



# U8 Recreational Program 2013 Syllabus

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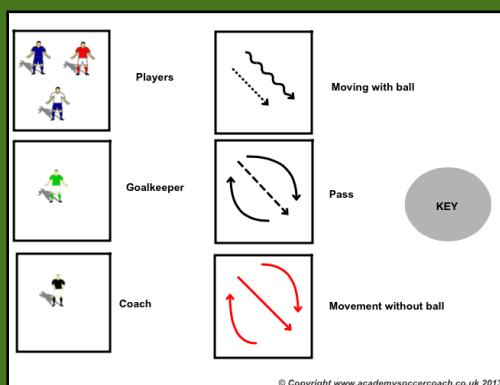


Sessions created by  
Dan Chubbock and Alex King

## Introduction:

Dear Coach,

Welcome to a new season with Castro Valley Soccer Club. In this syllabus you will find the session plans for your 12 week training program for the U8 age group. Teams will be scheduled to have their session run on certain weeks, with a 24-7 UK Soccer Academy trainer, who will run the designated session for that week. The syllabus consists of 12 sessions, which you as coach, will carry out each week, when you do not have a 24-7 trainer. Each session consists of a 10 minute warm up, followed by a 20 minute topic, 20 minute progression and then 10 minutes of free play at the end of the session. Below is a key to help you understand the session diagrams...



We look forward to working with you this year and continuing to develop the players in our program.

Sincerely,

*A. Hulbert*

Andy Hulbert  
(Director of Coaching)





## Syllabus Overview:

<b>Week 1</b>	<u>Basic Passing 1</u> : Passing in Pairs, Tin Can Alley, Gate Game (In Pairs)
<b>Week 2</b>	<u>Basic Dribbling 3</u> : British Bulldog, Moves (Passive Pressure), Gauntlet
<b>Week 3</b>	<u>Basic Passing 3</u> : Cops and Robbers, Passing in Pairs, Gate Game (In Teams)
<b>Week 4</b>	<u>Basic Receiving 3</u> : Circle Game (Back Foot), Passing in Threes, Back Foot Drill
<b>Week 5</b>	<u>Basic Turning 2</u> : Keep away, Relays, Robin Hood
<b>Week 6</b>	<u>Basic Shooting 3</u> : Shooting Warm-up, Wembley Way (3 Teams), Wembley Way (2 Goals)
<b>Week 7</b>	<u>Defending</u> : 1v1's (Passive), 1v1's (With Pressure), 1v1's (To Goal)
<b>Week 8</b>	<u>Basic Dribbling 4</u> : King of the Ring, Moves (Against Defender), 1v1's
<b>Week 9</b>	<u>Basic Passing 4</u> : Stuck in the Mud, Numbers Game, Numbers Game (With Defenders)
<b>Week 10</b>	<u>Basic Receiving 4</u> : Circle Game (Front Foot), Passing in Threes, 2v1 to Goal
<b>Week 11</b>	<u>Basic Turning 3</u> : How Long Left Ref?, Turning Drill, 1v1 (inverted goals)
<b>Week 12</b>	<u>Basic Shooting 4</u> : Terminator, Back Foot Shooting Drill, 3v3 Goalie Wars
<b>Week 13</b>	Street Soccer

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Passing 1

Time available

60 Minutes



**Objectives** - To teach players how to play a push pass.  
**Explanation** - Players set up in pairs and pass the ball back and forth between gates, scoring a point each time they pass through a gate.

**Coaching Points** - Pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Work with non-preferred foot only.



**Objectives** - Teach players to improve accuracy of a push pass.  
**Explanation** - Players in pairs, with one ball between two. They must pass the ball, aiming to knock the orange cone over. Players score a point for successfully hitting the cone and knocking it over. Players take it in turns to pass the ball towards cone. After one minute winning player advances up one grid and losing player moves down one grid.  
**Coaching Points** - Pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Increase distance to 15 yards. Players can only use non-preferred foot to score a point.



