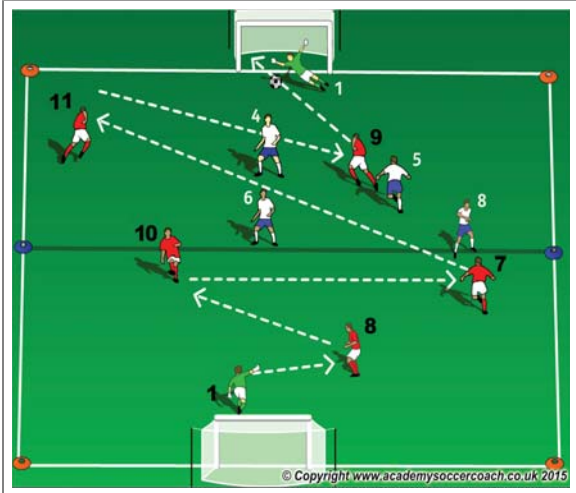
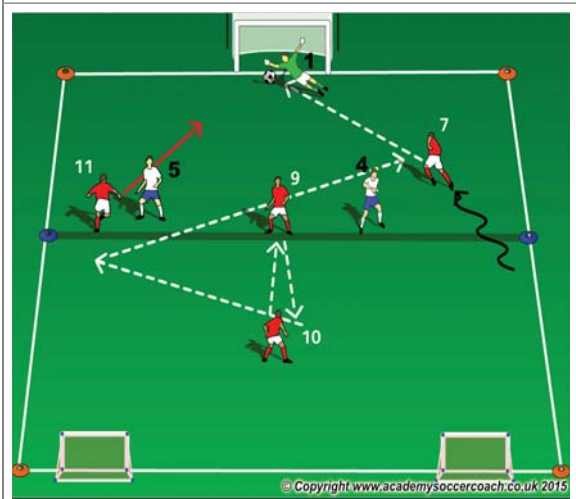
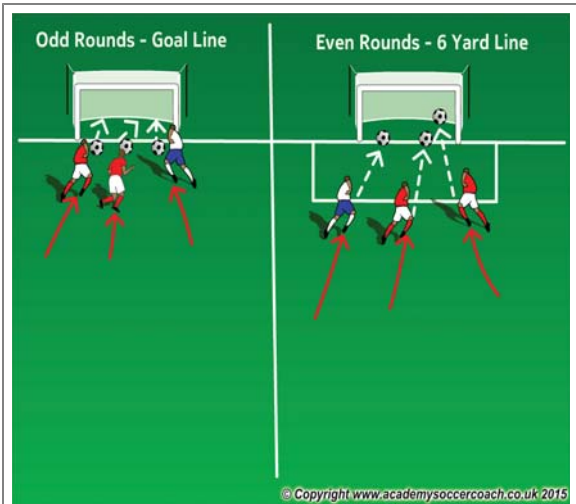


Season Fall 2015 Team/Age Group U12 Week 9

Topic Striking The Ball At Goal II

Objectives 5W's

To improve the player's ability to strike the ball properly at goal:
 WHO: #7, #8, #9, #10 & #11 - 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: Intensity: Intervals: Activity Time: Recovery Time:

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 with your 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: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

4V3 TO GOAL + COUNTERS:

In a 30Wx40L yard grid with a big goal at one end, 2 counter goals at the other and a midfield line, play a 4v3 game. The team of 4 (#7, 9, 10 & 11) attack the big goal and the team of 3 (#1, 4 & 5) attack the 2 counter goals. Challenge the team of 4 to score 1 goal before the team of 3 can score 3 goals. Game is over after either team scores their needed number of goals or 2 minutes. After each game, rotate the defenders and attackers. (multiple fields will be needed and/or teams on deck)

COACHING POINTS / KEY CONCEPTS

- Technique of shooting which will include the preparation touch 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: Intensity: Intervals: Activity Time: Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players)

6V5 TO GOAL:

In a 40Wx60L yard grid with a big goal at one end, 2 counter goals at the other and a midfield line, play a 6v5 game. The team of 6 (#1, 7, 8, 9, 10 & 11) play against the team of 5 (#1, 4, 5, 6 & 8). Both teams attack big goals. (multiple fields will be needed and/or teams on deck)

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, Width, Mobility and Improvisation

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION

COACHING POINTS / KEY CONCEPTS