



# Recreation Coaching Sessions

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**U11 – U12: Week 3**

**Dedicated to the Development of Our Youth, Through Soccer**  
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## Recreation Coaching Sessions

**U11 – U12: Week 3**

### Shooting 1



#### Shooting 1

**Purpose-** Introduce the technique of shooting.

**Organization**

Area 30x30

Play for 10 minutes with stretching in between.

Begin by passing the ball to your partner and moving in to space.

Begin striking the ball with your laces and moving into space.

**Progression**

Ask players to use weaker foot only.

**Coaching Points**

Approach ball from an angle.

Body position over the ball

Strike through the ball and aim to keep it low

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### Shooting 2



#### Shooting 2

Purpose- To improve shooting technique at goal.

#### Organization

Area 30x30

Four groups of 3 are placed around the field as shown in the diagram. Both goals are used and shots are taken at each goal to keep players active.

Player 1 in group 1, passes the ball to player 1 in group 2, who then passes the ball back to the middle where player 1 from group 1 runs in and takes a first time shot on goal. On the other side the same happens Player 1 in group 3, passes the ball to player 1 in group 4, who then passes the ball to the middle, where player 1 from group 3 runs in and takes a first time shot in the opposite goal.

Players then rotate, the shooter in group 1, moves to group 2, the player who laid the ball off in group 2, moves to group 3, the shooter in group 3, moves to group 4 and the player who laid the ball off in group 4, moves to group 1.

#### Progression

How many goals can the teams score in 5 minutes. If they beat a certain score they give a punishment to the coach.

#### Coaching Points

Good accurate passes to opposite players.

Accurate lay off and good weight, so player finds it easy to strike the ball at goal.

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### Shooting 3



#### Shooting 3

Purpose- Small sided exercise to improve shooting technique.

##### Organization

Area 30x30

One yellow player chooses to play to either the right or left red player. 2 red team players then attack and try to score, while 2 of the yellow team defend and attempt to stop the red team scoring. If the yellow team win the ball, they attempt to score in the opposite goal. Play for 8 minutes with the red team attacking and yellow team defending. After 8 minutes reverse roles with the yellow team attacking and red team defending.

##### Progression

Add a neutral play so attacking team plays 3v2

##### Coaching points

Communicate with team.

Look to take a good first touch out of your feet and when the chance occurs, shoot early and often.

Follow up and look for rebounds, in case the goalkeeper spills the ball.

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## Shooting 4



## Shooting 4

Purpose- Small sided game to improve goal scoring.

## Organization

Area 30x30

A small sided game is played on a small field to encourage players to take plenty of shots at goal.

## Coaching Points

### Communicate as a team.

Look to receive the ball in open space.

Shoot early and often.

Follow up shots for rebounds off post, bar or in case the goalkeeper spills the ball.

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### Conditioned Game 7v7 Plus Goalkeepers



Conditioned Game 7v7 plus goalkeepers.

Play for 20 minutes working on the topic you have worked on at practice.

Concentrate on dribbling, passing, shooting, crossing, defending and award bonus points in the game if they use these skills.

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