



2013 - U10 - Spring Lesson Plan - Week Eight



Module 4: Shooting and Finishing

Topic: Shooting 1

Objective: To improve the player's ability to strike the ball and score more goals

Stage	Organization	Diagram	Key Coaching Points
Stage I Technical Warm up	<p>5 Minute Shooting Competition:</p> <ul style="list-style-type: none"> • Area: 20Lx12W yards station with a shooting line about 12 yards away from the goal • Divide the team into two groups. Have the group select a GK and place the GK in one of the goals • In one corner place the passers and in the other the shooters • The shooter receives the ball, runs and shoots before the shooting line. If the shooter shoots after the line the goal does not count • The passer becomes the shooter and the shooter the passer 		<p>Shooting Technique</p> <ul style="list-style-type: none"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Surface of the Ball • Surface of the Foot to strike the ball
Stage II Small Sided Activity	<p>3v3+1(Gk+2v2+Gk) Shooting:</p> <ul style="list-style-type: none"> • 30Lx20W yard grid divided into 3 zones - two end zones of 8 yards and a central zone of 14 yards long • Encourage players to shoot from the middle zone. The neutral player plays with the attacking team • Scoring: <ul style="list-style-type: none"> ○ Directly from the middle zone: 100 pts. ○ Rebound goal: 50pts ○ Inside the zone shot: 1pt • Play to 300 pts. and switch teams if you have one standing by 		<p>Against a Goalkeeper</p> <ul style="list-style-type: none"> • Keep the shot low • Use instep for power or inside of the foot to place the ball • Surface of the ball and the foot to use • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface
Stage III Expanded Small Sided Activity	<p>3v3+GK's Long Shot and Rebound:</p> <ul style="list-style-type: none"> • Play in a 35Lx25W yard grid with goals. Players will be awarded points on the goals they scored depending on the distance from goal: <ul style="list-style-type: none"> ○ From the team's defending end: 10 points ○ From team's attacking end: 50 points ○ From Rebound: 100 points <p>Play to 300 points</p>		<p>During Game</p> <ul style="list-style-type: none"> • Timing and shape of attacking runs • Finishing rebounds • Creativity and deception • Combination Play • Rebounding
Stage IV Game	<p>5v5 or 6v6:</p> <ul style="list-style-type: none"> • Two teams with a specific formation • Play the game and encourage the players to recognize the moments to shoot and "crash" the goal on every shot 		