**Objectives** - Teach players to play a push pass, whilst moving with the ball.

**Explanation** - Players work in pairs to dribble around grid and pass ball through gates, scoring one point for every pass through a gate.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Add a defender to pressure player with ball and cut off passing angle through the gate.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Teach players to dribble the ball under pressure.  
**Explanation** - 30x30 yard grid. Blue are Attackers, Red is Defender. Blue must dribble the ball from one side of the grid to the other. Red must steal the ball and knock it out of square. If Defender steals ball, Attacker becomes Defender too.  
**Coaching Points** - Keep ball under control, accelerate into open spaces, keep head up, dribble with speed.  
**Progression** - Make grid smaller, start with 2 defenders. Make defender start facing the other way.



**Objectives** - To teach the basic technique of the 'Matthews' and the 'Scissors'  
**Explanation** - Player starts with the ball, dribbles up to cone, does a move past it, then dribbles through cones opposite. Partner does the same, then goes back the other way.  
**Coaching Points** - 'Matthews'. Dribble ball with right foot, drop left shoulder for disguise, flick ball to the right with the laces/outside of the foot in a diagonal movement. Same with other foot. 'Scissors'. Dribble ball with right foot, scissor the foot around the ball in a clockwise motion then flick ball with laces/outside of left foot in diagonal movement. For left foot scissor the ball in an anti-clockwise motion.  
**Progression** - Increase pace of approach to cone, look to do move on both right and left side.



**Objectives** - Teach players to use speed and moves to beat an opponent.  
**Explanation** - Player in Blue is Attacker, Three Defenders in Blue positioned in between two sets of cones. Attacker must try to take on 1st Defender, if he does he then does the same for 2nd Defender and then the 3rd Defender.  
**Coaching Points** - Attack with speed, be positive when doing the moves, look to really focus on the disguise to make Defender unbalanced, keep ball under close control.  
**Progression** - Make space between 2 cones smaller. Make a competition, 1 point for attacker for every defender taken on.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

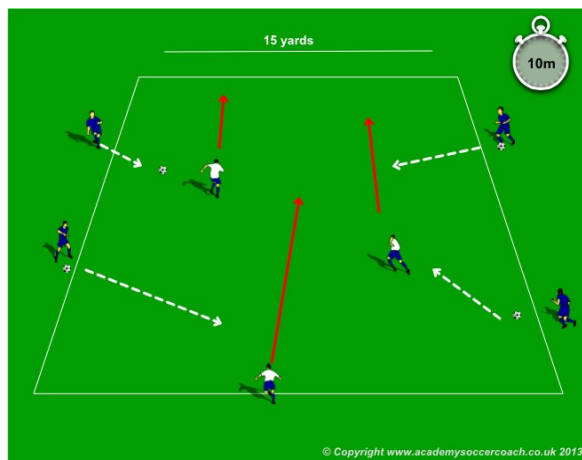
U7/U8

Theme

Basic Passing 3

Time available

60 Minutes



**Objectives** - To improve player's accuracy of a push pass.

**Explanation** - White team must make it from one side of the grid to the other, while blue players attempt to pass a ball and hit them, below the knee. Blue players must stand behind line to pass and may not go beyond line to fetch balls, until coach gives the command 'reload'. Play five rounds, awarding a point for every player hit with the ball.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Look at run of player passing toward.

**Progression** - White players have a ball and blue players must hit it for a point. Blue players can pass to each other to help get points.



**Objectives** - Work on pass weight (power) and accuracy of push passes.

**Explanation** - Player with ball stands behind cones, which are about 2 yards wide and attempts to pass through opposite players cones (15 yards away). Points are awarded if ball does not go through cones, stops short or if pass is hit above knee height.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.

**Progression** - Make target smaller. Increase distance of pass.



**Objectives** - Teach players to play a push pass, whilst moving with the ball.

**Explanation** - Players work in teams to dribble around grid and pass ball through gates, scoring one point for every pass through a gate.

**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Start thinking about distance (not too close) and angle of support (able to see player with ball).

