



2013 - U12 - Spring Lesson Plan - Week Nine



Module 3: Shooting and Finishing

Topic: Shooting 2

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

| Stage | Organization | Diagram | Key Coaching Points |
|--|--|------------------------------------|---|
| <p>Stage I Technical Warm up</p> | <p>Numbered Shooting to 4 Goals:</p> <ul style="list-style-type: none"> Area: One Large square of 40x40 and smaller inner square of 20x20 Four goals with GK's set up at the side of the large square Two teams of 4 players, Each player with a number is dribbling inside the inner square When coach calls a number, the player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out The teams can only score in the assigned goals | <p>www.SportSessionPlanner.com</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 • Strike the center of the ball and follow through towards target landing on shooting foot • Shooting technique of a moving ball |
| <p>Stage II Small Sided Activity</p> | <p>4v4 (GK+3v3+GK) Top Gun:</p> <ul style="list-style-type: none"> Area: Two - 20x20 yard grids Teams are trying to score in the opponent's goal. Teams play for 5 minutes, and try to score as many goals as they can in that time After 5 minutes the winner gets 100 points added to their score Play a total of 3 games. The Top Gun Team is the team with the most points | <p>www.SportSessionPlanner.com</p> | <ul style="list-style-type: none"> • Proper technique and body control • Placement vs. power • Quality preparation touch • Proper selection of contact surface • Timing and shape of attacking runs • Creativity and deception • Combination Play • Follow the shot Rebounds |
| <p>Stage III Expanded Small Sided Activity</p> | <p>Team on Deck:</p> <ul style="list-style-type: none"> Area: 30Lx25W yard grid Place GK in each goal and have three teams. The team is divided into 3 groups. Two teams compete to score a goal The team that scores defends that goal. The team on deck comes onto the field with a ball to attack quickly while the scored on team quickly leaves the playing field This game teaches teams to go to goal with pace and to take chances quickly | <p>www.SportSessionPlanner.com</p> | |
| <p>Stage IV Game</p> | <p>6v6 or 7v7:</p> <ul style="list-style-type: none"> Two teams with a specific formation <p>Play the game and encourage the players to recognize the moments to shoot and when to "crash" the goal</p> | | |