

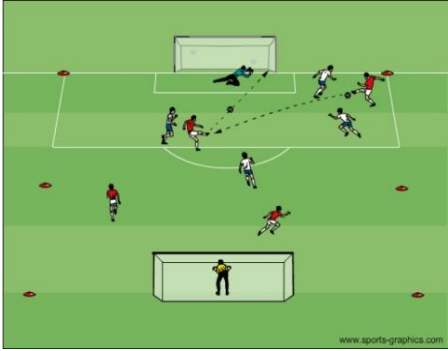


(U10) -- Week 10

Topic: Shooting

Technical Warm up	Organization	Coaching Pts.
	<p>Numbered Shooting: Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</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 style="text-align: right;">Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>Power and Fines: Divide your group into 2 teams. Each player will get 2 shots pre round, 1 far and one close. Rules: If the player makes one shot they are safe to round 2. If the player misses both shots-they are out. If the player makes both shots they can choose someone from the other team who then has to make both shots. If this player makes only 1 shot-they are out. If this player makes both shots-the player who picked them is out. Team to have all players knocked out loses.</p>	<ul style="list-style-type: none"> • 2 touch on the far shot, 1 touch on close shot • Placement vs. power • Quality preparation touch • Finishing rebounds • Alternate teams for shooting <p style="text-align: right;">Time: 15 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>Blank Out Finishing Game: Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<ul style="list-style-type: none"> • Placement vs. power • Quality preparation touch • Finishing rebounds <p style="text-align: right;">Time: 20 minutes</p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – Time 10 min.	