**Progression** - Add a defender to pressure player with ball and cut off passing angle through the gate. One ball between the two teams.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

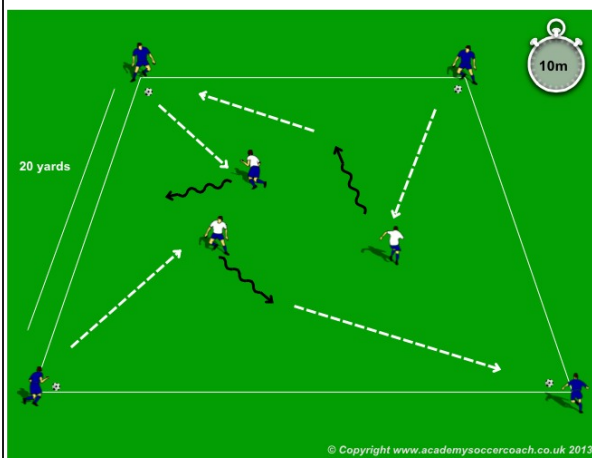
U7/U8

Theme

Basic Receiving 3

Time available

60 Minutes



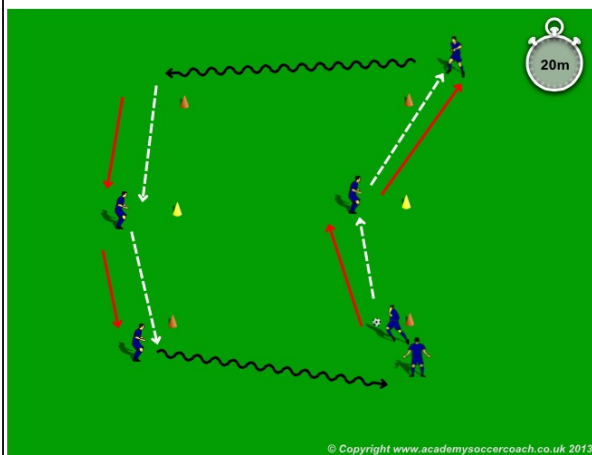
**Objectives** - Teach players to receive ball with their back foot.  
**Explanation** - Half of players on outside of grid with a ball, other half inside grid, without a ball. Players on inside, must receive the ball from a blue player and then find a different blue player to pass the ball back to.  
**Coaching Points** - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing ball should let teammate know 'time/turn' when there is no defender on them.

**Progression** - Players must always open up with their non-preferred foot.



**Objectives** - Teach players to receive ball with the back foot  
**Explanation** - Three players set up approximately 20 yards apart. The player in the middle receives the ball from one of the outside players. He then opens up and passes to player on the opposite side. Player in the middle then receives ball back from outside and plays back to the player, who started with the ball.  
**Coaching Points** - Player in the middle should get wide to receive ball from outside. Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass. Player should then check out wide again to receive ball.

**Progression** - Change side in which player in middle receives ball, so left foot becomes back foot.



**Objectives** - Improve technique of receiving ball with back foot.  
**Explanation** - Set up 6 tall cones equally spaced 15 yards apart. The players move the ball around the grid, passing and following their pass. The players, receive the ball with their back foot and play to the next person. Players follow their pass each time.  
**Coaching Points** - Check away from cone, treating it like a defender. Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run and glance over shoulder). Heel down, toe up on receiving foot. Receive ball with foot furthest from where player received it (when opening up right side, use right foot, when opening up left, use left foot), Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble.

**Progression** - Add a second ball.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Teach players to turn away from pressure with the ball.

**Explanation** - 2 teams split evenly, after each pass the player receives the ball, performs a turn then accelerates away before passing to a teammate.

**Coaching Points** - Turn away from pressure, accelerate into open space after turn. Correct technique of turn.

**Progression** - Make a competition. Add a defender to go against each team.



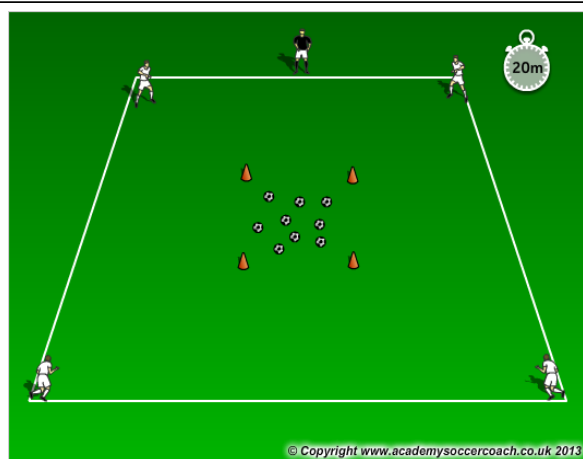
**Objectives** - Teach players to perform a turn when dribbling with pace.

