



# Recreation Coaching Sessions

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**U9 – U10: Week 2**

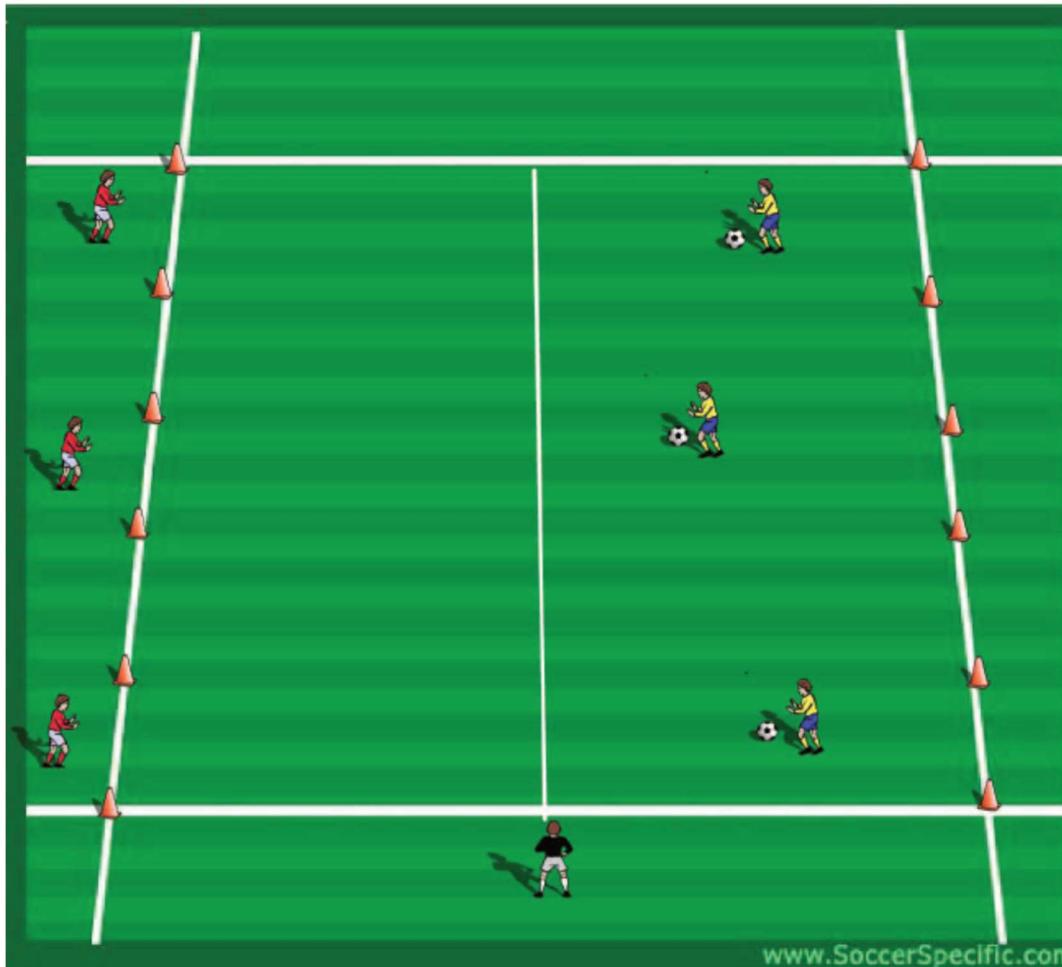
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## Recreation Coaching Sessions

### U9 – U10: Week 2

### Unopposed Shooting



#### Unopposed Shooting

Purpose- To Improve shooting technique

#### Organization

Area 30x30

Divide players into two teams. One team starts with a ball each and attempts to shoot into one of their opponents goals. Defenders are not allowed to block the shots

Emphasis must be placed on correct technique

Every time a goal is scored in the middle is worth 1pt and a corner goal is worth 3pts

Play for 2 minutes, count scores, go over coaching points and play again.

Ensure players use both feet.

#### Progression

Ask players to use weaker foot only.

Place a time limit on the shooter.

#### Coaching Points

Approach ball from an angle

Use laces for power, side of foot for accuracy, non kicking foot by side of foot and ankle locked

Keep head still and body over the ball to keep the ball low.

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## Recreation Coaching Sessions

U9 – U10: Week 2

### Opposed Shooting



Opposed shooting

Purpose- To improve shooting technique.

Organization

Area 20x20

A small sided 3v3 game is played. Players are only allowed in their own half, can pass to any of their team mates and can shoot from any where in their own half.

Opponents cannot use their hands, but can block shots with feet, chest and head.

Play for 4 minutes, count scores and then change teams.

Progression

Players can move anywhere on the field.

Coaching Points

Shoot early and often, using laces for power and sidefoot for accuracy.

First touch should be out of feet at an angle under control

Shoot the ball low and to the corners

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## Recreation Coaching Sessions

U9 – U10: Week 2

### Shooting Game



#### Shooting Game

**Purpose-** To improve shooting under pressure and in game situations.

**Organization**

Area 25x25

4v4 with 3 goals on each end. One player plays as goalkeeper and all other players can move anywhere on the field and shoot from anywhere on the field.

Play for 5 minutes, keep score, rotate teams and try to beat your score from the previous game.

**Progression-** Players have a set time period to take a shot.

**Coaching points**

Ask players to make good decisions on when to pass and shoot.

Get the ball out of your feet and at an angle in preparation to shoot.

use laces for power, sidefoot for accuracy.

Keep head still and body over the ball to keep the shots low.

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## Recreation Coaching Sessions

U9 – U10: Week 2

### Small Sided Scrimmage



Small sided scrimmage

Size of each field 20x20

#### Organization

Split players into four teams of three with no goal keepers.

Let the kids play a normal scrimmage.

Play for 7 minutes and then change the teams, so they are playing new opposition.

Advantages of playing small sided

Player has more touches on the ball

Player has more decisions to make. Do I pass? Do I dribble? Do I shoot?

Player has more individual teaching time.

Player increases amount of involved playing time.

Player has more opportunities to score.

Player becomes more skilful

Player has more fun, more touches and more smiles due to constant involvement in the game.

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