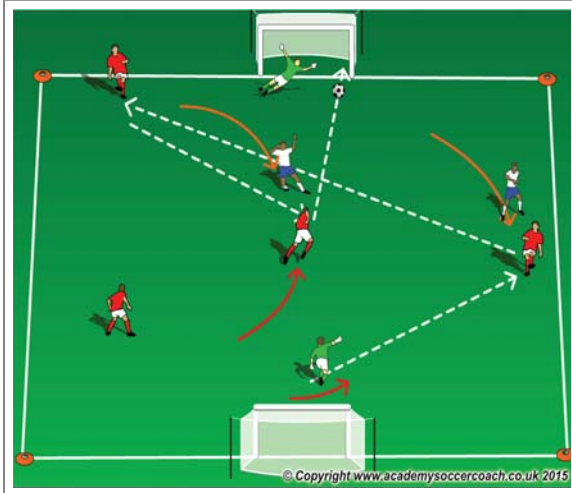
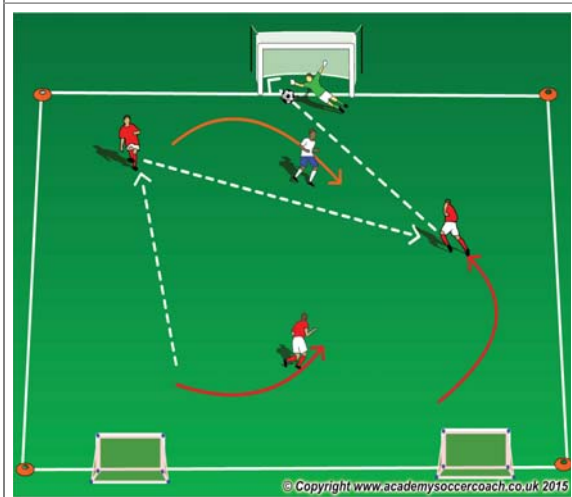
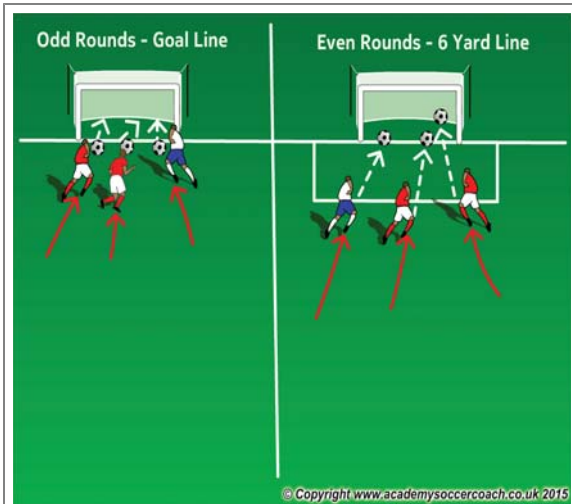


Season Fall 2015 Team/Age Group U10 Week 10

Topic Striking The Ball At Goal II

Objectives 5W's

To improve the player's ability to strike the ball properly at goal
WHO: All players within shooting distance of the goal - **WHAT:** Technique of striking the ball - **WHY:** To improve the team's ability to be more effective when shooting the ball - **WHERE:** In the final 1/3 of the field



1. WARM UP
Duration: <input type="text" value="10 min"/> Intensity: <input type="text" value="Low"/> Intervals: <input type="text" value="15+"/> Activity Time: <input type="text" value="3 sec"/> Recovery Time: <input type="text" value="15 sec"/>

ORGANIZATION - (Physical Environment / Equipment / Players)
STRIKING the BALL on GOAL:
 All players have a soccer ball and play in the area in front of the goal. The players start with the ball on the goal line. They all approach their ball at the same time and strike it into the net. All players now collect their ball and place it on the 6 yard line, back up, then approach their ball and strike it on goal again. 1 shot from the goal line and 1 shot from the 6 yard line = 1 round. Players should get at least 3 shots per minute.

COACHING POINTS / KEY CONCEPTS

- Technique of striking the ball: Toe pointed down, pointed slightly away. Non-kicking foot placed along side of the ball with the knee and toe pointed toward their target/partner.
- Technique of dribbling to prepare the ball to shoot.

2. SMALL SIDED ACTIVITY
Duration: <input type="text" value="17 min"/> Intensity: <input type="text" value="Med"/> Intervals: <input type="text" value="6"/> Activity Time: <input type="text" value="2 min"/> Recovery Time: <input type="text" value="1 min"/>

ORGANIZATION - (Physical Environment / Equipment / Players)
3v2 to GOAL with 2 COUNTERS:
 In a 20Wx30L yard grid with a big goal at one end and 2 counter goals at the other end, play a 3v2 game. The team of 3 attack the big goal and the team of 2 (1 defender & 1 goalkeeper,) attack the 2 counter goals. Challenge the team of 3 to score 1 goal before the team of 2 can score 3. Game is over after either team scores their needed number of goals or 2 minutes. After each game, rotate the defenders and attackers.

COACHING POINTS / KEY CONCEPTS

- Technique of shooting: Preparation touch, in direction of the goal, and around defender to shoot.
- Tactics: Penetrate the defense by shooting. Mobility of players to get into better shooting positions and Support around the ball to help create shooting chances.

3. EXPANDED ACTIVITY
Duration: <input type="text" value="23 min"/> Intensity: <input type="text" value="High"/> Intervals: <input type="text" value="5"/> Activity Time: <input type="text" value="3 min"/> Recovery Time: <input type="text" value="2 min"/>

ORGANIZATION - (Physical Environment / Equipment / Players)
5v3 to GOAL:
 In a 30Wx40L yard field with big goals at both ends, play a 5v3 game. The red team will have 4 field players and a goalkeeper and the white team will have 2 field players and a goalkeeper. Coach can award incentives or bonuses to either team as the game dictates. Rotate the players between the two teams each round.

COACHING POINTS / KEY CONCEPTS

- Technique of shooting: Body shape, striking the ball with the laces, outside of the foot, inside of the foot and when laces are a good choice.
- Tactics: Penetration, Support, Mobility and Improvisation

4. GAME	6v6	Duration: <input type="text" value="25 min"/>	Intensity: <input type="text" value="Med"/>	Activity Time: <input type="text" value="11 min"/>	Intervals: <input type="text" value="2"/>	Recovery Time: <input type="text" value="3 min"/>
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ORGANIZATION In a 40Wx60L Field, play a 6v6 game. Red team will play a 1-1-2-2 and the White team will play a 1-2-1-2.

COACHING POINTS / KEY CONCEPTS Recognizing and creating the moments to shoot and using proper technique to strike the ball on goal.