE:** Warm-up **THEME:** Shooting



**SET UP**

Set out a 5-yard circle inside a 30x20 yard area. Group players in equal teams of four. Position red and blue team players randomly inside the area. Position a red team goalkeeper and a blue team goalkeeper inside the 5-yard circle. One ball is required.

**LEARNING OUTCOME**

Creating scoring opportunities and shooting with accuracy.

**DIAGRAM KEY**

— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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U8

WEEK 10  
#46

**HOW TO PLAY**

The coach rolls the ball into play to start the game. The team in possession combines to create a shooting opportunity inside the area but outside of the circle. The defending team attempts to tackle the player in possession or intercept a pass to gain possession. A goal is scored when a player kicks the ball into the circle and that team's goalkeeper saves the ball. Rotate teams when the ball goes out of bounds or a goal is scored. Repeat.

**PROGRESSIONS**

1. Position resting players on each end line and sideline to provide a "one-two" passing option to the player in possession.

**COACHING POINTS**

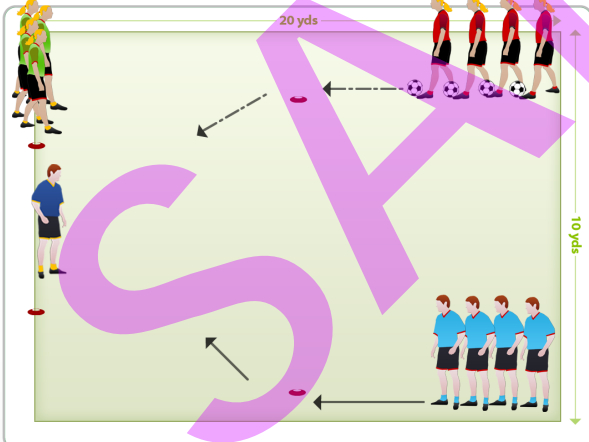
1. Approach the ball at an angle.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.

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U8

WEEK 10  
#47

**NAME:** Cross and Shoot **TYPE:** Technique **THEME:** Shooting



**SET UP**

Set out a 20x20 yard area. Group players in equal teams of four. Position the red team in a corner of the far end line, each player with a ball. Position the blue team in the corner of the far end line across from the red team. Station a lone disc 10 yards in front of each team. Position a goalkeeper inside a goal on the near end line and remaining players behind the goal.

**LEARNING OUTCOME**

Creating scoring opportunities and shooting with accuracy.

**DIAGRAM KEY**

— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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WEEK 10  
#47

**HOW TO PLAY**

On the coach's command, the first red player dribbles toward the lone disc on his side of the area. As the red player approaches the disc, the first blue player runs around the lone disc on his side of the area and cuts infield toward goal. The red player dribbles around the disc, turns to face the blue player, and crosses the ball into the area in front of goal. The blue player controls the ball with his first touch and attempts a shot on goal with his second touch. The goalkeeper is positioned at his front post but can move across the goal after the cross. The red player retrieves his ball from the goalkeeper or one of the green players behind the goal, and each player returns to the back of their team's line. Repeat and rotate positions.

**PROGRESSIONS**

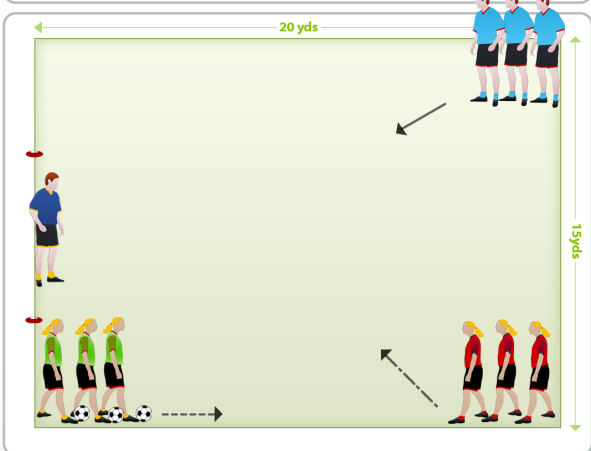
1. Allow the goalkeeper to move off his line to intercept crosses.
2. Position a defender behind the blue player and have him chase the blue player into the area to pressure the shot.

**COACHING POINTS**

1. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
2. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
3. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.
4. Follow up your shot for rebounds.

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**NAME:** Triangulated Shot **TYPE:** Skill **THEME:** Shooting



**SET UP**  
Set out a 20x15 yard area. Group players in equal teams of three. Position the green team in a corner of the near end line, each player with a ball. Position the blue team in the opposite corner of the far end line. Position the red team in the corner of the far end line across from the blue team. Position a goalkeeper inside a goal on the near end line and position remaining players behind the goal.

