

# YOUTH U10–U14

## Shooting under pressure

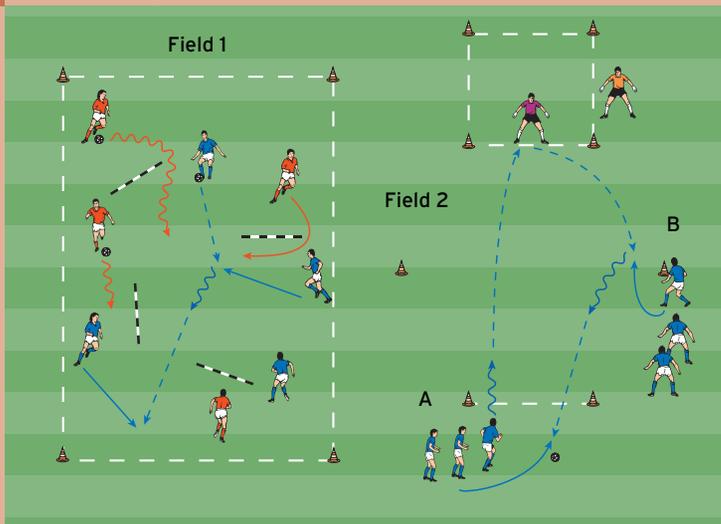
A complete practice session for ages U10–U14, focusing on dribbling and finishing

by Dieter Eilts, youth coordinator, VfL Oldenburg

In this session, the focus is on an essential youth soccer training activity: shooting games. But whereas many shooting sessions simulate numbers-up situations, the object of this one is to help players get used to opposition pressure while shooting. As in all shooting situations, it's important to make the right decision as quickly as possible and take advantage of the opportunity to score.

### WARM-UP

#### Warm-up 1: Obstacle course



#### Setup

- Mark out two fields.
- Field 1: Lay out four poles on the field.
- Field 2: Using cones, mark out a starting line in front of a square and one station on each side.
- Divide players into two equal groups and assign one to each field.

#### Sequence: Field 1

- Divide players into two teams, A and B.

- Team A's players pass to each other.
- Two of Team B's players dribble around; the other two move around the field without a ball.
- Groups switch roles after one minute.

#### Sequence: Field 2

- Two goalkeepers stand inside the square; the other players line up at the starting line and at one of the side cones.
- Player A starts by dribbling onto the field and executing a fake of his choice between the cones.
- Next, he passes on the ground or in the air to the goalkeeper.
- The goalkeeper passes or throws the ball to Player B, who checks away before showing for the ball. After controlling it, he passes back to the starting line.
- Each player moves to the other station. The goalkeepers switch positions as well.
- Groups switch fields after a few repetitions.

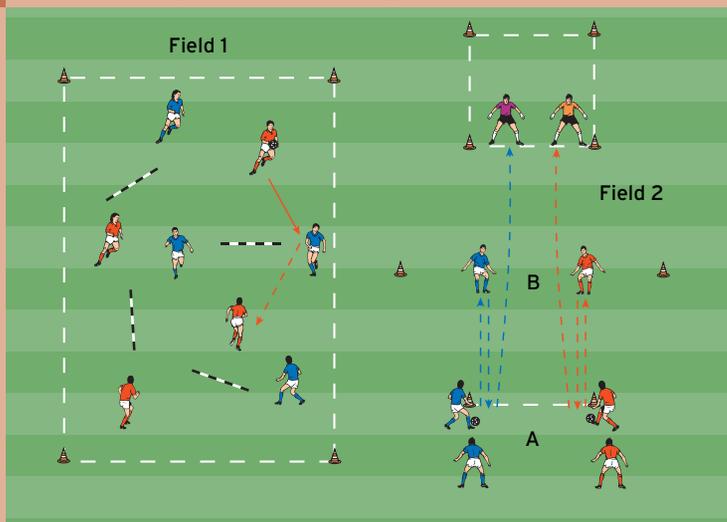
#### Tips and corrections

- Players are not allowed to touch or jump over the poles.
- Team A's players are limited to three touches. Make sure all players are constantly moving.
- Players should try to incorporate the poles in a creative way.

