



## UHL Session 11 U11-U12

**Category:** Technical: Shooting  
**Difficulty:** Beginner

Am-Club: Oakville Soccer Club  
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### Description

#### Warm Up (10 mins)

##### Organization:

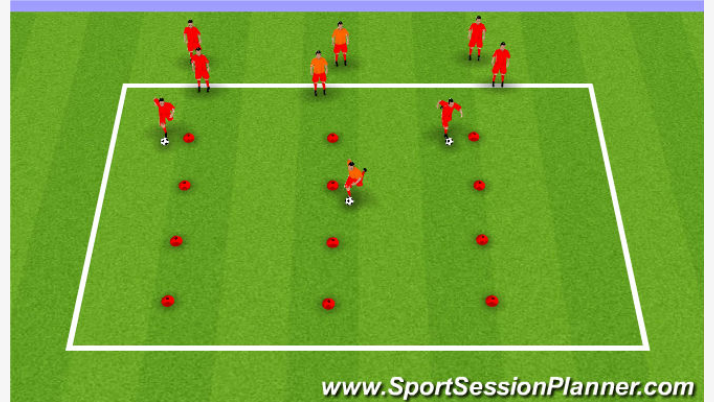
Set children up along the edge of a 20 X 16 yard grid.

##### Activity

- Relay races using different movements without the ball for the first 2-3 minutes to get the players energy levels high
- Add the ball and work through different styles of races e.g through the cones right foot, through the cones left foot, turns at the cones, first cone only etc.
- Make enough groups so the most that we ever have in a line is 3 players

##### Coaches Emphasis

- Fun
- Coordination
- Tight Touches
- Next Player ready to go



#### Initial Game (15 mins)

##### Organization

- 25 - 40 Field
- 5v5 on the Field

##### Activity

- 5v5 small sided game with the 3 Goals to shoot at
- Looking to encourage shooting as often as possible when the chances arise

##### Coaches Emphasis

- Half a yard to finish
- Encourage defenders to close down quickly to make attackers work to get the shot away
- Using both feet
- Creating the space to shoot with a little burst



#### Activity (15 mins)

##### Organization

##### Organization

- 3 groups of players
- 3 Goals
- Players start 10-15 yards from goal

##### Activity

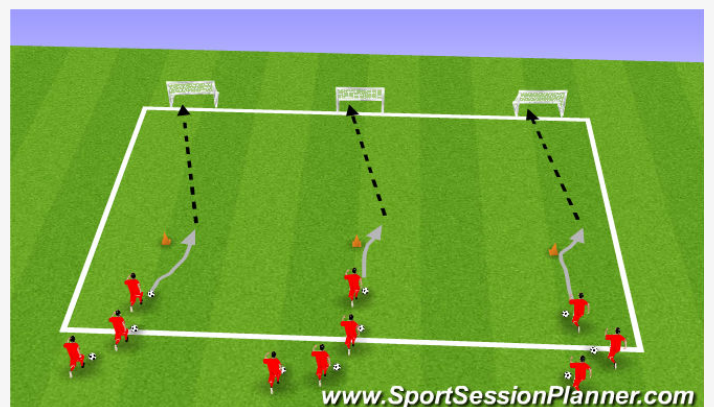
- The player starts behind the cone moving the ball between their feet, when they are ready they push the ball past the cone and accelerate into the space before striking at goal.
- The ball manipulation behind the cone can be altered every minute to two minutes.
- Players should be using both feet to strike

##### Progression

- The players begin a little further back and now dribble toward the cone before performing a skills and change of direction, accelerating past the cone and striking at goal.
- Add a passive defender at the cone for the final couple of minutes

##### Coaches Emphasis

- Drive in to the space
- Create a 45 degree angle
- Standing foot around shoulder width away from the ball aiming at the target



- Diagonal body shape
- Ballerina toe
- Strike through the centre of the ball
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## Final Game (20 mins)

### Organization

- 7v7 game

### Activity

- The players play a standard game for their age and stage
- The role of the coach is to allow the players to play while encouraging good habits

### Coaches emphasis

- Encourage Players to be positive
- Make good decisions
- Attack with speed
- Awareness of players and space