**Explanation** - Players dribble the ball in-between the two set of tall cones and perform a turn before dribbling back to their partner.

**Coaching Points** - Correct technique of the turn. Correct contact on the ball when making the turn. Accelerate away after turn.

Dribble at fastest pace as long as ball is under control.

**Progression** - Make it a competition.



**Objectives** - Teach players to turn away from pressure.

**Explanation** - Stick all the balls in the coned area. Players split up into groups and go to the 4 corners of the square. One player from each corner comes into the middle and does a turn on the ball and goes back to their corner. Continue until all balls are taken out of the middle.

**Coaching Points** - Correct technique of the turn. Correct contact on the ball when making the turn. Accelerate away after turn.

**Progression** - Once all balls are taken out of the middle, allow one player from each corner to go and 'steal' balls from other corners. Each ball in your corner at the end is a point.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

Team/Age Group

Theme

Time available

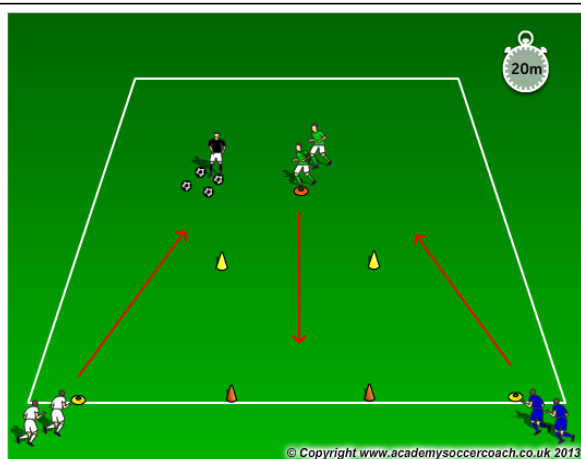


**Objectives** - Teach players to strike a moving ball.

**Explanation** - Players play diagonally across (white to white), come and take a touch to set up a shot on goal. Change lines after shot.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Use weaker foot. Increase distance. Player, who passes ball becomes defender.



**Objectives** - Teach players to strike a moving ball with their laces.

**Explanation** - Split teams into 3 groups, give them all a number. The coach calls out the number, one of the 'green' team runs into the goal, one each from the 'white' team and one from the 'blue' team run around the yellow cones and try and shoot on goal. Ball is passed in by the coach. Rotate the lines.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Call 2 numbers



**Objectives** - Teach players to strike on goal in 1v1 situations.

**Explanation** - Two lines start behind the goal. Coach plays ball in, player at start of each line runs into the middle and tries to score on opposite goal.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Look to create half a yard of space to get a shot off. Follow through, landing on kicking foot.

