U10 Session Plan

Week 9

Season Spring 2016

Topic

SHOOTING 1-SHOOTING FROM RANGE

(5 W's)

Who: #6,#8,#9 Where: In the attacking half of the field close to the goal area Objectives What: Shooting, Passing, Receiving, Dribbling, Penetration, Support, Mobility,

Improvisation When: There is a shooting window Why: To develop an aggressive goal scoringmentality

Organization

Duration | 12 mins

Intensity Med-High

Range Shooting Warm up Stage 1

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

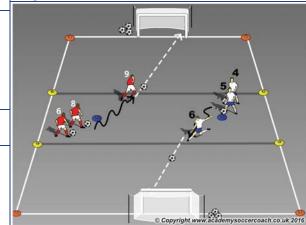
Activity Time 3 mins Rest 1 min

Intervals

3

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 ZoneShooting

Duration

15 mins

Intensity Medium

- 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

Organization

Activity Time 4 mins Rest 1 min Intervals

- What? Technique ~ Shooting ~ Passing: Accuracy and pace ~ Receiving: Body position, Surface selection of the foot and ball, First touch direction and distance \sim Dribbling
- Principles of Attack Penetration: Who? Where? When? Why? ~ Support: Who? Where? When? Why? ~ Mobility: Who? When? Why?

Organization

Duration

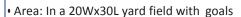
18 mins

Intensity

Medium

Stage 3

4 v 4 to Goal



 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

• 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 Formation R GK-3-2-1 v W GK-2-3-1 Activity Time 12 mins Duration 30 mins Rest 3 mins Intervals 2 In a 30Wx47L yard field play 7v7. All FIFA rules apply. Encourage #6, #8, #9 to shoot when in range Organization Technical Execution, Roles and responsibilities of #6, #8, #9. Attacking Principles, 5W's, Speed of Play. **Coaching Points**