



## UHL Session 12 U11-U12

**Category:** Technical: Shooting

**Difficulty:** Moderate

Am-Club: Oakville Soccer Club  
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### Description

#### Warm Up (10 mins)

##### Organization

- Players in pairs line up opposite each other in the middle of a 20x30 box
- One ball between the pair
- Pairs stand around 3 yards apart

##### Activity

- The players begin by throwing the ball to each other over 3 yards
- On the coaches go the player with the ball spins and attempts to get to the end line behind them before they are tagged by their partner
- If they make the line they get a point if they get tagged then the tagger gets the point

##### Progression

- After 5-6 goes change the way they move the ball to passing two touch, this time the player with the ball when go is called leaves the ball turns and runs to the line. all other rules remain the same

##### Progression

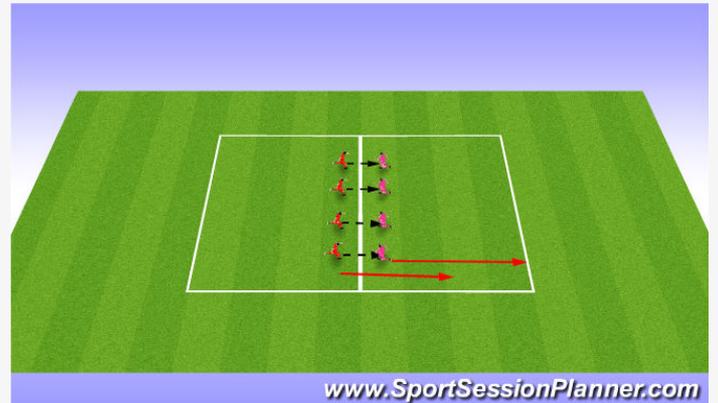
- The player on the ball when go is called spins and takes the ball with them

##### Progression

- The player on the ball when go is called tries to beat their opponent and make it to their opponents line with the ball

##### Emphasis

- Quick reactions
- Play on toes
- Keep the ball under control
- Awareness when dribbling



#### Initial Game (15 mins)

##### Organization

- 20 x 30 field
- 4v4
- 5 balls on top of cones at each end of the field

##### Instruction

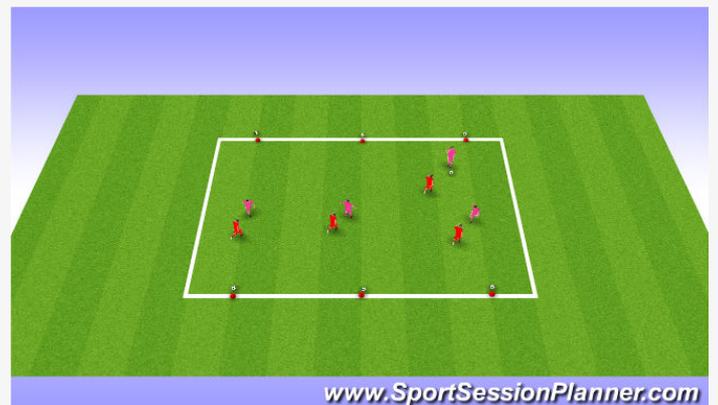
- The players play a standard game of 4v4 with the exception of the goals being different
- In order to score a goal the team in possession must knock a ball off a cone
- The first team to knock all 3 balls down wins the game

##### Progression

- The shot to score must be a first time shot
- The shot to score must be a weak foot shot

##### Coaches Emphasis

- Awareness of space and players
- Developing movement off the ball
- Fun
- Communication skills



## Activity (20 mins)

### Organization

- 3 goals 5-10 yards apart in a straight line
- 3 lines of players
- One group line up to the outside of the far left goal, one group line up to the outside of the far right goal and the final group lines up directly in front of the middle goal 15-20 yards out
- Place a cone 15 yards directly in front of the two groups on the outside goals then another cone 10 yards directly in front of both outside goals.
- Place 3 cones evenly spread out directly in front of the middle group.

### Activity

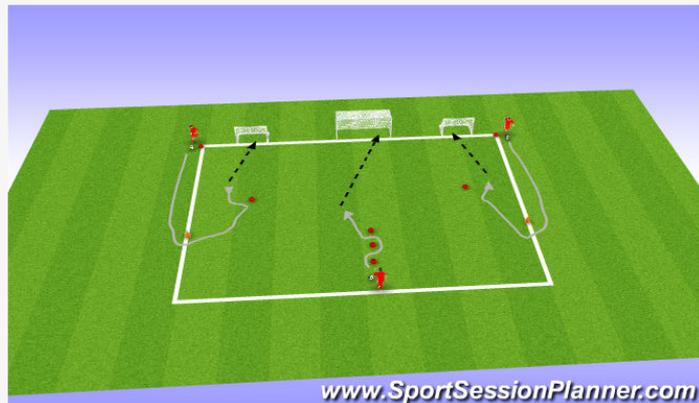
- The players on the outside goal dribble at speed to the cone directly in front of them, go around it and head back to the goal
- As they approach the goal they must beat the cone 10 yards out before then finishing
- The middle players have to move the ball through the 3 cones in front of them before then driving out and finishing
- After two minutes rotate all players to the next goal
- Make it a competition to see who can score the most goals

### Progression

- Add a defender to each group who the striker has to beat before they can score
- Defenders will begin at the cone that the player was previously beating. They are not able to step out until the player has rounded the outside cone.
- The middle defender starts 5 yards behind the line of cones and can only engage once the player has come out of the last cone

### Coaches Emphasis

- Attack with purpose
- Only need half a yard to get the shot away
- Follow the shooting techniques from week 10
- Use both feet



## SSG (15 mins)

### Organization

- 7v7 game

### Activity

- The players play a standard game for their age and stage
- In order for a goal to count all attacking players must be in the attacking half
- Attackers gain an extra goal if there is a defender player that doesn't recover in to their own half
- Coach has limited step in but is encouraged to coach over

### Coaches emphasis

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