**Progression** - Increase distance. Add a second goal.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end

Coach

Session date

Team/Age Group

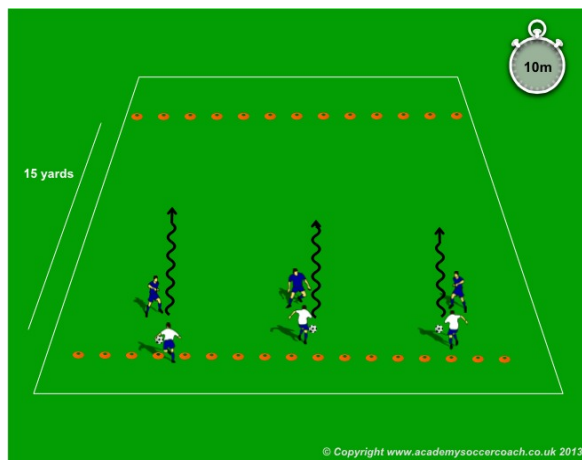
U7/U8

Theme

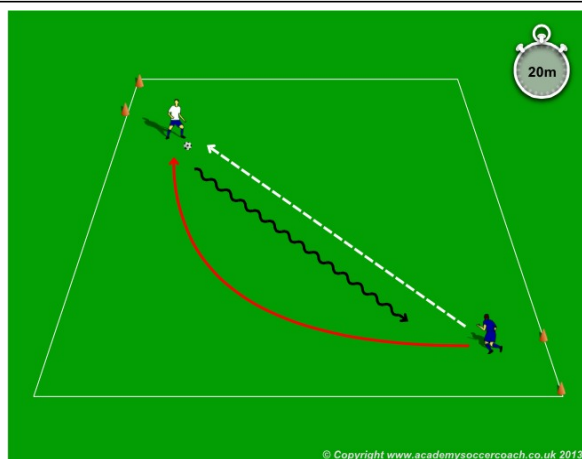
Basic Defending

Time available

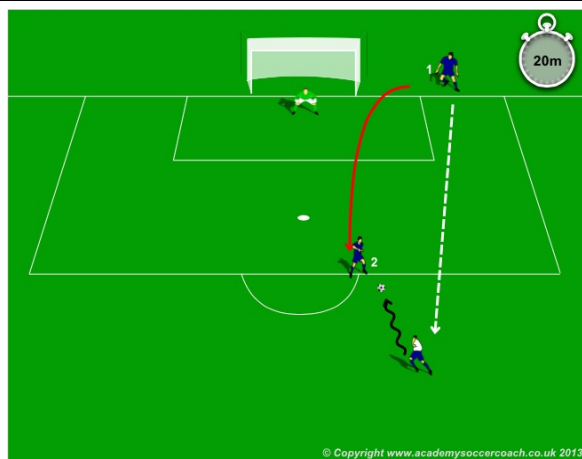
60 Minutes



**Objectives** - To teach young players basic 1v1 defending.  
**Explanation** - White player starts with ball and moves ball from one side of the grid to the other. Blue player, must move with them staying between the end line and the player with the ball. Once at the end line, players switch roles.  
**Coaching Points** - Sideways on (surfer pose). On toes, knees bent, eye on the ball, touch tight to opponent. Stay goal side.  
**Progression** - Allow defending player to steal the ball and dribble to opposite line.



**Objectives** - Teach players to defend in a 1v1 situation  
**Explanation** - Set up a 20x20 yard grid with gates in opposite corners. The Blue player passes the ball to the White player, who then must try to dribble towards opposite goal.  
**Coaching Points** - Curve your run, forcing the attacker away from goal. Use The four P's. Pace (start fast and slow down as you get closer to attacker). Position (sideways on in the Surfer position). Patience (stand up and do not 'dive' in. Wait for the attacker to make a mistake). Power/Poke (make a strong tackle to take ball away from goal and attacker).  
**Progression** - Switch goals to other corners to work on defending the left side of the field.



**Objectives** - Coach players to defend and protect their goal.  
**Explanation** - Using the penalty area, have the defender play the ball to the attacker, who then tries to get past the defender and score a goal.  
**Coaching Points** - Use the four P's to take the attacker away from the goal and try to win possession. Stay touch tight and be patient, making sure the attacker does not have space to shoot.  
**Progression** - Place a goal the opposite end and have the defender go to that goal if they win the ball.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

U7/U8

Theme

Basic Dribbling 4

Time available

60 Minutes



**Objectives** - Dribble the ball under close control when under pressure.

**Explanation** - 30x30 yard grid. Players dribble the ball inside the area until the coach says 'Go'. On that command the players must try and kick each other's ball out of the grid, while at the same time protecting theirs. The person with the ball in the grid on his own at the end wins.

**Coaching Points** - Head up, Awareness of others, dribble ball into areas away from pressure. Position body in-between ball and opponent when under pressure.

**Progression** - Make grid smaller. If no-one is attempting to kick other balls out, add a defender.



**Objectives** - Teach players to do a move around a passive defender. Recap 'Matthews' and 'Scissors', look to teach another move also. 'Two Touch'.

