



U10 Session Plan

Season Spring 2016

Topic

SHOOTING 1 - SHOOTING FROM RANGE

Objectives (5 W's)

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

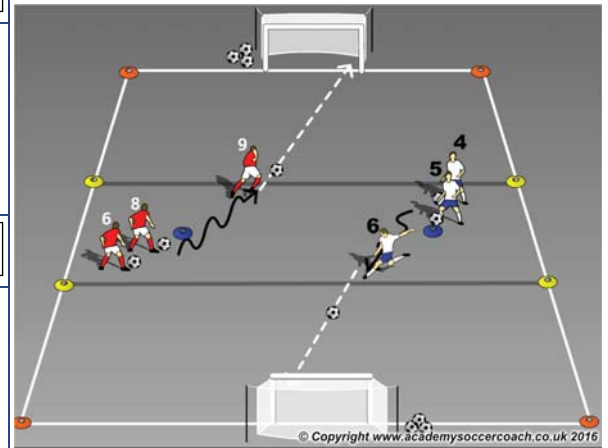
- Area: In a 20Wx30L yard field with a 10 yard central zone & goals at each end-line
- Players #6, #8, & #9. Players line up in the central zone with a ball each. At coach's command the first player dribbles and shoots before dribbling out of the zone. As soon as the shot is taken the next player goes. 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

- 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 1 Range Shooting Warm up



Stage 2 4 v 4 - 3 Zone Shooting



Organization

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

Activity Time 4 mins Rest 1 min Intervals 3

- 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

- 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

- 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 3 4 v 4 to Goal



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.