

U10 Session Plan Week 10		Season Spring 2016		Topic SHOOTING 2 - FINISHING	
Objectives (5 W's)		Who: #7, #9, #11 Where: Around and inside the opponent's penalty box What: Shooting, Passing, Receiving, Dribbling, Penetration, Support, Mobility, Improvisation When: There is a shooting window Why: To develop an aggressive goal scoring mentality			
Organization		Duration 12 mins	Intensity Med-High	Stage 1 Shooting Boxes	
<ul style="list-style-type: none"> Area: in a 20Wx30L field with goals at each end Players #7, #9, and #11. Groups have 3 minutes to combine and score as many goals at each end. ~ Interval 1: How many can you score? ~ Interval 2: Improved by 2 ~ Interval 3: What team can score the most goals in 3 minutes 					
Coaching Points		Activity Time 3 mins	Rest 1min	Intervals 3	
<ul style="list-style-type: none"> What? Technique of Shooting: ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball ~ Non-kicking foot beside ball. Ankle locked, angled approach to ball ~ Strike ball with laces or the inside of the foot that the center of the ball 					
Stage 2 4 v 4 - 60 Seconds Game		Organization			
		Duration 15 mins	Intensity Medium		
		<ul style="list-style-type: none"> Area: in a 20Wx30L field with goals at each end line. Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #6, #8, #9 - After a team gets scored on they have 60 seconds to score in the opponent's goal. The team who scores the last goal wins the game 			
Coaching Points		Activity Time 4 mins	Rest 1 min	Intervals 3	
		<ul style="list-style-type: none"> What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? 			
Organization		Duration 18 mins	Intensity Medium	Stage 3 4v4 to Goal	
<ul style="list-style-type: none"> Area: in a 20Wx30L field with goals Target team (Red): #1, #7, #9, #11 - Opposition team (White): #1, #6, #8, #9 - Play to score in the opponent's goal. All rules apply. 					
Coaching Points		Activity Time 7 mins	Rest 2mins	Intervals 2	
<ul style="list-style-type: none"> What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance Principles of Attack - Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why? ~ Improvisation: When? 					
Stage 4 - 7v7	Duration 30 mins	Formation R GK-3-2-1 v W GK-2-3-1	Activity Time 12 mins	Rest 3 mins	Intervals 2
Organization	In a 30Wx47L field play 7v7. All FIFA rules apply. Encourage #7, #9, #11 to shoot when in range				
Coaching Points	Technical Execution, Roles and responsibilities of #7, #9, #11. Attacking Principles, 5W's, Speed of Play.				