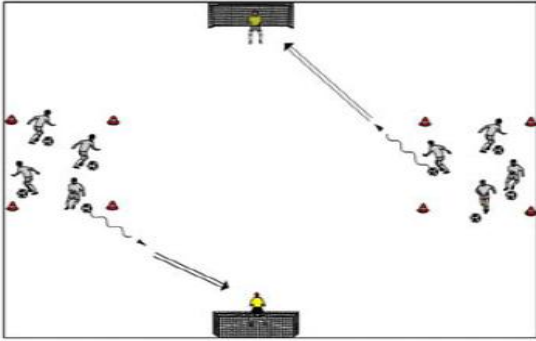


Author: Ian Bradley

Topic: U10 Shooting

Warm Up



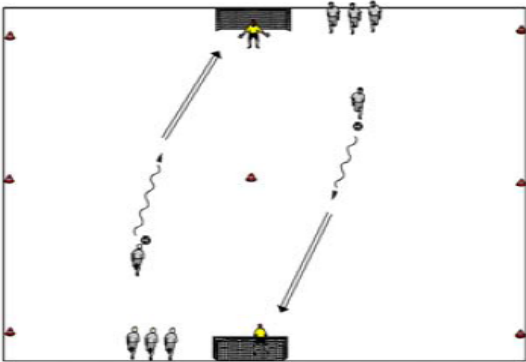
Organization

- Set up two goals and two 10 x 10 yard boxes 15 – 20 yards out from the goals
- Divide the players into two teams of four in each box with GKs and number them 1-4
- The players dribble in their respective boxes until the coach calls out a number
- Those players then dribble toward their designated goal and the first one to score wins 1 point
- First team to five wins the game
- Condition: Specify which foot to shoot with

Key Coaching Points

- Selection of surface - Inside – placement v instep -power
- Position of non kicking foot
- Ankle locked
- Hips to goal
- Follow through to goal
- Body weight over ball

Small Group Activity



- Double penalty box training area
- Each player with a ball
- Groups of players at each diagonally opposite post
- Train different kinds of shot: 1 v 1, distance, off the dribble, off the turn etc

- Finish quickly but be composed
- Power v Placement
- Vision and awareness – GK position

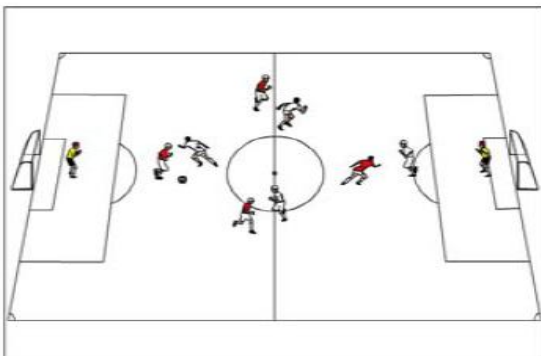
Large Group Activity – 3v1 to Goal



- Double penalty box training area
- 3 v 1 in each half
- Players must stay in their own half of the field
- The 3 try to score on the GK at the opposite end
- If the defender wins the ball they must pass to their teammates in the opposite half. Defenders cannot score
- Condition - 2 touch
- Progression – defenders can score

- Preparation touch
- Recognize shooting opportunities
- Body shape facing goal
- Proper pass to set up teammate
- Combination play to set up yourself

The Game



- 4 v 4 or 5 v 5 + Keepers
- Encourage a shooting mentality

