



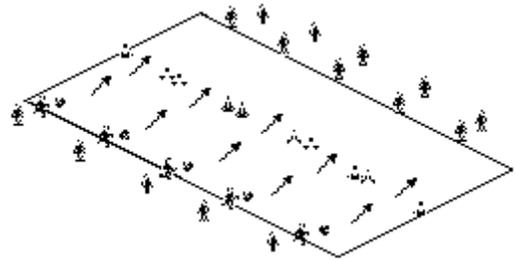
Mass Youth Soccer Skills Academy

U12 Week 5 – Shooting

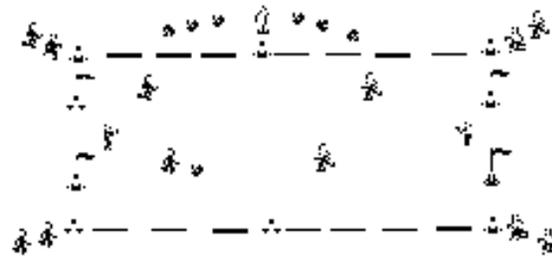
Main Coaching Points:

- ankle locked
- angled approach to ball; non-kicking foot beside ball
- knees bent, head down, hips and knee over ball, body slightly leaning over ball
- eyes on ball at instant of impact
- follow through to target
- strike center of ball; move through ball and land on shooting foot
- strike ball with laces so that ball strikes hard bone on top of foot

1) Shooting Through the Cones---Set up a line of cones about 6 yards apart, representing goals for the players to shoot through. Position 2-4 players about 10-15 yards away from and on opposite sides of the line of cones. Players opposite each other proceed to kick (shoot) the ball through their cone goal, and then follow their shot to the opposite side, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot. Scatter extra soccer balls around the playing area. *(15 minutes)*



2) 4-Corner Shooting---On a field 20 yards wide x 25 yards long, position two goals at each end. Split group into two teams (red and blue). Position half of the red team in a line behind one corner of the field and the other half of the red team in a line behind the other corner of the field, at the same end. Organize the blue team in the same manner at the other end of the field. Select a goalkeeper for each goal and rotate that player every 5 minutes. The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a **2v2 + keepers** activity. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, keepers stay on, and the coach kicks the next ball in for the next 4 players. The coach should serve the ball toward one of the corner lines (risk/safety management). When all the balls have been served, the players can retrieve them and dribble them back to the coach for another round of games. *(15 minutes)*



3) 3v3 Plus Team on Deck---In a space the size of 2 penalty boxes stacked on top of one another, have two full size goals, with goalies. Teams of three play games to one. If a team is scored against they are off the field and the team on deck plays. This game does not stop. Once a team scores they can immediately get the ball and score again unless the on-deck team comes on quickly and plays defense. This game teaches teams to go to goal with pace and to take chances quickly. *(10 minutes)*

4) **Small Sided Scrimmage**---Create fields based on playing numbers and size of area. Reinforce shooting technique (angled approach, body over ball, following through is essential).
(15 minutes)

5) **Cool Down and Review**--- ask players to teach you the technical coaching points to insure complete understanding in the group. (5 minutes)

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Optional Activities:

1) **Numbered Shooting**---Two goals are set up about 40 yards apart. All players have a number and are dribbling a soccer ball. Coach yells out a number and that player dribbles towards the nearest goal and takes a shot. *Version 2:* Coach can limit amount of touches player can take before shooting. *Version 3:* Players can be juggling and when their number is called, must take shot as quickly as possible.

2) **Popcorn**---Set up a grid about 30 yds x 20 yds, with a goal on each end. Coach plays balls into 4-5 players who are all competing against each other to get the ball and score in either goal. First to five goals wins. Coach should spread the services around so that all players have the opportunity to shoot.

3) **One Touch Finishing Game**---Play a small sided game with the only condition being that any goal must come from a one touch shot. This will teach players to prepare their bodies before the ball arrives and to make the most out of “half-chances”.