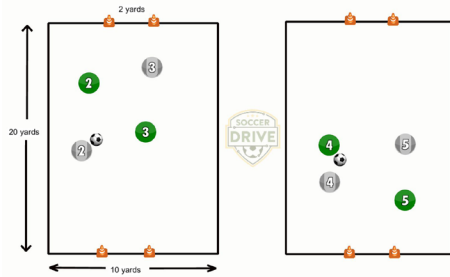




SHOOTING

AGE LEVEL: U10 TIME: 60 MINUTES

PRACTICE PLAN



20 X 10 2VS. 2

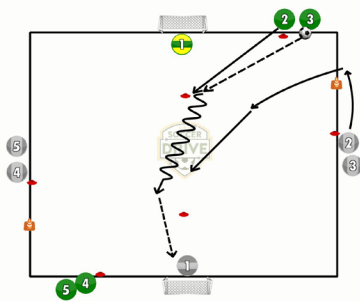
TIME 10 minutes

SETUP

- » Make two fields at 20x10 yards. Place 2 yd goals on each endline
- » Players play 2v2 on field
- » If goal go out at sideline, throw-in or kick-in to get ball back in play (coach choice)
- » After goal is scored, play is restarted with a goalkick

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



QUICK FINISHING

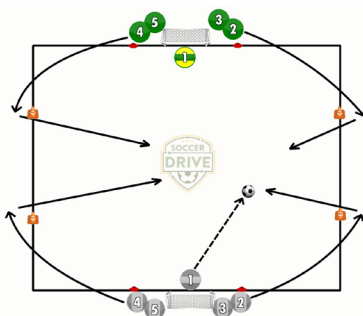
TIME 10 minutes

SETUP

- » Split players into two teams. Each team has a goalkeeper.
- » Place a shooting cone about 12 yards from each goal. Players must shoot before getting to that cone.
- » The 2nd player in each line passes ball between the legs of 1st player in line. That player then reacts by catching ball, dribbling to goal, and shooting.
- » As soon as initial pass happens, the 1st player in the defending line runs around cone and tries to tag the player (not tackle the ball) before they shoot.
- » Players switch lines.

COACHING POINTS

- » Dribble with speed by taking longer touches on the ball so you can take more steps in between each touch.
- » Look to shoot low towards corners of goals. Challenge players that a goal that is scored by hitting the side netting instead of down the middle is worth two points instead of one.
- » Insist on the placement of shot over power of shot. A simple pass into the corner is more likely to go in than blasting the ball right at the goalkeeper.



2 VS 2 FINISHING

TIME 10 minutes

SETUP

- » Two teams, and each has a goalkeeper.
- » Players are in groups of two.
- » Goalkeeper always starts and distributes the ball.
- » Players must run around a designated cone before entering field after goalkeeper puts ball into field.
- » If ball goes out of bounds over the endline, the goalkeeper on that side distributes a new ball and a new group of two for each team play against each other.

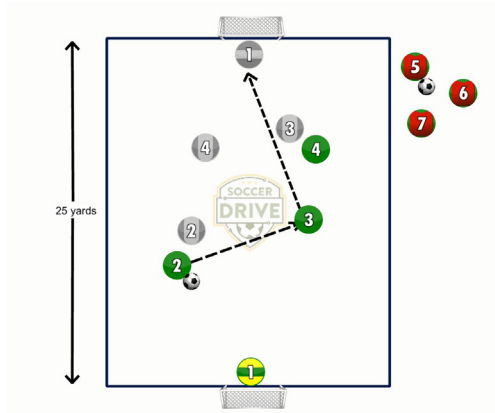
COACHING POINTS

- » Be quick! As soon as the goalkeeper throws a ball out, be ready to get moving!
- » Look for any opening to shoot! Don't try to walk to the ball into the goal, but rather look for enough space to pop a shot off.
- » Speed of play is important. Playing too slow in front of goal allows the opposing players to organize themselves defensively.
- » Be creative!
- » Placement over power when shooting.



SHOOTING

PRACTICE PLAN



3 VS 3 PLUS 3

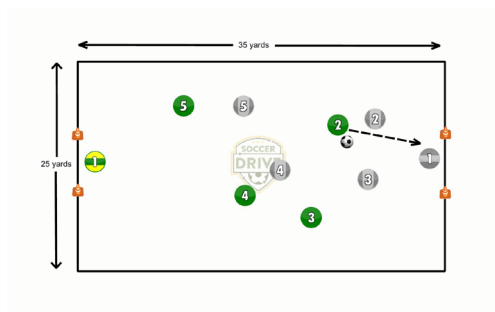
TIME 10 minutes

SETUP

- » Make three teams of three players each (or four players depending on numbers).
- » Each goal has a goalkeeper.
- » Two teams play 3v3 (+gk) on field while the third team juggles as a group off the field.
- » Play for 3 minutes, and the losing team leaves the field while the third team enters. If a tie, the team that has been on the longest goes off.
- » If the juggling team gets 10 juggles without the ball dropping while waiting (change number depending on skill), they will start with a goal advantage when they enter the field.

COACHING POINTS

- » Speed of play. Play fast!
- » Placement over power
- » Encourage creativity
- » Get excited when you see quick shooting!



5 VS. 5 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play.
- » Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions:

- » Why is placement more important over power from close range? (for many players, the harder you hit the ball, the less accurate you are with it *just like playing golf* A shot on target has more chance of going in than one hit with power going over the crossbar).
- » Why should your speed of play be faster in front of goal? (if you take too much time, defenders will organize themselves).
- » Why should you be creative in close to the opponents' goal, rather than closer to your own goal? (Risk vs Safety. If we make a mistake in front of the opponents' goal, no problem because they still have to travel the whole field to score on us. If we are risky in front of our own goal, they don't have to go far to score if we mess up).