## Shooting under pressure

### WARM-UP

#### Warm-up 2: Obstacle tag



#### Setup

- Setup is the same as for the previous activity.

#### Sequence: Field 1

- Divide players into two teams, taggers and runners. One of the taggers holds a ball in his hands and tries to tag the runners with it.

- He may pass the ball to a teammate at any time. As soon as he tags a runner, he must pass. Whichever player he passes to becomes the next tagger.
- Which team can tag more players within 90 seconds?

#### Sequence: Field 2

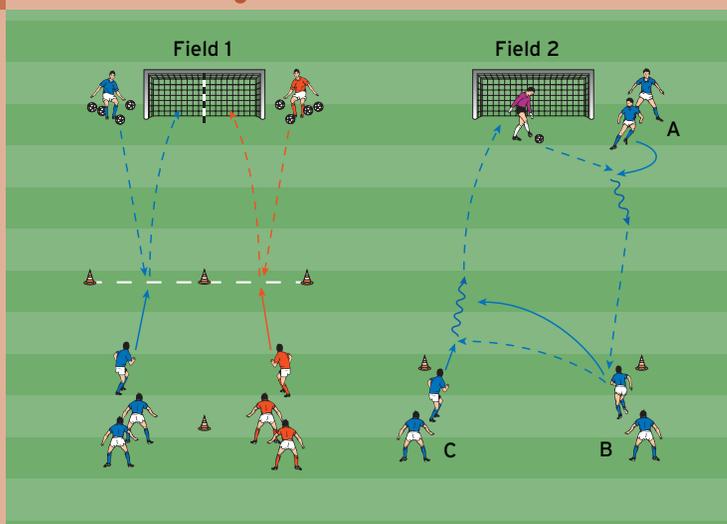
- Divide players into two teams; each team has a goalkeeper who stands inside the square.
- On the coach's command, Player A passes to Player B, who drops the ball back; A passes in the air to the goalkeeper.
- Next, A moves to B's position and B runs back to the starting line.
- If the goalkeeper fails to catch the ball, B has to run around the cone on the side.

#### Tips and corrections

- The exercise on Field 2 allows you to integrate your goalkeeper warm-up with your field player warm-up.
- Before you start, however, you should give your goalkeepers a chance to warm up without the ball.
- You can also do this warm-up without goalkeepers: Two field players stand inside the square and use their thigh or chest to control the ball.
- Groups switch fields after a few repetitions.

### MAIN ACTIVITY

#### Main activity 1: Soccer biathlon 1



#### Setup

- Mark out two fields.
- Field 1: Divide the goal in half with a pole. Mark a line and two starting points in front of it.
- Field 2: Using cones, mark a starting point in front of a goal with goalkeeper.

#### Sequence: Field 1

- Divide players into two teams; each team has a designated passer.
- On the coach's command, players run onto the field; each receives a ball from the passer.
- Each player shoots at his half of the goal without letting the ball touch the ground.
- If they are successful, they can run straight back to their station; otherwise they have to run around the cone on the side.
- Which team finishes first?

#### Sequence: Field 2

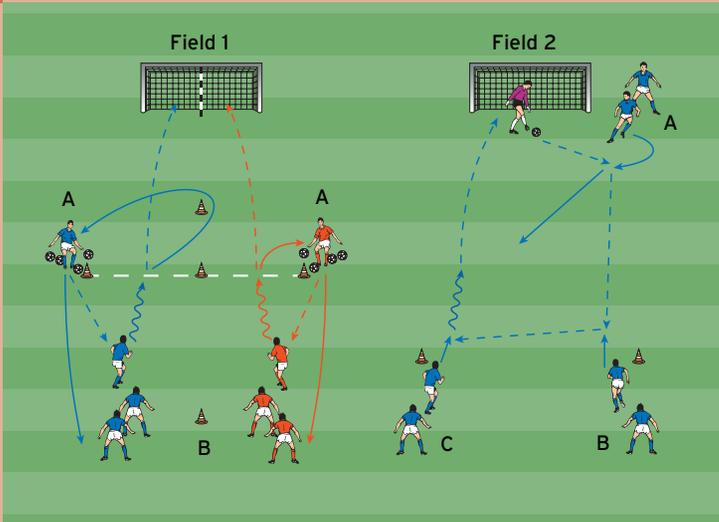
- The goalkeeper passes to Player A, who checks away before showing for the ball.
- Player A controls the ball, dribbles a short distance and passes to B, who passes directly into C's path.
- B then runs after his pass and tries to stop C from finishing.
- After C shoots, each player moves to the next position.

