



Recreation Coaching Sessions

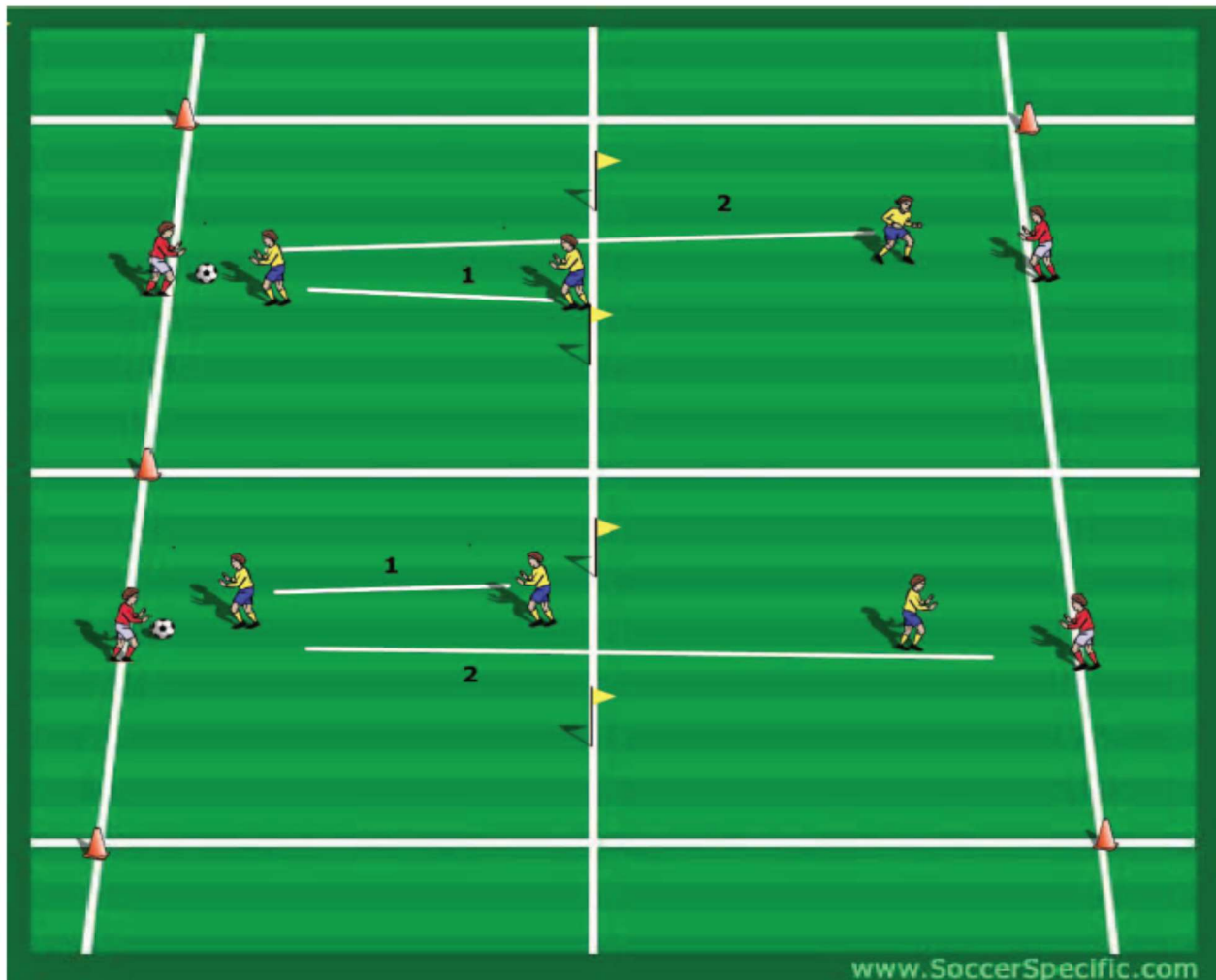
U9 – U10: Week 5

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Recreation Coaching Sessions U9 – U10: Week 5

Shooting 5



Shooting 5

Purpose- To improve the technique of shooting under pressure.

Organization

Area 10x20

Yellow defender provides passive resistance to shooter, who must create angle before shooting.
Play for 2 minutes, then change defender.

Progression

Gradually introduce defensive pressure.