**Explanation** - Players in Blue dribble towards Defender in Red and perform certain moves. Then do same from other end. Rotate defender. Defender doesn't try and steal the ball, just stands still to allow attackers to practice their moves.

**Coaching Points** - 'Two Touch.' Dribble ball towards target and take a small touch diagonally with the left foot towards the right foot, then as quick as possible take a bigger diagonal touch with the right foot back towards the left foot, past the defender. Emphasise the pace of the move to create a disguise.

**Progression** - Allow Defender to stick a foot out to steal ball if move isn't performed correctly, only passive though.



**Objectives** - Teach players to beat a player in a 1v1 situation.

**Explanation** - Players in Red (Defender) pass ball to player in Blue (Attacker), attacker attempts to dribble the ball into one of the 2 goals at the other end. If Defender steals ball he tries to dribble into goals situated either side of the Attacker.

**Coaching Points** - Dribble with speed, keep ball under close control, carry out the moves with conviction, the disguise element is important.

**Progression** - Take away one of the goals. Make area bigger or smaller depending on success.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

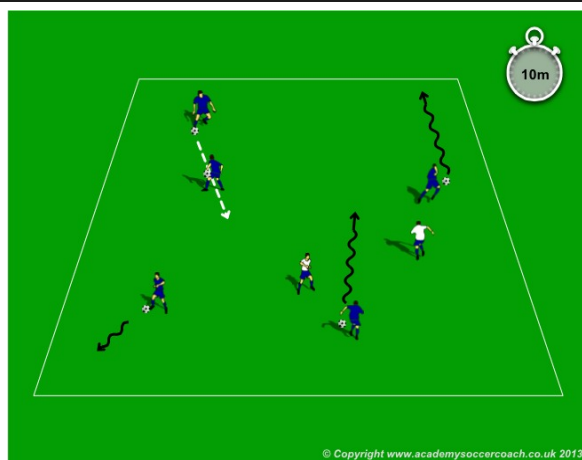
Coach

Session date

Team/Age Group

Theme

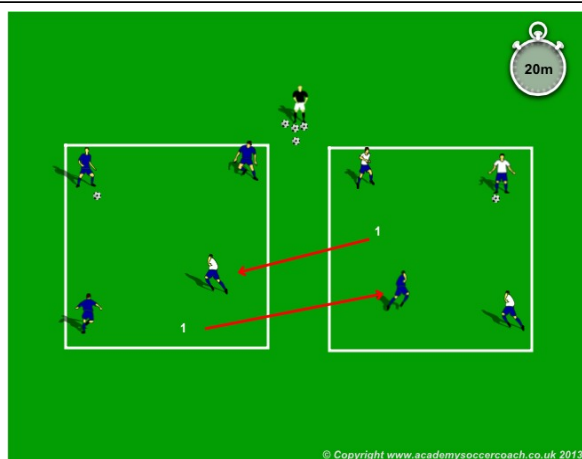
Time available



**Objectives** - Work on accuracy of push passes.  
**Explanation** - Blue players have a ball and dribble round the grid. The white players try to tag the blue players, at which point the tagged player must stand, holding the ball above their head. Other players dribbling can score points by passing their own ball through the legs of the caught player (this also frees that player to continue dribbling). Players are also caught if they dribble out of the grid.  
**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target.  
**Progression** - Have defenders touch ball with their foot to catch player. Have players work in pairs.



**Objectives** - Work on passing and movement of the ball.  
**Explanation** - In two 15x15 yard grids have players numbered one to four. Players must pass in number order, the ball cannot leave the grid, the ball must keep moving and the players must keep moving. Points awarded to other team if rules are broken.  
**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Ensure you can always see the ball and are not close to teammate when passing or receiving the ball.  
**Progression** - Limit players to two or three touch maximum.



