



2011 - U10 - Lesson Plan - Week 5

Topic: Shooting

Objective: To improve the technique of shooting with the inside and instep of both feet

Technical Warm up	Organization	Coaching Pts.
	<p><u>Shooting Though the Cones (15 min):</u> Arrange players in 4 lines with a ball between them about 20-30 yards apart from each other. Place two cones representing a goal between each group about 6 yards apart. Players shoot the ball and follow their shot to the opposite side.</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</p> <p style="text-align: right;">Time: 15 minutes</p>
<p>Small Sided Game</p>	<p><u>4 Corner Shooting (15 min):</u> Two equal teams playing 2v2 with GK's. The remaining players start at corners behind their own goal. Coach begins the play from the sideline by serving a ball to player in any corner. Players try to score on their opponent's goal. Play continues until ball is out of bounds or a goal is scored. Players return to their corners. Keepers stay on.</p>	<p>Coaching Pts.</p> <p>Proper technique and body control Placement vs. power Quality preparation touch Proper selection of contact surface Timing and shape of attacking runs Creativity and deception Combination Play</p> <p style="text-align: right;">Time: 15 minutes</p>
<p>Exp. Small Sided Game</p>	<p><u>3v3 (4v4) Plus Team on Deck (15 min):</u> Two goals with GK's set up about 25-30 yards apart. Team is divided into 3 groups. Two teams compete to score a goal. The team that scores defends that goal. The team on deck comes onto the field to defend quickly while the scored on team quickly leaves the playing field. This game teaches teams to go to goal with pace and to take chances quickly.</p>	<p>Coaching Pts.</p> <p>Proper technique and body control Placement vs. power Quality preparation touch Proper selection of contact surface Timing and shape of attacking runs Creativity and deception</p> <p style="text-align: right;">Time: 20 minutes</p>
<p>Game</p>	<p>Organization</p>	<p>Coaching Pts.</p>
<p>6v6 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<p>All of the above</p> <p style="text-align: right;">Time: 30 minutes</p>
<p>COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	