



**Gavin Pugh, Director**

Coach:

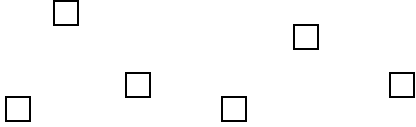
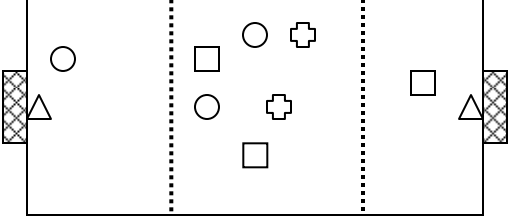
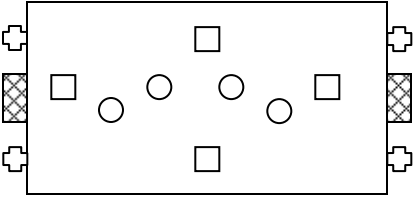
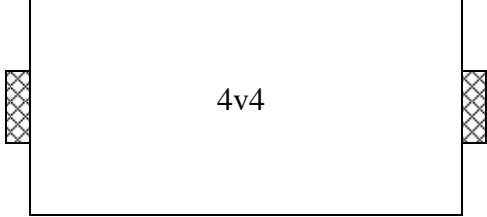
Team:

Topic: Shooting & Finishing

Age: U9-U12

Date:

Level:

<p><b>FUNDAMENTAL – WARM UP</b></p> 	<p><b>ORGANIZATION</b></p> <ul style="list-style-type: none"> <li>▪ All players in pairs</li> <li>▪ Pairs use instep to kick ball to each other while moving around area</li> </ul> <p><b>Progressions:</b> Add quick turn before shooting (realistic to game). Specify what foot they must kick with.</p>	<p><b>KEY COACHING POINTS</b></p> <ul style="list-style-type: none"> <li>▪ Body in line with ball (accuracy)</li> <li>▪ Plant non-kicking foot alongside ball</li> <li>▪ Ankle locked</li> <li>▪ Solid contact</li> <li>▪ Follow through in line of receiver</li> <li>▪ Watch the ball leave your foot</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 3v3 plus 2 (three field players, a GK, and two neutrals) in a 54-x-44 yard area</li> <li>▪ The area is divided into three 18 yard zones</li> <li>▪ All players are restricted to the center zone except for one</li> <li>▪ All shots must be taken from the center or rear zone, lone player in attacking zone can follow up on shots</li> <li>▪ Ball can be played to lone attacker who lays ball back for shot</li> </ul> <p><b>Progressions:</b> Give extra points for shots made one touch and for goals made by using the non-dominant foot.</p>	<ul style="list-style-type: none"> <li>▪ Approach the ball at a slight angle (for more power)</li> <li>▪ Plant non-kicking foot next to ball pointed in direction of target</li> <li>▪ Ankle locked</li> <li>▪ Body over ball – weight/momentum forward</li> <li>▪ Follow through, land on kicking foot</li> <li>▪ Watch ball</li> <li>▪ Decision; placement versus power</li> </ul>
<p><b>MATCH RELATED ACTIVITY</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 5v5 (four field players and a GK) in a 36-x-44 yard area</li> <li>▪ Two neutrals are assigned to each goal line, one on each side of the goal</li> <li>▪ Team with most goals after five minutes wins</li> </ul> <p><b>Progressions:</b> Give extra points for shots made one touch and for goals made by using the non-dominant foot.</p>	<ul style="list-style-type: none"> <li>▪ As above</li> <li>▪ Link with neutral players near opponent's goal for placement shots.</li> <li>▪ Strike from further away with power</li> </ul>
<p><b>MATCH CONDITION GAME</b></p> 	<ul style="list-style-type: none"> <li>▪ Play 4v4</li> <li>▪ No restrictions on players</li> <li>▪ Play with shorter field to encourage more finishing, or larger field to encourage more shooting.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if session has helped with shooting &amp; finishing ability</li> </ul>