



Recreation Coaching Sessions

U11 – U12: Week 4

Dedicated to the Development of Our Youth, Through Soccer
www.millvillesoccer.com



Recreation Coaching Sessions

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Shooting Exercises



www.SoccerSpecific.com

Shooting Exercises

Purpose- To improve shooting from different angles.

Organization

Player 1 dribbles inside the area and shoots at goal.

Player 1 then takes up a position on the edge of the penalty area. Player 2 passes to player 1, gets a return pass then shoots at goal.

Player 3 then passes to player 2 who takes up a supporting position after his/her shot, combines with player 3 and passes back to player 3 in a crossing position.

Player 3 crosses the ball and players 1 & 2 try to get on the end of the cross and score

Progression

Set a target of goals the team must score in a set period of time.

Coaching Points

Be both positive and aggressive when taking the shot

Good accurate passing

Movement-diagonal runs between players 2 & 3

Good communication between players

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Target Player Shooting



Target Player Shooting

Purpose- To get the ball forward early and improve goalscoring of team

Organization

A 4v4 game is played on a 30x30 yard field, with 2 neutral players either side of each goal. The game is played with the condition that to score a goal you must first play a ball into one of the target players.

Progression

Must finish with one touch after receiving the ball from a target player.

Coaching Points

Encourage target players to move around so they are in position to receive the ball and set up shooting chances

After receiving the ball think "shoot first, pass second"

Go over shooting techniques so the player is encouraged to use the correct mechanics.

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Small Sided Game working on Possession and Finishing



Small Sided game working on possession and finishing.

Purpose- To improve teams ability to score goals and keep possession

Organization

Players play 4v4 in an area roughly the size of two penalty areas

Players can use their neutral teammates to help maintain possession. Players are not allowed to tackle the outside players.

Progression

A neutral player can be added to the game to gain more success in the middle field.

Coaching Points

Move early and into positions to support the player on the ball

If the chances arrive shoot early and often

Good communication

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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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