**Objectives** - Work on passing and movement of the ball.  
**Explanation** - In two 15x15 yard grids have players numbered one to four. Players must keep the ball in the grid, as the coach calls numbers. When a number is called, the player with that number must run to the opposition's grid and kick their ball out of the grid.  
**Coaching Points** - Get ball out of feet before playing the pass, pass with inside of foot, Heel down, toe up, non-kicking foot planted alongside ball and pointed towards target, locked ankle of kicking foot, hips facing towards target, follow through towards target. Ensure you can always see the ball and are not close to teammate when passing or receiving the ball. Try to use as much of the grid as possible and spread out.  
**Progression** - Make grid smaller.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.



Coach

Session date

Team/Age Group

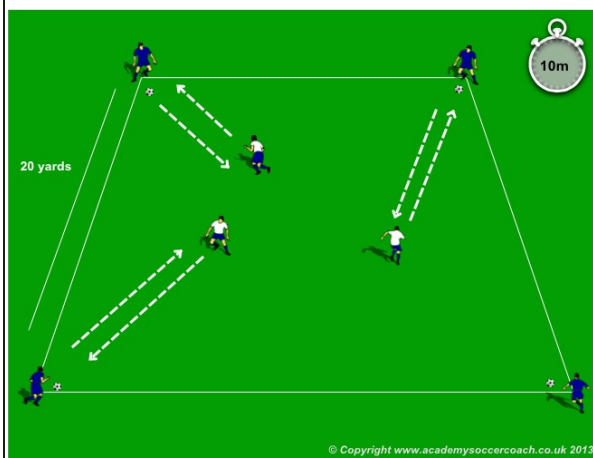
U7/U8

Theme

Basic Receiving 4

Time available

60 Minutes

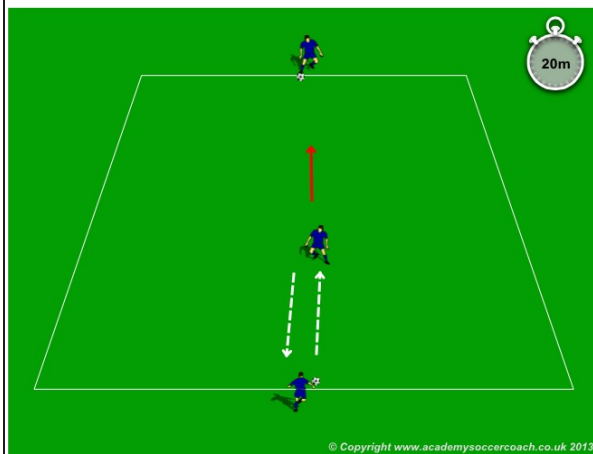


Objectives - Teach players to receive ball with the front foot.

Explanation - Set up a 20x20 yard grid, with half the players on the outside with a ball and the other half in the middle of grid. Players on outside play ball to player in the middle, who takes a touch to control the ball and then passes it back. Player then moves to another player to receive ball.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot, or laces to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know man-on, when there is a defender behind them.

Progression - Add a defender to the middle of the grid.



Objectives - Teach players to receive ball with front foot.

Explanation - Three players set up approximately 20 yards apart with one ball at each outside player. The player on the outside passes the ball to the player in the middle, who takes a touch and passes it back to the same player. He then moves to opposite player to receive the ball.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know 'man-on', when there is a defender behind them.

Progression - Add a defender in the middle to win the ball.



Objectives - Teach player to receive ball under pressure.

Explanation - Players play a 2v1(+GK) to try to score. The play must start with the player passing the ball to a player under pressure from the defender. That player receives it and plays back to teammate to start the attack. Blues try to score against the goalkeeper and White player can score in the two small goals the opposite end.

Coaching Points - Stay on your toes. Get body behind ball. Move towards ball at an angle (bend run, glance over shoulder and get arm out to shield ball from defender). Get sideways on to receive it. Use outside of foot to receive ball. Receive ball with foot closest to where player received it. Locked ankle. Judge speed of ball and cushion it, pushing it out of your feet at an angle for next pass/dribble. Player passing the ball should let team-mate know man-on, when there is a defender behind them.