Coaching Points

Create shooting angles

Direction of hips

Shoot early

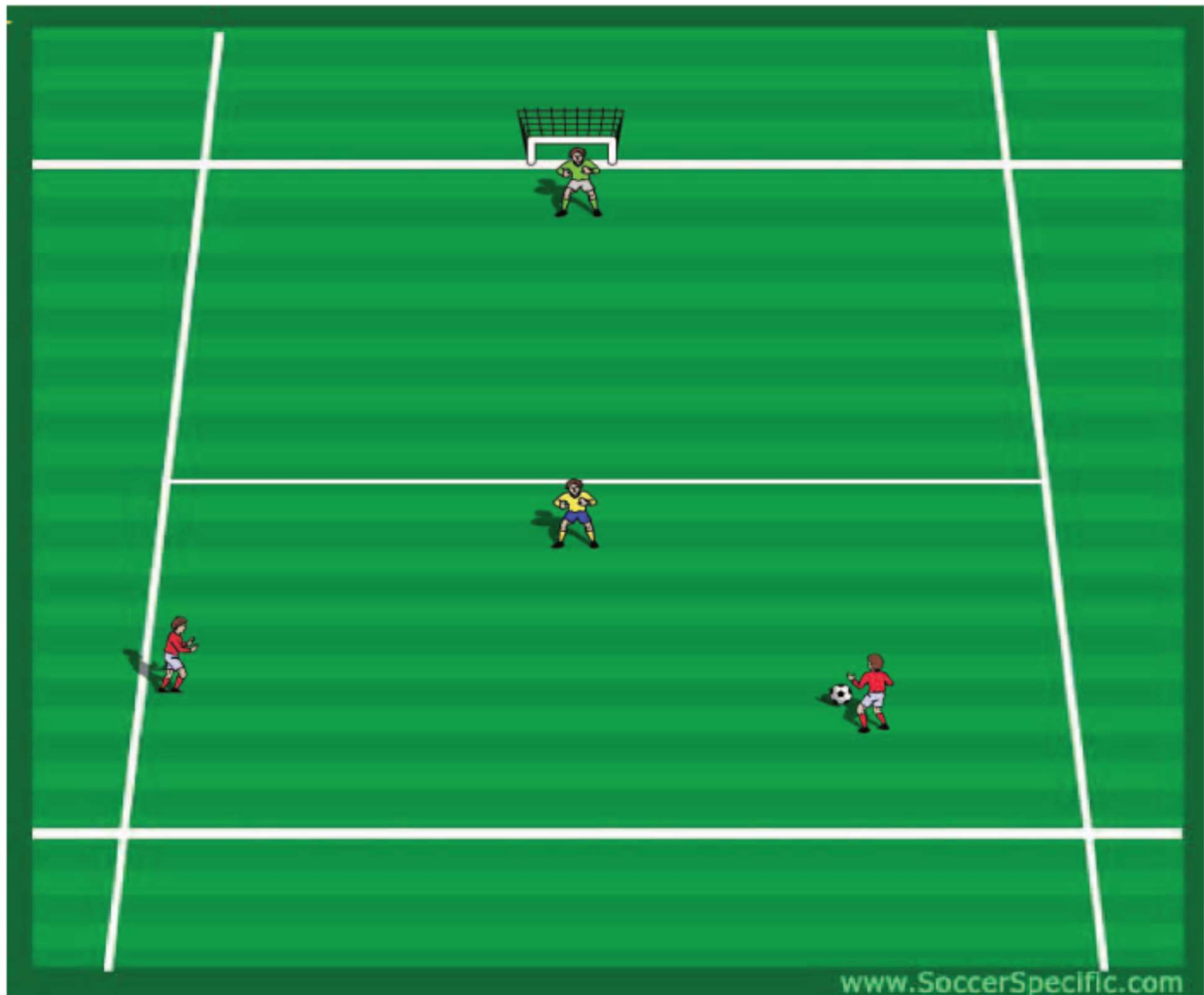
Work on both feet

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Recreation Coaching Sessions U9 – U10: Week 5

Shooting 6



Shooting 6

Purpose- To improve goal scoring in the final third.

Organization

Area 10x20 yards

2 attackers combine to create a shooting opportunity in the first grid area against one defender.

Rotate all positions.

Progression

2v2+1 goalkeeper

Coaching points

Work as a team to beat defender, through individual skill, combinations, overlap or diagonal runs.

Create shooting angles and shoot early and often.

Use both feet to strike ball.

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Recreation Coaching Sessions U9 – U10: Week 5

Shooting 7



Shooting 7

Purpose- To improve goalscoring in the final third.

Organization

Area 10x20 yards

2v2 + floating player on attacking team.

One player can use their hands as goalkeeper.

Progression

2v2 or 3v3

Reward double points for one touch goals.

