



MASS YOUTH SOCCER SESSION PLAN

Topic

SHOOTING 1 - SHOOTING FROM DISTANCE

Objectives (5 W's)

Who: Strikers and midfielders **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with a 15 yard central zone & goals at each end line
- Players line up in the central zone with a ball each. On coach's command the first player dribbles and shoots before dribbling out of the zone. The GK tries to stop the shot. As soon as the shot is taken the next player goes. Intervals ~ 1: How many goals in 3 minutes ~ 2: Improve by 2 ~ 3: Who many goals in 3 minutes?

Warm-up / Orientation Distance Shooting



Coaching Points

Activity Time Rest Intervals

• What? Technique of Shooting:

- ~ Knees bent, head down, hips and knee over ball, body slightly leaning over ball
- ~ Angled approach to ball, Non-kicking foot beside ball, Kicking foot ankle locked and toe down, Strike ball with laces at the center of the ball, follow through and land on the kicking foot

Orientation 4v4 - 3 Zone Shooting



Organization

Duration Intensity

- Area: In a 30Wx40L yard field with 15 yard central zone and goals at each end line
- Play to score in the opponent's goal.
 ~ Scoring: A goal scored from the central zone is 100 points. Any other goal is 1 point.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
- **Team Tactical Attacking Principles** - Playing forward when possible: Who? Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration Intensity

- Area: In a 30Wx40L yard field with goals
- Play to score in the opponent's goal. Goals scored from distance (between the cones) are worth 10 points. All laws apply.

Coaching Points

Activity Time Rest Intervals

- **What? Technique** - Shooting and Receiving
- **Team Tactical Attacking Principles** - Playing forward when possible: Where? When? Why? - Create a 1v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why?

Learning 5v5 to Goal



Implementation

7v7 Duration Formation Activity Time Rest Intervals

Organization

In a 40Wx60L yard field play 7v7. All FIFA laws apply. Encourage the players to shoot from distance.

Coaching Points

Technical Execution, Team tactical attacking principles, 5W's, Speed of Play