

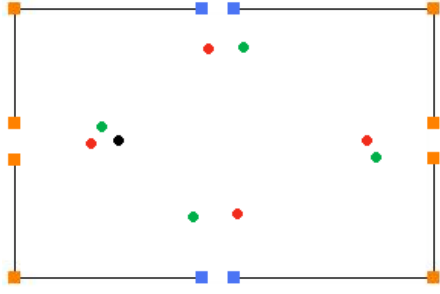
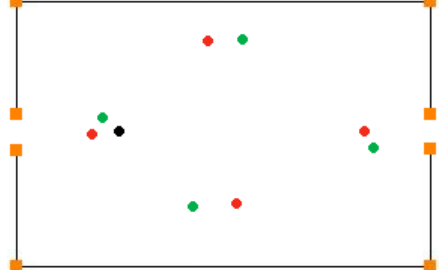
# COACHING SESSION PLAN

<b>Session Type</b>	U10 week 9, practice 1
<b>Theme of Session</b>	Shooting

Key phrases for today's theme;

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<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Fast footwork with ball control</b></p> <p>Players should perform any of the single fast footwork drills between the cones, then after each fifth cone, the player should dart out the line to a coach who should throw a ball toward a 'control surface' for the player to control. The player should control the ball and then play it back to the coach</p> <p>Examples of control surfaces are;</p> <ul style="list-style-type: none"> <li>• <i>inside foot-</i> to be played straight back</li> <li>• <i>laces-</i> to be played straight back</li> <li>• <i>thigh-</i> control then played back</li> <li>• <i>chest-</i> control then played back</li> <li>• <i>head-</i> to be played straight back</li> </ul> <p>Start with the coach deciding which surface and which footwork technique, but then let the players decide and call out the surface they want, while doing the footwork.</p> <p>Players should go through all fifteen cones and then go back round to the start.</p>		10mins
<p><b>Shooting; 3 v 1 plays</b></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"> <li>• <i>Use the passing technique-</i> players should aim to place their shot, like a pass</li> <li>• <i>Head over to keep it low-</i> players should get over the ball to keep it low</li> <li>• <i>Eyes on the target area-</i> players should pick the exact spot they aim to hit</li> </ul>		15mins

<p><b>Small-sided-games; four mini goal game</b></p> <p>Maximum of 4v4 players for U10s. Four-goal soccer should be used for shooting practices.</p> <p>The aim for the players is to score in either of their two target goals, teams should be rotated so that both get a chance to play both ways.</p> <p>The set up should be a 25x35 yard area, with four 2 yard goals (no keepers), placed as they are in the diagram.</p>		<p>15mins</p>
<p><b>Small sided games; regular mini game</b></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>