



UHL Session 12 U9-10

Category: Technical: Shooting

Difficulty: Moderate

Am-Club: Oakville Soccer Club
Gareth Davies, Oakville, Canada

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

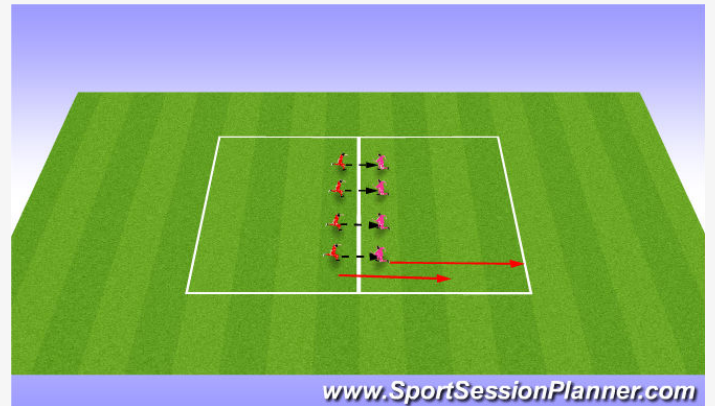
- The player on the ball when go is called spins and takes the ball with them

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

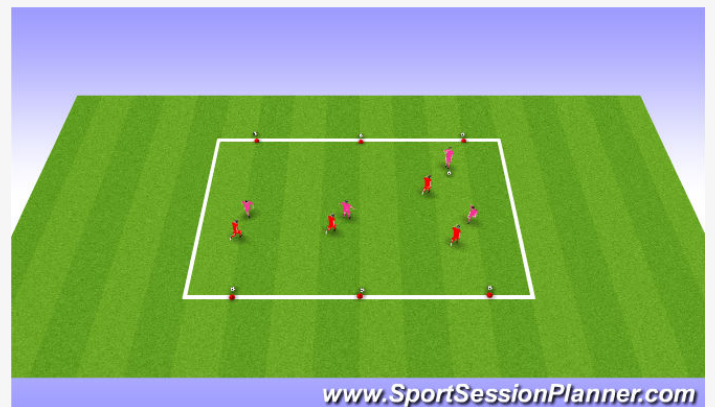
- The players play a standard game of 4v4 with the exception of the goals being different
- In order to score a goal the team in possession must knock a ball off a cone
- The first team to knock all 3 balls down wins the game

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 7-10 yards out directly in the centre of each outside goal

Activity

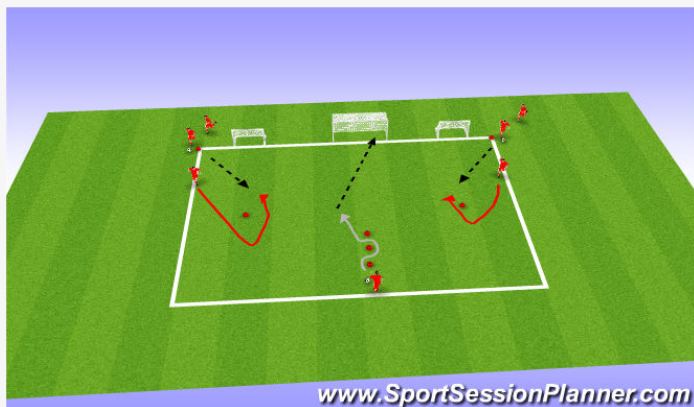
- The players at the central goal dribble through the cones, and strike at goal
- The player at the front of the lines on the outsides runs out and around the cone. The player behind then passes the ball in to the runner. The runner finishes first time.
- The finish on the right is right footed and the finish on the left is left footed.
- After two minutes rotate the players around the three stations

Progression

- Make the session competitive by having each group spend 2 minutes at each station adding all the goals up that they score to see who has the most.

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