#### Tips and corrections

- Distance to goal and size of penalty lap depend on players' ability level.
- Rotate passers and have players switch sides after each repetition.
- Groups switch fields after 10 minutes.

## MAIN ACTIVITY

### Main session 2: Soccer biathlon 2



#### Setup

- Setup is the same as for the previous activity.

#### Sequence: Field 1

- Divide players into two teams.
- On the coach's signal, A passes to B, who dribbles to the shooting

line and shoots at his half of the goal without letting the ball touch the ground.

- If B is successful, he can run straight back to A's starting position; otherwise he has to run around the cone on the side.
- Meanwhile, A moves to B's starting position.
- Which team finishes first?

#### Sequence: Field 2

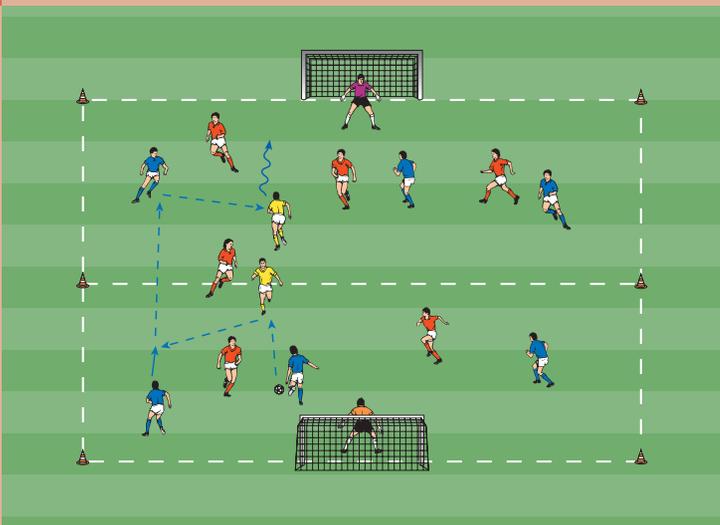
- The goalkeeper passes to A, who checks away before showing for the ball.
- Player A controls the ball and passes to B, who passes directly into C's path.
- C tries to finish before A can stop him.
- After C shoots, each player moves to the next position.

#### Tips and corrections

- As players get older and more skilled, shooting training has to become more realistic. As a result, shooting under opposition pressure should become a more important part of training.
- On Field 2, space the players out so that there are more shooting situations than 1 v. 1s.
- Groups switch fields after 10 minutes.

## CONCLUSION

### 6 v. 6 + 2



#### Setup

- Mark out a field with a centerline and two goals with goalkeepers.
- Divide players into two teams of six plus two neutral players.

#### Sequence

- The neutral players help whichever team has the ball. They are lim-

ited to one touch when the attacking team is in its own half. In the attacking half, they have unlimited touches and can score goals.

- Rotate the neutral players after five minutes.

#### Variations

- Neutral players have unlimited touches everywhere.
- Goals scored by neutral players are worth one point. Goals scored by all other players count double.
- All players are limited to two touches in their own half.
- If a shooter receives the ball and shoots directly, the goal counts double.

#### Tips and corrections

- Because of the numbers-up situation, teams should be able to produce lots of scoring opportunities.
- Remind players to play with confidence, look for the most direct path to the goal and finish the attack on goal.
- Neutral players should position themselves in the central midfield so that the defending team can switch quickly to offense if it wins the ball.