Coaching Points

Look to create angles and shoot early and often.

Be positive

work on using both feet

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Recreation Coaching Sessions U9 – U10: Week 5

Shooting 8



Shooting 8 small sided scrimmage

Organization

30x40yards-4v4 four goal game, one player can use hands.

Field is smaller to encourage players to take lots of shots.

Points awarded 1pt for a shot on target, 3pts for a goal.

Progression

Players must take shots within 60 seconds of receiving the ball.

Coaching Points

Attempt to face opponents goal as soon as possible.

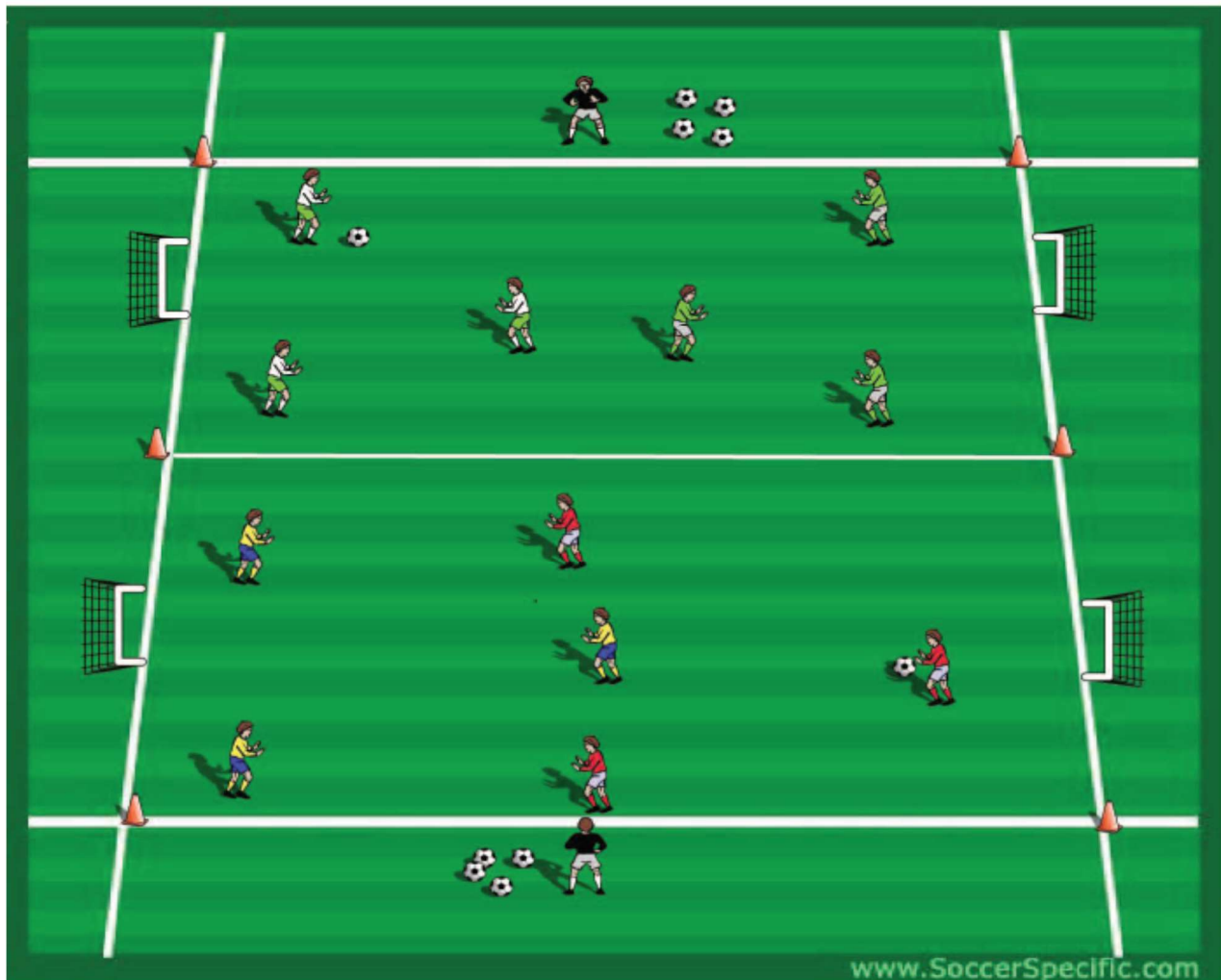
Good first touch out of your feet and follow up after your shot

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Recreation Coaching Sessions U9 – U10: Week 5

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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