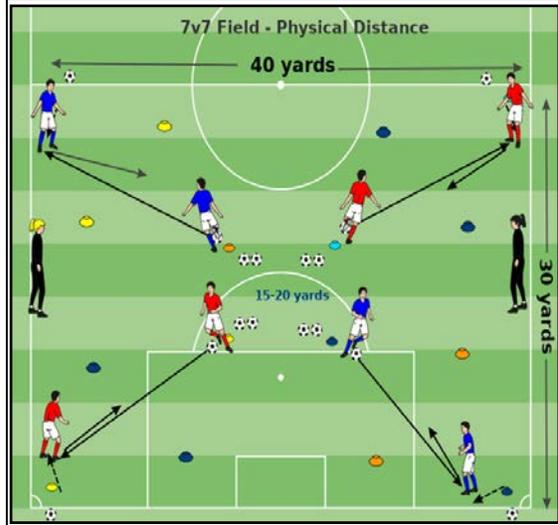


Spring 2020 U9-U10 7V7	<b>PHYSICAL DISTANCING TRAINING SESSION</b> <i>(In accordance with the COVID - 19 Guidelines)</i>						
	<b>GOAL:</b>	<b>Improve the Technique of Shooting</b>					
	<b>MOMENT</b>	<b>ATTACKING</b>	<b>DURATION</b>	<b>45 minutes</b>	<b>PLAYERS</b>	<b>8</b>	

**SKILL ACQUISITION:** 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 with, Surface of the ball to strike, Follow through, Accuracy versus Power.

**ACTIVITY 1: SHOOTING BASICS** **DURATION:** 12 min -- **INTERVALS:** 3 -- **ACTIVITY:** 3.5 min -- **REST:** 30 sec



**OBJECTIVE:** To improve the technique of shooting.

**PLAYER ACTIONS:** Shooting.

**ORGANIZATION:** In a half field (30Wx40L) create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. Place a player at each end. The player with the ball will strike a standing ball and the opposite player who will stop it strike it back. Player will perform the following tasks:

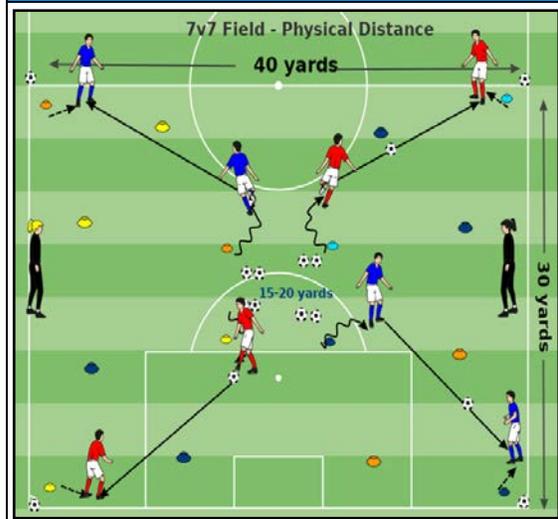
1. Strike a standing ball with the strong foot. *One Interval.*
2. Striker a standing ball with the week foot. *One Interval.*
3. Roll the ball and strike the ball. *One Interval.*

**KEY WORDS:** Approach, Standing foot, Contact.

**GUIDED QUESTIONS:** 1. How do you approach the ball? 2. Where should the standing foot be to strike the ball? 3. Where do you make contact with the ball?

**ANSWERS:** 1. Approach it at an angle – 2. About 6 inches to the side of the ball pointing to the target – 3. In the middle of the ball.

**ACTIVITY 2: DRIBBLE & SHOOT** **DURATION:** 18 min -- **INTERVALS:** 3 -- **ACTIVITY:** 5.5 min -- **REST:** 30 sec



**OBJECTIVE:** To improve the technique of shooting.

**PLAYER ACTIONS:** Shooting

**ORGANIZATION:** In a half field (30Wx40L), create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. . Place a shooter at each end. A shooter will strike three balls in a row. The shooter with the ball will perform a move to beat a defender (cone) and strike the ball through the goal. Player will perform the following tasks:

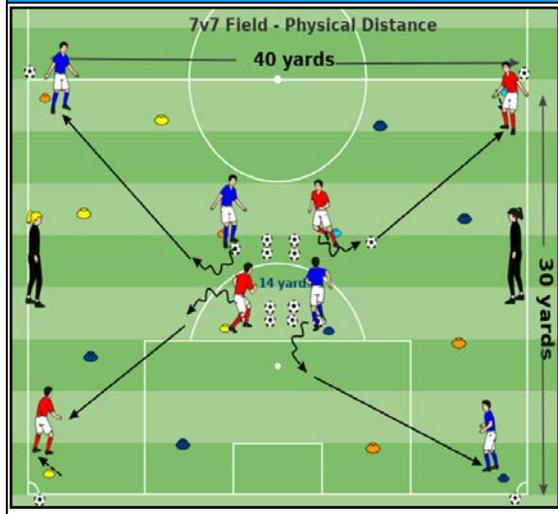
1. Dribble and shoot with the strong foot. *Two Intervals.*
2. Dribble and shoot with the week foot. *Two Intervals.*

**KEY WORDS:** Set up, Target, Surface, Follow through.

**GUIDED QUESTIONS:** 1. What do we need to do with the ball to set up the shot? 2. What do you need to do to pick the target? 3. What surfaces of the foot can you use to shoot at goal? 4. Why do we need to follow through?

**ANSWERS:** 1. Tap it on an angle to one side and shoot it – 2. Look at the goal to frame the goal – 3. The laces, the inside or outside of the foot and the toe – 4. To transfer power to the ball.

**ACTIVITY 3: TURN & SHOOT** **DURATION:** 16 min -- **INTERVALS:** 4 -- **ACTIVITY:** 3.5 min -- **REST:** 30 sec



**OBJECTIVE:** To improve the technique of shooting.

**PLAYER ACTIONS:** Shooting

**ORGANIZATION:** In a half field (30Wx40L) create four shooting stations 20 yards long. Place two cones in the middle representing a goal about 6 yards apart. . Place a shooter at each end. A shooter will strike three balls in a row. The shooter with the ball will perform a turn to go around a defender (cone) and strike the ball through the goal. Player will perform the following tasks:

1. Turning using the inside of the right foot. *One Interval.*
2. Turning using the inside of the left foot. *One Interval.*
3. Turning using the outside of the right foot. *One Interval.*
4. Turning using the outside of the left foot. *One Intervals.*

**KEY WORDS:** Ankle, Eyes, Follow Through.

**GUIDED QUESTIONS:** 1. Where should your eyes be looking when striking the ball? 2. Why do we need to follow through?

**ANSWERS:** 1. At the ball – 2. To transfer power to the ball.

FIVE ELEMENTS of a TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. <b>Organized:</b> Is the exercise organized in the right way?</p> <p>2. <b>Repetitions:</b> Are there repetitions when looking at the overall goal of the session?</p> <p>3. <b>Challenging:</b> Are the players being challenged? (Is there the right balance between being successful and unsuccessful)?</p> <p>4. <b>Coaching:</b> Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>