

U10 Session Plan Week 9		Season Spring 2016		Topic SHOOTING 1 - SHOOTING FROM RANGE	
Objectives (5 W's)		Who: #6, #8, #9 Where: In the attacking half of the field close to the goal area 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 Range Shooting Warm up	
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with a 10 yard central zone & goals at each end-line Players #6, #8, & #9. Players line up in the central zone with a ball each. At coach's command the first player dribbles and shoots before dribbling out of the zone. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Shooting competition 					
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 at the center of the ball, follow through and land on the kicking foot 					
Stage 2 4 v 4 - 3 Zone Shooting		Organization			
		Duration 15 mins	Intensity Medium		
		<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with 10 yard central zone and goals at each end-line Target team (Red) : #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - Play to in the opponent's goal. ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point. 			
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 ~ Dribbling 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 4 v 4 to Goal	
<ul style="list-style-type: none"> Area: In a 20Wx30L yard field with goals Target team (Red): #1, #6, #8, #9 - Opposition team (White): #1, #4, #5, #6 - 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 ~ Dribbling 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 yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to shoot when in range				
Coaching Points	Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play.				