



UHL Session 13 U11-U12

Category: Technical: Shooting

Difficulty: Moderate

Am-Club: Oakville Soccer Club
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Description

Warm Up/Physical Lit (10 mins)

Organization

- 20 yard diameter circle is the playing area
- 4 attackers are in the centre of the area
- 6 Defender on the perimeter of the circle

Activity

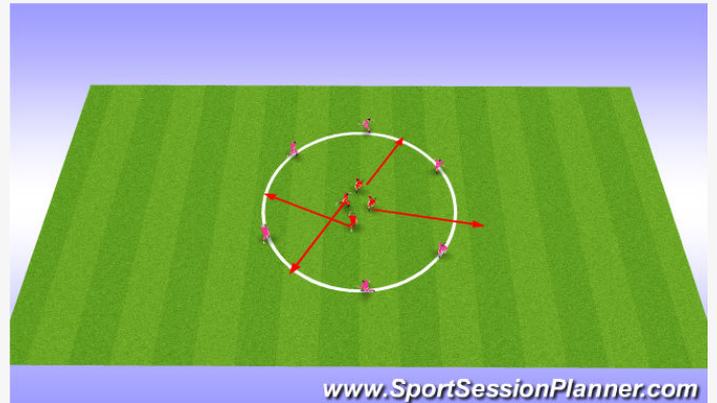
- The 4 players in the centre move in between each other
- The 6 players on the outside do different movements around the outside of the circle
- On the coaches/attacking players shout the attackers attempt to get out of the area without being tagged
- The players on the outside keep to the perimeter of the circle and attempt to tag the attackers

Progression

- The attackers pass a ball between them in their hands and attempt to get the ball out without the ball carrier being tagged
- The ball is transferred to the floor and the ball must be dribble out without being tackled in a certain time period

Coaches Emphasis

- Awareness of space and players
- Working as a team
- Changes of speed and direction
- Fun
- Decisions of when to pass and when to dribble



Initial Game (15 mins)

Organization

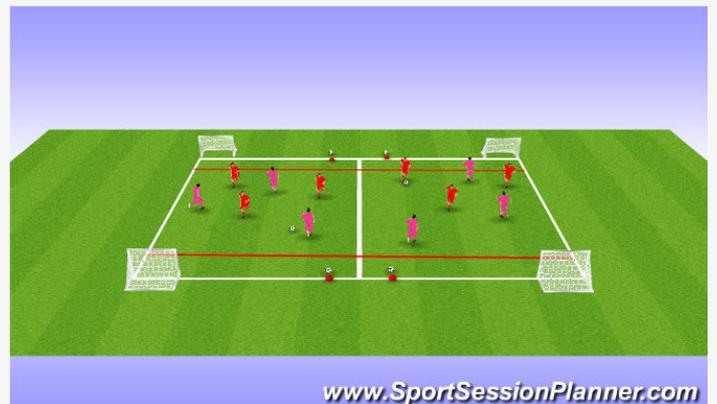
- Split players in to teams of 2/3
- Create fields 15 x 20
- All players playing at once if possible

Activity

- Straight 3v3 games, keeping the field tight we are looking for players to manipulate the ball quickly and use the space they have created
- Two ways of scoring by either knocking the ball off the cone or scoring in to the net. One goal for scoring in the net and 5 for hitting the ball off the cone.

Coaches Emphasis

- Quick Decision making
- Accuracy over power
- Half a yard to create shooting opportunity



Activity (20 mins)

Organization

- Split the group in to pairs and into 2 groups
- 15 x 20 area x 2
- The players start at one end of the area and the goal is placed at the other

Activity

- Players pass the ball back and forth 1 or 2 touches
- The player facing the goal passes the ball and calls go, the player facing away from goal turns with the ball and attempts to score, the other player attempts to recover.

Progression

- The player facing away from goal calls go and turns to attack goal. The other player attempts to recover defensively.

Progression

- The player facing goal becomes the attacker and the other player



becomes the defender. The players both get the opportunity to call the go.

Progression

- The coach calls go and whoever is in possession is the player that attacks.

Coaches Emphasis

- Create the space to get the strike away
- Composure in front of goal
- Striking Technique
- Make good decisions on which foot to strike the ball with

SSG (15 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 show what they have learned through the session in a free play game.

Coaches emphasis

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