**LEARNING OUTCOME**  
Shooting with power and accuracy.

**DIAGRAM KEY**  
—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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**HOW TO PLAY**

The first green player passes the ball across the area to the first red player. As soon as the red player touches the ball, the first blue player is allowed to enter the area as a defender. The red player controls the ball with his first touch and attempts a shot on goal with his second touch. The blue player attempts to tackle the red player or block his shot on goal. The goalkeeper is positioned at his front post but can move across the goal after the pass has been made. The green player retrieves his ball from the goalkeeper or one of the players behind the goal, and each player returns to the back of their team's line. Repeat and rotate positions.

**PROGRESSIONS**

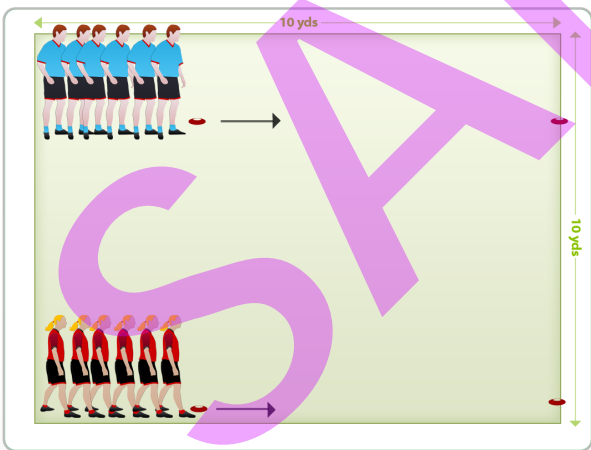
1. Allow the green player to follow his pass and pressure the red player.
2. Allow a second red player to enter the area to create a 2-on-1.

**COACHING POINTS**

1. Get the ball out of your feet with a good first touch.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.
5. Follow up your shot for rebounds.

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**NAME:** Car Relay **TYPE:** Activity Break



**SET UP**  
Set out a 10x10 yard area. Group players in two equal teams. Position teams next to a disc on the near end line. Station a disc opposite each team on the far end line.

**DIAGRAM KEY**  
—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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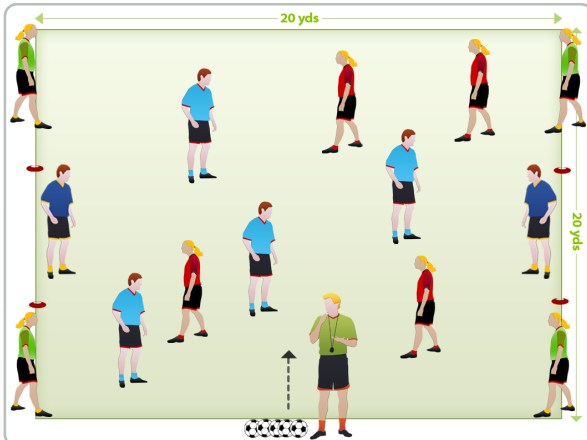
**HOW TO PLAY**

One at a time, players run around a disc positioned 10 yards from the starting line. Players respond to the following commands:

- |                         |  |
|-------------------------|--|
| <b>Coach Says</b>       | <b>Players</b>                             |
| "Broken Steering Wheel" | Run zigzag                                 |
| "Flat Tire"             | Hop on one foot                            |
| "Oil Light"             | Jump with both feet together               |
| "Broken Transmission"   | Take five steps forward and two steps back |
| "Stuck in Reverse"      | Run backward                               |
| "Road Trip"             | Everyone runs together                     |

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U8

WEEK 10  
#50
**NAME:** Penalty Box Shootout **TYPE:** Game **THEME:** Shooting
**SET UP**

Set out a 20x20 yard area. Group players in equal teams of four. Position red and blue team players randomly inside the area. Position a goalkeeper inside a goal on each end line and green team players behind each goal. Position the coach on the sideline with a supply of balls.

**LEARNING OUTCOME**

Creating scoring opportunities and shooting with accuracy.

**DIAGRAM KEY**

—— Player Movement    - - - - - Ball Movement    - - - - - Player/Ball Movement

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WEEK 10  
#50**HOW TO PLAY**

The coach rolls the ball into play to begin the game. The team in possession combines to create a shooting opportunity. The defending team attempts to tackle the player in possession or intercept a pass to gain possession. The object of the game is to score in the opposing team's goal. The short and narrow area should create a lot of shooting opportunities, so encourage players to shoot on sight. Rotate teams when the ball goes out of bounds or a goal is scored. Repeat. The team with the most goals wins.

**PROGRESSIONS**

1. Position resting players on each end line and sideline to provide a "one-two" passing option to the player in possession.

**COACHING POINTS**

1. Get the ball out of your feet with a good first touch.
2. Place your non-kicking foot alongside the ball, with your toes pointing at the target.
3. Position your head and kicking knee over the ball, with your hips and shoulders square to the target.
4. Keep your ankle firm and your toes pointing down during impact. Follow through in the direction of the intended target.
5. Follow up your shot for rebounds.

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