

Season Fall 2015

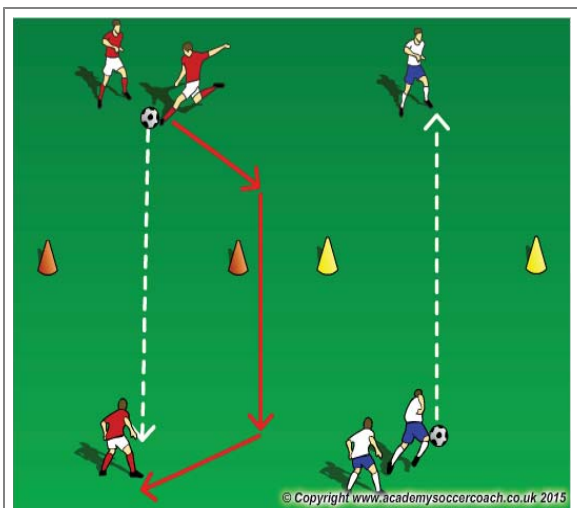
Team/Age Group U10

Week 5

Topic Striking the Ball at Goal

Objectives 5W's

To improve the player's ability to strike at goal and team's ability to score goals
 WHO: The player in possession of the ball - WHAT: Technique of Shooting - WHERE: Central Areas of the Attacking Third - WHEN: Player is in shooting range and has a clear path to goal - WHY: To penetrate the opposition's defense



1. WARM UP

Duration: Intensity: Intervals: Activity Time: Recovery Time:

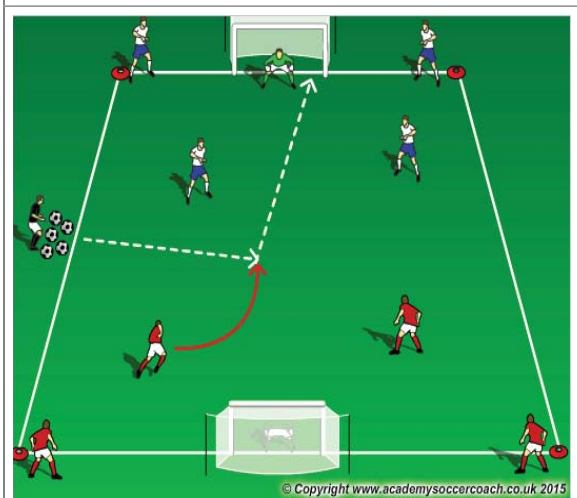
ORGANIZATION - (Physical Environment / Equipment / Players)

SHOOTING THROUGH THE CONES

Place 2 Disc Cones 15-20 Yards apart with a 6 yard Goal in the middle. Players will work in groups of 3. Players will take a preparation touch then strike the ball through the cones to the player waiting on the opposite side. Once a player has taken their shot, they must follow through and run around the goal to join the group at the other side of the goal.
 Variation: Competitions, coach can add in a GK

COACHING POINTS / KEY CONCEPTS

- Technique of shooting: Preparation touch - Forward and to the side, allows the player to approach ball at an angle. Look toward target (goal) before shooting. Plant foot next to ball, with toe pointed towards target. Strike the middle of the ball with the instep (laces), eye contact with the ball on contact. Swing kicking leg through towards target, land on kicking foot and run through the ball.



2. SMALL SIDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

3v3 to BIG GOALS

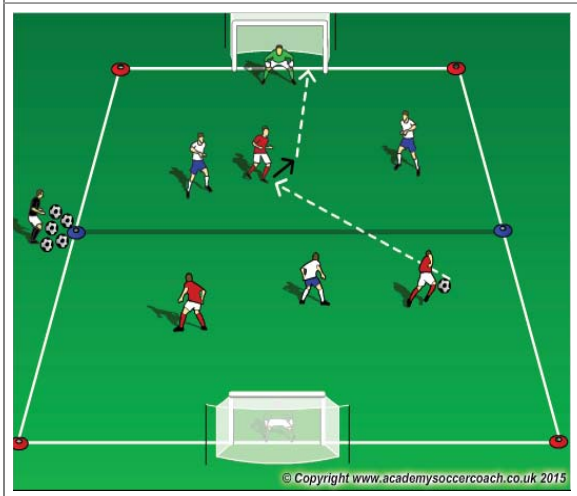
In a 20W x 25L playing area with big goals and a GK at each end. 2 outfield players and a GK from each team will enter the playing field and attempt to score on goal. Play until a goal is scored or for 45 seconds.

If the ball leaves play early, the coach can play in another ball.

If the Goalkeeper saves the ball, they must distribute quickly to a member of their team by passing with their feet, rolling or throwing the ball.

COACHING POINTS / KEY CONCEPTS

- Technique of shooting
- Tactics: Who: Player in possession of the ball. Where: In central areas of the attacking third. When: Any time there is a clear path to goal (unless teammate is in a better position to score). Why: To get quality shots on target and score goals



3. EXPANDED ACTIVITY

Duration: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4v4 to BIG GOALS

In a 36Lx30W yard grid, big goals and a GK at each end. 3 outfield players and a GK from each team will enter the playing field and attempt to score on their opponents goal. If the ball leaves play, the other team may dribble or pass the ball back in. If the Goalkeeper saves the ball, they must distribute quickly to a member of their team by passing with their feet, rolling or throwing the ball. Play 5 rounds of 3 minutes with a 1 minute break.

Variation: Teams must keep 1 player in the attacking half at all times

COACHING POINTS / KEY CONCEPTS

- Technique for Shooting
- Tactics: Can players assist the player in possession of the ball by moving into a position where they can shoot or by creating space for their teammate.

4. GAME **6v6** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION **40Wx60L field two teams will play with a specific formation each - Red Team: 1-2-1-2, Blue Team: 1-1-3-1**

COACHING POINTS / KEY CONCEPTS **Speed of play and Execution, quality and quantity of shooting opportunities.**