



# 2011 - U10 - Lesson Plan - Week 10

Topic: Shooting II

Objective: To improve the technique of players to strike a moving ball to goal with the instep and the inside of the foot

Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<p>Body position and balance Eye on the ball at moment of contact Strike ball with ankle locked and hard bone on top of foot Non-kicking foot directed at target Strike the center of the ball and follow through towards target landing on shooting foot Shooting technique of a moving ball</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>Popcorn (15 min):</b> Two goals with GK's set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player(s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>	<p>Proper technique of shooting with the instep and the inside of the foot Placement vs. power Quality preparation touch Finishing rebounds</p> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>Blank Out Finishing Game:</b> Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<p>Placement vs. power Quality preparation touch Finishing rebounds</p> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	All of the above <b>Time: 30 minutes</b>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	