

U-10 Shooting Week 4 Practice

Warm Up: 5min.

Juggling – Everyone should begin to juggle upon arrival.

Skill Work: 15min.

Objectives: To improve the technique of shooting with the insides, instep, outsides and toe of both feet and to foster the confidence to be risky within shooting range and get shots off.

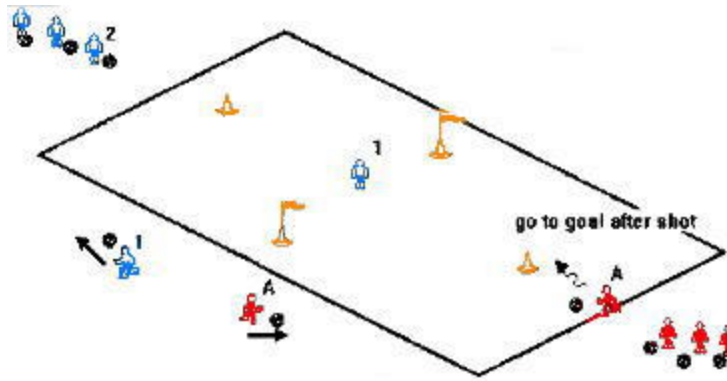
Numbered Shooting

On a full size 8v8 field, create a grid in the middle of the field 40 yards wide by 20 yards long. Goalkeepers are assigned to both goals at either end of the field. Separate your players into two teams (red and blue). Number the players on each team 1-6. All players have a ball and dribble freely in the central grid. When coach calls out a number, the blue player dribbles toward one goal and shoots on goal, while the red player does the same on the opposite goal. Coach can limit touches, specify surface area (inside, outside, laces), require a move before they shoot, etc.

- Keep ankle of shooting foot locked with toe down when using the instep; toe up when using the inside of the foot, toe down and turned in when using the outside of the foot; and toe pointed straight when using the toe
- Non-kicking foot is placed comfortably close to ball
- Non-kicking foot should be pointing towards your target if using the inside of the foot or the instep
- Non-kicking foot may not be pointing towards target when using the outside of the foot or toe
- Your weight should be on the ball of your non-kicking foot
- Both knees bent
- Strike through the middle (equator) of the ball to direct it straight; strike the inside or outside of the ball to bend it; strike under the equator to lift the ball; strike slightly above the equator to keep the ball low
- Follow through to your target
- Land on your kicking foot
- Keep eyes on the ball at the moment of impact
- Lean over ball as you kick, do not stand upright
- Encourage players to strike through the ball
- Players may need to make a slightly angled approach towards ball in order to prevent them from kicking ground

Game Using Skill: 20min.

Shooting Games



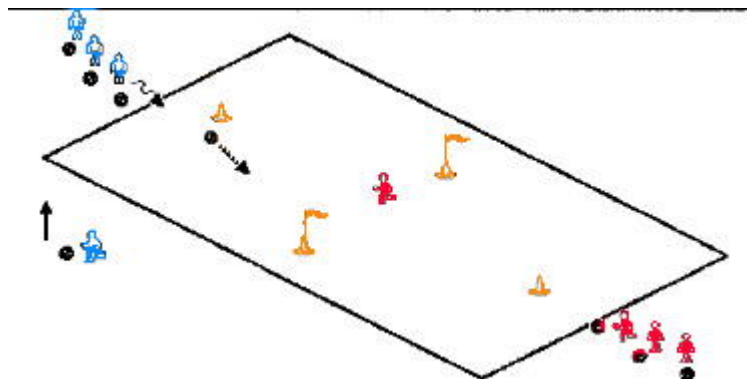
Central Goal Shooting

The Game

- Player 1 starts in goal. Player A dribbles at speed to cone, stops the ball and shoots with the next step. After the shot, player A runs to become the new keeper waiting for player 2 to shoot. Player 1 gets ball and goes back to his side.

Coaching Points:

- Watch for players backing up or moving to the side before they shoot. There should be no extra steps.
- Set up several fields and have contests.
- Teams should not wait to advance ball to cone and shoot immediately after the opponent shoots.
- The drill makes players follow their shot, and the group will coach and remind the players. If they do not get to the goal, the opposition will have an open goal to shoot at.
- Teams can keep score themselves. A goal counts only, if it's below the height of the keeper and in between the markers. First to 5 wins or 3 minutes. Players should get quality repetition in short periods of time.
- Coach can vary repetition by the number of players in each line.
- Vary distance to goal and size of goal so players have success, then make it harder by increasing the distance and making goal smaller.
- Encourage players to hit hard.



- Same game as before but the shooter must strike the ball before the cone and on the move.



Another Game: 15 to 20min.

3v3 or 4v4 plus team on deck

On a small field, 25 yards x 40 yards, place two full size goals, with goalkeepers, at each end. Teams of three play games. If a team is scored against they must leave the field and are replaced by the team that was on deck. This teaches teams to go to goal with pace and to take chances quickly.

Coaching Points:

- Reinforce the coaching points listed in activities #1 and #2
- Highlights shooting opportunities over and over
- Don't have to be in and behind defender to get shot off
- Encourage players to see goal quickly, because if they take too much time to set up, their opportunity to get a shot off will be gone

Game: 20min.

6v6 Scrimmage

Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:

- Highlight the technique of shooting (inside, outside, instep)
- Reinforce positive decision making opportunities (recognizing opportunities of when, how and where to shoot the ball, etc.).