



MASSACHUSETTS YOUTH SOCCER

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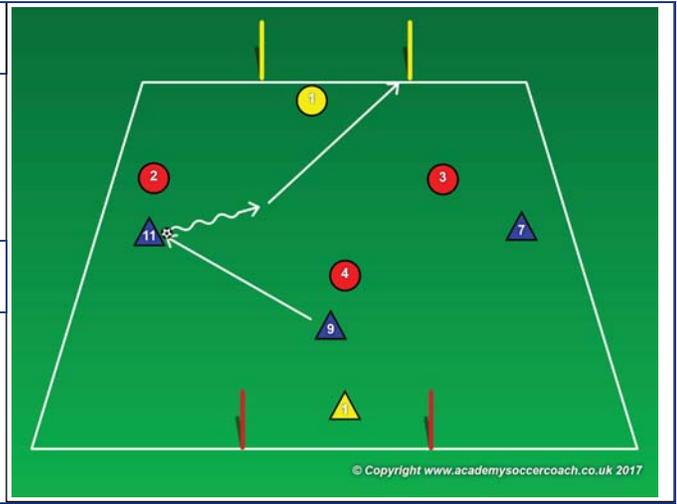
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Age Group	U10	Topic	Shooting
Who: #7, #9, #10 and #11			
What: Shooting, Receiving, Penetration and Improvisation			
Where: In the attacking half of the field near the opponent's goal area			
When: There is a shooting window			
Why: To develop an aggressive scoring mentality			

Play Up to a 4v4 Game Duration 9 min

Set up two or three 20W x 30L fields with a goal at each end. As soon as 2 players arrive, start playing a game. The game will start as 1v1. When the next player arrives, the game is 2v1 then 2v2 up to 3v3. After 1 field is at 3v3, or 4v4 start the second game on the next field.



Coaching Points Activity Time 2.5 min Rest 30 secs Intervals 3

1. Is the activity organized? - Cones, scrimmage vests, balls, goals, field and players
2. Is it reality based (is it soccer?) - Related to Shooting the ball
3. Is there repetition? - Shooting
4. Is it challenging? Check if the players seem engaged, frustrated or bored
5. Is there coaching? - Positive reinforcement for Shooting



Practice 4v5 to Regular and Two Counter Goals Duration 21 min

In a 24Wx30L field with a regular goal and 2 small counter goals. Focus Team (Blue): #'s 7, 9, 10 and 11 - Defending Team (Red): #'s 1, 2, 3, 4, and 6. Scoring: Blue Team scores in the regular goal and the Red Team in either of the counter goals.

Coaching Points Activity Time 5 min Rest 2 min Intervals 3

What? Technique of Shooting: Touch outside the body, Position of the non-kicking foot, Head up to frame the goal, Head down to strike, Surface of the foot to strike the ball with, surface of the ball, follow through. Receiving: Body position, surface selections of the foot and ball, fist touch direction/distance

Play Scrimmage Duration 26 min

Create two equal teams based on the number of players at practice. If possible play 7v7. Play to score in the opponent's goals. All FIFA Laws apply. Focus Team Blue Formation: 1-2-3-1 (#1, #4, #5, #7, #9, #10, and #11) Defending team Red Formation: 1-3-2-1 (#1, #2, #3, #4, #6, #8 and #9)



Coaching Points Activity Time 11 min Rest 2 min Intervals 2

What? Technique: Shooting, Receiving and Dribbling

Where on the field is this likely to happen most often? Near and/or inside the opponent's goal area.

When should we shoot? We have a gap between defenders or space.

Why do we shoot? To score more goals.