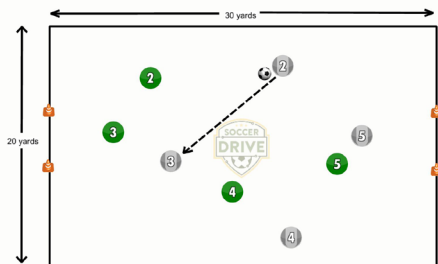




# EMPHASIS ON SHOOTING

AGE LEVEL: U12    TIME: 60 MINUTES



### 4 VS. 4 PLAY

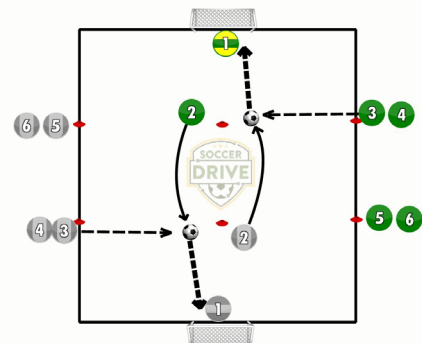
**TIME** 10 minutes

#### SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

#### COACHING POINTS

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



### DEAD BALL STRIKING

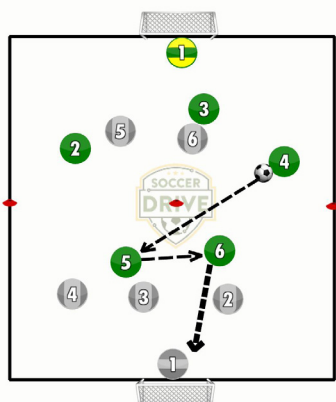
**TIME** 10 minutes

#### SETUP

- » Set up field as shows. Players split into two groups, divided into four equal lines.
- » Must have a GK in each goal.
- » A shooting cone is placed 15-18 yards from each goal.
- » A player from each team (diagonal from each other) dribbles to about the shooting cone, stops ball and sprints around cone to strike the ball the other player stopped.
- » After shot, the other two lines do the same.
- » Players shag their ball after shooting and go to the their team's line on the other side of the field.

#### COACHING POINTS

- » Encourage players to strike the ball with one touch.
- » Placement vs. Power. Discuss the difference between striking the ball with your instep vs. the inside of the foot.
- » Discuss aiming towards the far post, and shooting low. If GK saves, the ball is likely to rebound back into play.
- » Placement of shot should be based on placement of GK.
- » Keep score and have teams compete with each other! Each goal scored is a point. For every two saves the GK makes, they get a point (don't get a point for a shot that goes wide without being saved).



### BOX TO BOX SHOOTING

**TIME** 10 minutes

#### SETUP

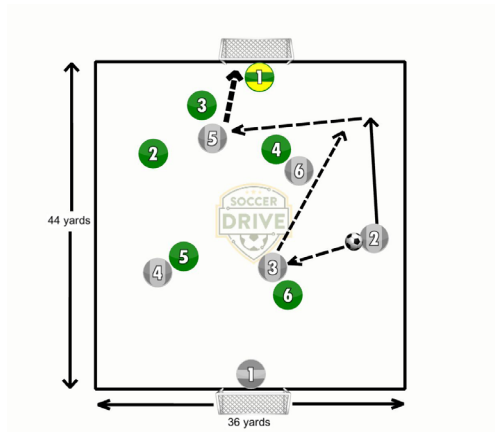
- » Two teams, and teams are split into two 18 yard boxes.
- » Each team has three players on the defending half, and two on the attacking half.
- » Players are restricted in their half, but can score from either half. Progression - Players are allowed to dribble, or pass into attacking half. If ball is passed into attacking half, they can follow pass, creating a 3v3 in attacking half.
- » Progress to two defenders moving into attacking half after a pass, creating a 4v3. However, they can't be the player who passed the ball.

#### COACHING POINTS

- » Encourage players to look to shoot first. If they can't, can they play a ball to someone who can?
- » Speed of play must be high.
- » Movement off the ball is important. Find space with your movements, and unbalance the defenders.
- » Placement vs power when shooting.



# EMPHASIS ON SHOOTING



### SECRET GOALS

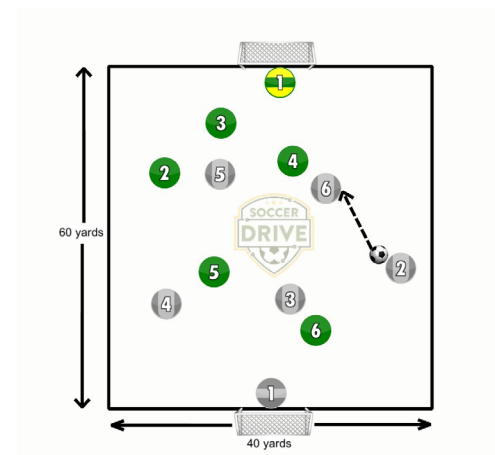
**TIME** 10 minutes

**SETUP**

- » Play in a 36 x 44 yard area.
- » Teams play 6v6.
- » Each team is given 2-3 ways they can score, in secret.
- » Team can only score those ways.
- » Examples: Finishing off a header, Must connect five passes before shooting, Can only score from outside the 18yd box etc.
- » Once all three conditions are met, team wins.

**COACHING POINTS**

- » Players must work together to reach objectives.
- » Communication is a must.
- » Placement vs. power for finishing.



### 6 VS. 6 SCRIMMAGE

**TIME** 15 minutes

**SETUP**

- » Play 6v6 with no restrictions. Full goals with GKs.
- » 60 x 40 yards.

**COACHING POINTS**

- » None! Just sit back and let them play. Can expand field for numbers.

### END OF PRACTICE QUESTIONS:

- » What is placement vs. power? (hard shots are generally less accurate. Think about the proper part of the foot to use for each unique shooting opportunity. Are you far out? Are you close to the goal? Is the GK out of position? They all need different techniques to score).
- » Why is mobility important in the attacking 3rd of the field? (It helps unbalance the defenders. If you stand still, you are too easy to defend!)
- » Why should we look to shoot first when close to goal? (Space to shoot disappears quickly! If you have an opportunity to score, you need to take that chance first!)