Progression - Attackers must play 3 touch max.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

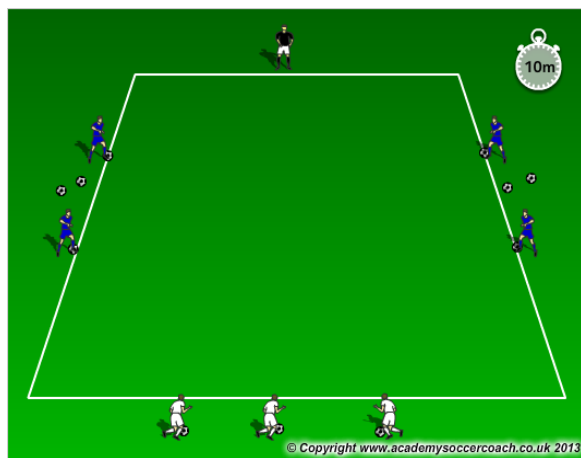
Coach

Session date

Team/Age Group

Theme

Time available



**Objectives** - Teach players to turn away from pressure.  
**Explanation** - Players in 'white' dribble the ball towards the coach, when the coach says 'go' the players must turn with the ball and get back to the line they started on. Players in 'blue' must try and pass the ball in and hit their ball, if their ball is hit they must go join those on the outside.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn performed. Head up to see where pressure is.  
**Progression** - Make grid smaller.



**Objectives** - To go over the 3 turns from previous week and show how to get away from a defender.  
**Explanation** - 4 players dribble to the middle and perform a turn.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away after turn performed.  
**Progression** - Add a defender into the middle for each player that has to chase player after they have done their turn to add pressure.



**Objectives** - Teach players to turn away from pressure and accelerate to goal.  
**Explanation** - Player in 'white' plays ball across to player in 'blue', blue must look to score in either one of the inverted goals. Rotate defender and attacker.  
**Coaching Points** - Correct technique of turn. Speed of turn. Accelerate away from pressure. Head up.  
**Progression** - Take away one of the goals.

Action Points/Notes:

Allow 10 minutes for a scrimmage at the end.

Coach

Session date

Team/Age Group

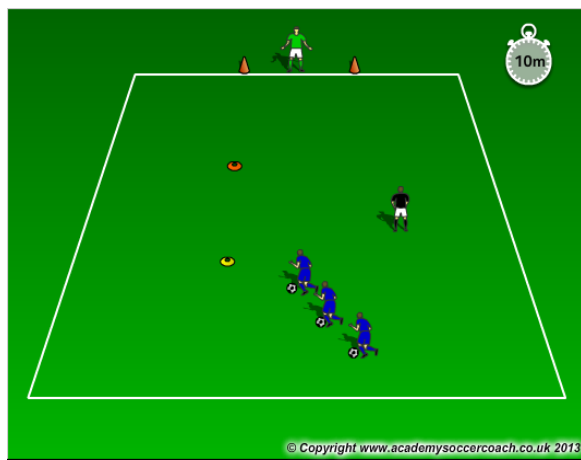
U7/U8

Theme

Basic Shooting 4

Time available

60 Minutes



**Objectives** - Teach players to strike a moving ball with their laces.  
**Explanation** - Players start by the yellow cone with a ball, the first one dribbles towards the red cone and shoots on the GK, if they score join the back of the line. Each time the player doesn't score they become the GK then the GK joins the back of the shooting line.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Increase distance.



**Objectives** - Teach players to take ball on the back foot and shoot at goal with the laces.

**Explanation** - Players pass in a colour sequence. Start at the end line, play into the middle player who takes on the back foot and and plays to 3rd player, that player then takes a touch towards goal and shoots. Rotate positions.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Shoot with both feet.



**Objectives** - Teach players to shoot from a longer distance with their laces.

**Explanation** - Coach plays the ball to one team, they pass the ball amongst themselves before taking a shot at goal. The other team stay behind the yellow line but are allowed to block the shot.

**Coaching Points** - Keep toe pointing down and make contact with the middle of the ball with your laces. Non kicking foot beside the ball. Lock the ankle on contact. Make sure ball is shifted diagonally out of your feet before shooting. Follow through, landing on kicking foot.

**Progression** - Allow one player from other team to come and be a defender. If they win the ball they can shoot from that distance.

Action Points/Notes:

Allow 10 minutes for scrimmage at the end.