

◆ U8 Activities for Week 11 ◆

Coaches,

This practice is geared for **Basic Shooting Techniques and Creating Passing Opportunities.**

Please see diagram on the **instep pass/shot** on the last page.

Staff session – 15 min

Treasure Hunt – 5 min

Exercise 4 (Shooting) – 9 min

2v2 mini game – 11 min

Scrimmage 3v3 – 19 min

Make 2-3 passes before shooting on goal and all team players must be 10+ feet apart when on offense.

◆ U8 Activities for Week 11 ◆  
Treasure Hunt

Age Appropriate: 4-18  
Function: Dribbling & Passing

**Equipment:**

- Entire team
- One ball per player
- 7 cones

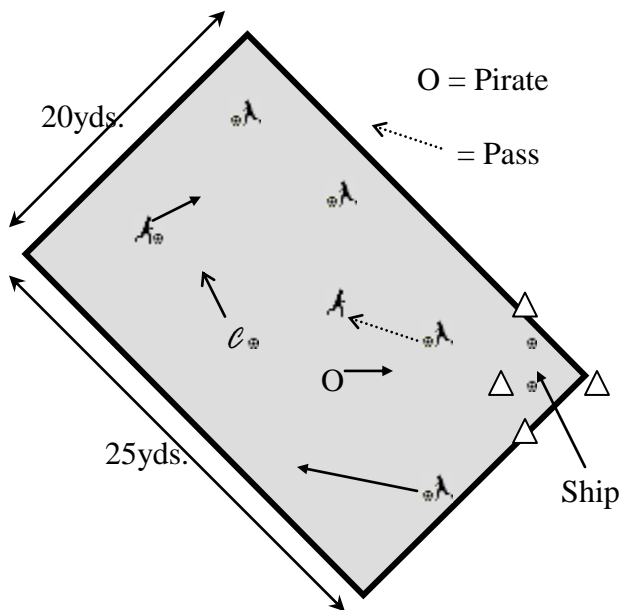
**Objective:** Work as a team to maintain possession of the balls.

**Description:**

- All players but one are dribbling their balls in a designated area. One “Pirate” without a ball is trying to collect as many balls as possible and take them back to the ship. When a player has lost his ball he may help out his team by supporting and being open to be passed too (2v1, 3v1 combination). When all the balls are on the ship the game is over.
- Last person with possession of a ball becomes the next Pirate.

**Some variations for the game:**

1. Shrink or enlarge playing area depending upon success
2. Have 2 Pirates
3. After every 30 seconds, a ball is played back in from the ship
4. Split up the group into two teams; half collecting the other half passing for possession. The team with best time wins



**Key Points for game success!**

- Keep instructing players on what they should be doing.
- Help guide Pirate(s) on where they should go.
- Coach is performing in the activity.
- Coach uses an enthusiastic tone.

**Coaching Points:**

- Willingness to pass
- Technique of passing
- Dribbling to open space

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**Exercise 4**

**Function: Shooting**

**Equipment:**

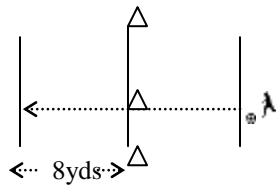
- Entire team
- One ball per player
- Adults
- 10 cones
- Fence

**Description:**

1. All players need a ball. Have the players spread out between the cones. The players will be 8 yards away from random cones spread out in a row. Players are to shoot and see if they can hit the cone. Afterwards they go to the other side and shoot again in the other direction trying to hit the same cone.
2. Coaches can see who can make the most shots within a 1 min time frame. Keep score.

**Focus On:**

- Putting power behind the ball
- See who can get the ball closer to the cone from 10 yards out. Coach vs. Players
- Use instep when shooting



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2v2

**Age Appropriate: 7-18**  
**Function: Dribbling & Passing**

### Equipment:

- 4 players
- 1 ball
- 2 vests
- 8 cones

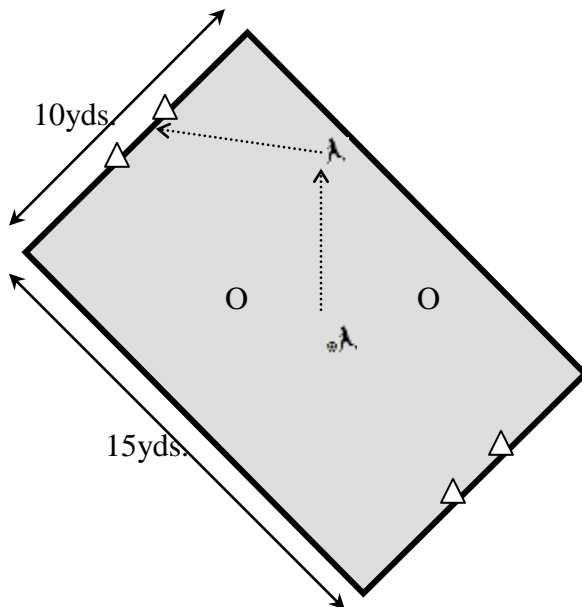
**Objective:** To pass or dribble around your opponents to score.

### Description:

- Divide your players into two teams of two. Each team is trying to pass and move the ball to create a chance to shoot on the goal. If a goal is scored the opponent gains possession of the ball and attacks.
- Give a 30 second brake every 2 minutes.
- Rotate teams every 4 minutes for different competition.

### Some variations for the game:

1. Shrink or enlarge playing area depending upon success
2. Limit the number of touches on the ball per player
3. Change to a 3v3 or 4v4



### Key Points for game success!

- Have extra balls off to the side on each game field.
- Make a mini-tournament. Rotate teams every 4 minutes.
- Coach uses an enthusiastic tone.

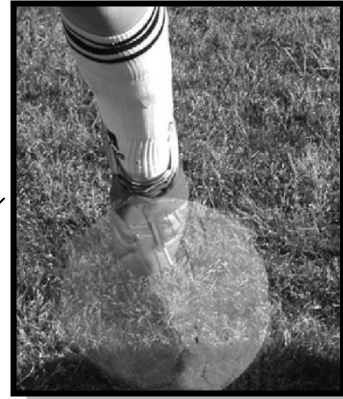
### Coaching Points:

- Getting rid of the ball quickly before pressure
- Maintaining possession
- Quick transition from offense to defense and vice versa

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**PASSING/ SHOOTING**

**Instep Pass:**

An instep pass is when the ball is passed with the instep of the foot. This type of pass drives the ball to a specific area. This is also known as a power shot. This pass is utilized when a player wants to shoot the ball like a bullet at the goal. The only difference between the instep and power shot is the amount of power you put behind the ball.



**Fundamentals:**

***Instep Pass:***

- Approach the ball from a small angle. The body will be just to the side of the ball.
- Your plant foot will be to the side of the ball and the toe will just cross the ball's plane.
- The striking foot will swing just slightly out with the toes pointing straight down as the laces make contact with the center of the ball.
- Follow through, going straight through the ball.

**5 Basic Fundamental Steps**

1. Approach
2. Plant foot
3. Swing
4. Contact
5. Follow Through

**Helpful Hints:**

- Generally the further the plant foot is away from the ball the higher the ball will go. (Depending on how you strike the ball).
- When you strike the ball further away from the center (left or right side) the ball's path will bend more.

**Always Tips:**

- Keep your eyes on the ball all the way through contact.
- The approach and plant foot make for good placement.