



Training Game U-8 Players

Slalom Shooting

Skill: Dribbling and Shooting

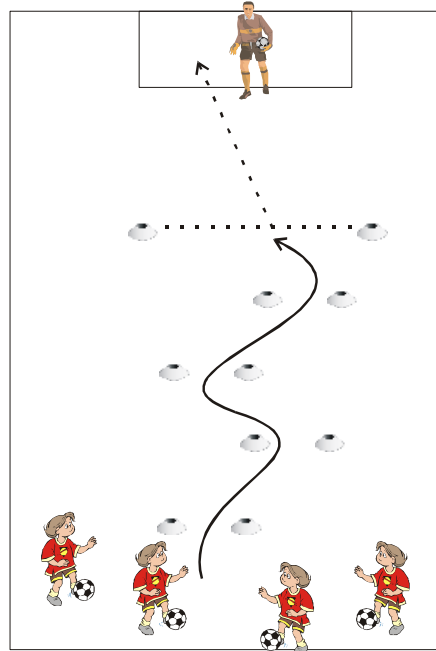
Number Of Players Required: Full U-8 Team

Equipment: 1 soccer ball per player plus 6 additional balls, some type of goal, 4 cones to mark a grid and 10 pro cones to set a slalom course.

Grid Requirement: A 30 X 20 yard grid

Organization: Using cones layout a 30 X 20 yard grid with some type of goal. Shooters are at the opposite from the goal. Each shooter has a ball and a Keeper is placed in the goal. Lay 5 pairs of cones between the endline in a slalom style with the last pair of cones about 8 yards from the goal.

How The Game Is Played: Each shooter in turn dribbles through the slalom course and must shoot when he arrives at the last set of cones. As soon as the shot is taken, the next shooter starts. The shooter and the keeper exchange places. Every shooter becomes the keeper. First player to score 5 goals wins.



Variations: Shoot with the right or the left foot only.