



U12U14 Week 7 Shooting

Category: Technical: Shooting
Difficulty: Moderate

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Individual-Adult Member

1v1 Goal (10 mins)

Set Up

Set Up a goal with a goalkeeper, 20 yard out from the goal there are 2 cones 8 yards apart. There is a line of players behind Player 1's line. (No more than 4 players per line.) Each player in line has a ball.

Implementation

Player 1 passes to Player 2, on receiving the ball Player 2 attacks the goal and tries to score.

After passing the ball Player 1 must run around Player 2's cone and then chase and try and steal the ball. After Player 2 has shot they retrieve the ball and join the back of the line. Player 1 becomes the next attacker.

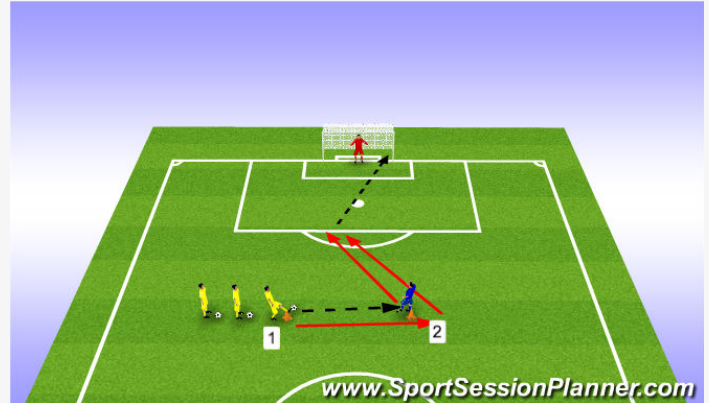
Coaching Points.

Positive first touch in to space towards the goal.

Accelerate away from the defender.

Take a prep touch to set yourself up to shoot.

Strike through the ball.



1v1 Command Goal (15 mins)

Set Up

Set Up a goal with a goalkeeper, 20 yard out from the goal there are 2 cones 8 yards apart. There is a line of players behind both cones. (No more than 4 players per line.) All players behind Player 1 have a ball.

Implementation

Player 1 and 2 pass the ball back and forward awaiting the coaches command.

On the coaches command whichever player has possession attacks the goal, the player without the ball becomes the defender.

Coaching Points

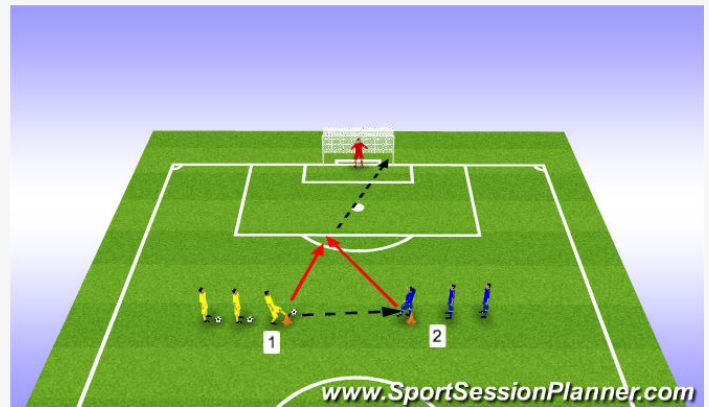
Positive first touch in to space towards the goal.

Get your body between the defender and the ball.

Accelerate away from the defender.

Take a prep touch to set yourself up to shoot.

Strike through the ball.



Conditioned Game (15 mins)

Set Up

On a size appropriate field two teams play a regular scrimmage. With two conditions to bring out scoring from wide areas.

Conditions

Every time a player gets the ball past the red line they have to shoot.

Coaching points.

Take a prep touch

Strike through the ball

Non Kicking foot next to the ball,

Bend the knee of your kicking leg.

