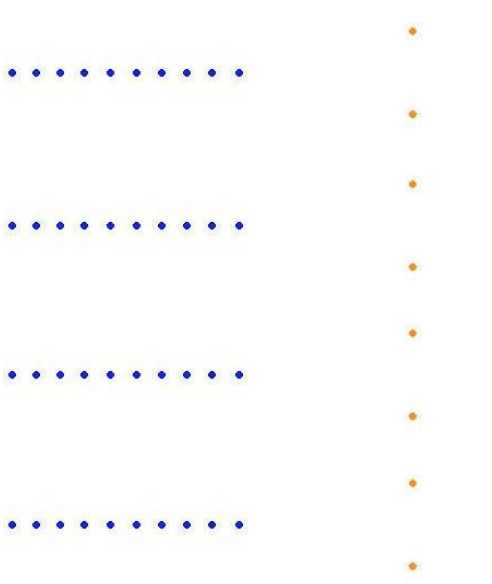
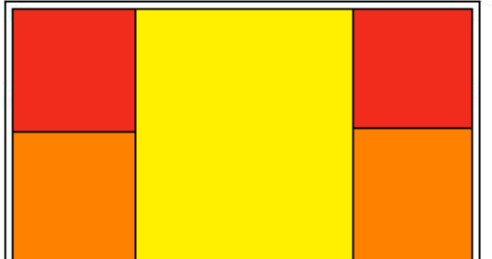
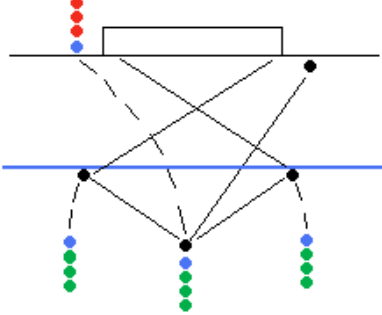
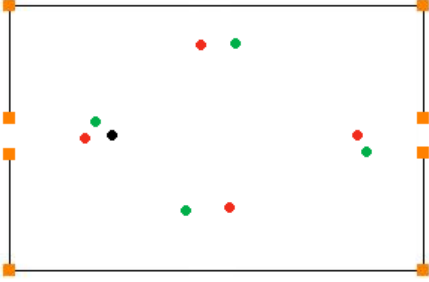


COACHING SESSION PLAN

Session Type	U10 week 5, practice 1
Theme of Session	Shooting

- Key phrases for today's theme;
- FFW- *bend your knees, bounce on your toes*
 - Shooting- *strike through the ball, use accuracy before power*
 - Game- *shoot when you have the goal in sight*

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Basic fast feet; single work</p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> • <i>one step between</i>- getting the knees up over the cones, players put one foot in each gap as they go through • <i>two steps between</i>- as above, but this time players making two steps in each gap • <i>facing right</i>- players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over • <i>facing left</i>- as above but right foot first, left foot meeting • <i>big zigzag</i>- players do big zigzags in and out of the cones • <i>small zigzag</i>- players use little steps to move in and out of the cones • <i>zigzag backwards</i>- as above but players face the 'wrong' way through the cones, moving in and out backwards <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		10mins
<p>Shooting; 10-5-1-5-10 Goals (or 5-1-5 in 'cone' goals!)</p> <p>To set up the goal as in the diagram I have found that pinneys make good markers for the red areas (hanging them from the bar to halfway down the post), which are the high-scoring '10-goal' areas of the goal. Then setting down cones to mark out the bottom corners of the goals, which are the 5-goal areas, leaving the middle clear which is where</p>		10mins

<p>the players can get 1 goal.</p> <p>To begin with the players should line up in two lines, around 8-10 yards from the goal, and should take it in turns to strike at the goal. Trying to get the highest score possible.</p> <p>The session can be adapted in many ways, either by adding cones to dribble through as they come up towards the goal, or by having balls on one side only, so the first player passes to the second to shoot, with the first following in to retrieve the ball. Failing both of those, stick a spare coach/parent in the goal to give the players an idea of why they go for the corners.</p> <p>Key points for shooting;</p> <ul style="list-style-type: none"> • <i>Use the passing technique</i>- players should aim to place their shot, like a pass • <i>Head over to keep it low</i>- players should get over the ball to keep it low • <i>Eyes on the target area</i>- players should pick the exact spot they aim to hit 		
<p>Shooting; 3 v 1 plays</p> <p>Set up the players into four rows (red and green dots in the diagram). The dashed lines are player's runs, and the full lines are the balls path.</p> <p>The server should play the ball into the central player; they then play the ball to either the left or right player, who must shoot before the 12 yard line (blue line in the diagram). The defender (the red players) should apply passive pressure (pressure on the ball without making a challenge) to the central player. Players rotate around the four positions and then join the back of each next line.</p> <p>The coach can add a goalkeeper to the practice to progress the session.</p> <p>Key points for shooting;</p> <ul style="list-style-type: none"> • <i>Use the passing technique</i>- players should aim to place their shot, like a pass • <i>Head over to keep it low</i>- players should get over the ball to keep it low • <i>Eyes on the target area</i>- players should pick the exact spot they aim to hit 		<p>15mins</p>
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U10s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>Until practice ends</p>

