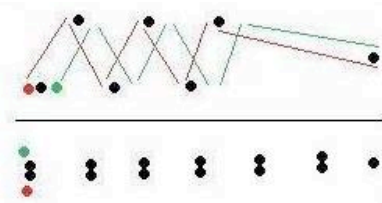
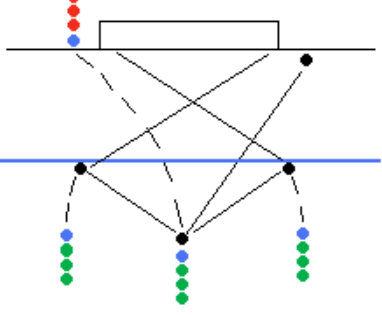


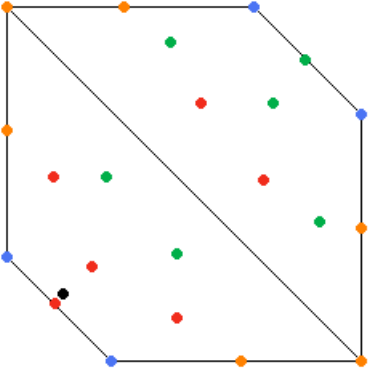
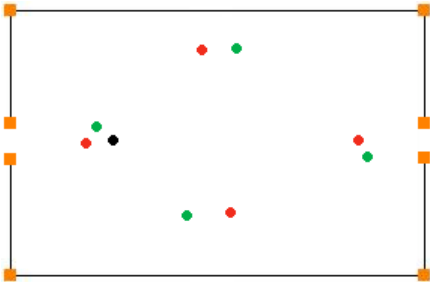
COACHING SESSION PLAN

Session Type	U12 week 4, practice 1
Theme of Session	Shooting

Key phrases for today's theme;

- Fast feet- *bend your knees, pad over the ground, keep a forward-stance whether going forwards or backwards*
- 3v1 plays- *use accuracy (aim for the corners) over power, shoot quickly to avoid being closed down*
- Diamonds- *shoot when you can see the goal*
- Game- *Free Play!*

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; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p>10mins</p>
<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>

<ul style="list-style-type: none"> • <i>'sweet-spot'</i>- strikers should look to use the largest surface area on the top of the foot, known as the sweet-spot. The area is that just above the big toe. With the striker hitting the ball with this part of their foot, they will have their body over the ball, and will be able to hit the ball with more power without losing accuracy. 		
<p>Shooting; diamond strikes</p> <p>Set up a 45x45 yard area, cutting off two corners to make them 7 yard long goals (marked out by the blue cones in the diagram).</p> <p>Players should stick to their own half until they are told to rotate around the different positions. The teams are split into teams of five (plus one goalkeeper for each). Each team is then split up so that there are three players in one half and two in the other (making a 3v2 in each half. The players should not go over half way.</p> <p>The half with three players on should take up the role of strikers, aiming to score in the goal in the opposite half. The opposite side, with two players in, act as defenders to the oppositions three 'strikers' but also take up the role of rebounding strikers, following up on any spill by the opposing keeper.</p> <p>The idea of the game is to take a shot as quickly as possible, with the goalkeeper rolling the ball to a striker in their half, who should either strike the ball immediately or pass if they are closed down instantaneously.</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 • <i>'sweet-spot'</i>- strikers should look to use the largest surface area on the top of the foot, known as the sweet-spot. The area is that just above the big toe. With the striker hitting the ball with this part of their foot, they will have their body over the ball, and will be able to hit the ball with more power without losing accuracy. 		<p>15mins</p>
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U12s. 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>