

Shooting in 3's

Age: U10

Level: Warm Up with Ball

Objective: Long range shooting technique.



Scan the code to see the practice:



Organization:

Mark out a 40x40 playing area. Mark out a full-sized goals using flags or cones. Divide the players into groups of 3. 1 player's GK. The other players stand either side of the goal. The players take it in turn to shoot at goal, helping to retrieve each others soccer balls. Rotate the GK's.

Coaching Points:

- 1: ABC's of finishing: A) Adjust body shape in line with the ball and goal; B) Basic technique ball out to the side of your feet and strike through the ball; C) Cleverness " Inventive ways to get the ball past the keeper.
- 2: Accuracy and technique over power, aim for the corners of the goals - Time the shot
- 3: Develop the accuracy using both feet before improving the power of the strike
- 4: Inside of the foot for accuracy and laces for power

Shoot on Sight

Age: U10

Level: Small Sided Game

Objective: Taking shooting opportunities.



Scan the code to see the practice:



Organization:

Set out an area 50 x 30 yards. Position a two-way goal on the halfway line. Make a 5-yard area either side of the goal that no players except the keeper can enter. Play 3v1 either side of this line. The attacking players in possession attempt to get a shot on goal after 3 passes against the lone defender. If the defender intercepts the ball, he must attempt to shoot on the same goal. Once the shot is taken play is resumed naturally or with keeper feeding on the other side of the goal.

Coaching Points:

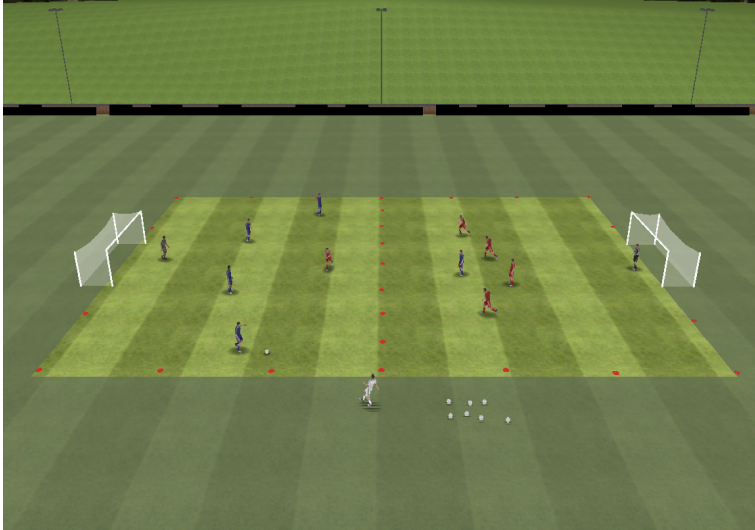
- 1: Accuracy before power: Build up power of strikes
- 2: Create space: Width and depth, interchanging position, combination play ideas.
- 3: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 4: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 5: Positive: Run at the defenders diagonally to open up space.
- 6: Anticipate: Look for rebounds off the keeper.

Long Range Shooting 4v1

Age: U10

Level: Technique with Full Pressure

Objective: Long range shooting



Scan the code to see the practice:



Organization:

Set out a field 40 x 30 yards. Place a center line dividing the middle of the field. Split the group of players into two teams of 5 players plus keepers. Organize the players into designated areas, with 4 defenders versus 1 attacker in each half. This game will encourage long-range shooting. Shots at goal must be taken from the defensive half only. With the attacking player looking to score from any rebounds. Encourage players to only take 2 touches maximum, one to control and one to shoot.

Coaching Points:

- 1: ABCs of finishing: Adjust body; Basic technique; Cleverness inventive ways to get the ball past the keeper.
- 2: Shoot on sight: Remember you do not have to beat the player just create enough space for shooting opportunity.
- 3: Accuracy before power: Build up power of strikes.
- 4: Anticipate: Look for rebounds off the GK.
- 5: Create space: Width and depth to attack. This creates more space and passing / shooting options.

Cross Fire

Age: U10

Level: Small Sided Game

Objective: Shooting opportunities in a small sided game.



Scan the code to see the practice:



Organization:

Set out a 30 x 30 area with goals on each side of the area. Play 4 v 4 inside the area with keepers in each goal. The blue team can only score in the top and bottom goals with the red team only scoring in the goals left and right. To improve difficulty reduce the size of the goals.

Coaching Points:

- 1: Create space as a team by spreading out
- 2: Shift the ball across the field and expose opportunities to dribble 1v1
- 3: Attitude and confidence of players to beat defenders on the dribble
- 4: Commit the defender, change direction with a move and then accelerate past them
- 5: Positive: Run at the defenders diagonally to open up space.