



u12 Technical and Shooting Session

Category: Technical: Shooting

Difficulty: Beginner

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Ball Mastery (15 mins)

Set Up

20yd diameter circle with a cone in the middle

Progressions/Variations:

Ball Mastery - inside touches, messi touches (Laces), inside-outside touches, sole rolls

Turns - pull-back, inside cut, outside cut, step-over turn, Kruff,

Moves - Stop-go, fake right, fake left, inside-outside, scissors

Coaching Points:

- Quality touches
- Using both feet
- Pace of the ball and themselves
- Good control, small touches



Technical Shooting (15 mins)

Organization:

Set Up

25x25 square with a 5x5 square in the middle

Players divided into 4 teams

Every player has a ball

Goals are 3 yards wide

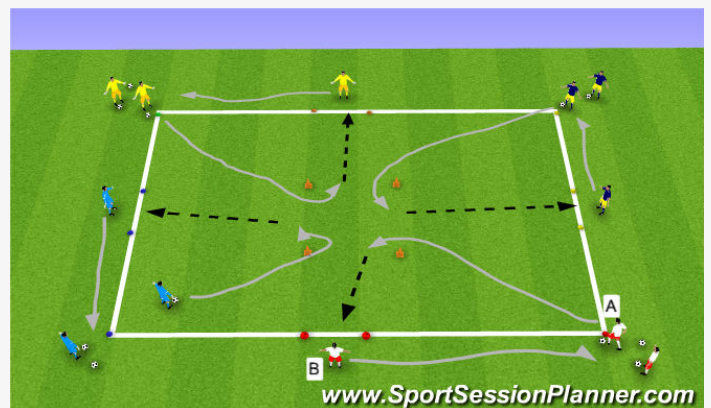
Instructions

Player A dribble into the center square after entering the square, they take a touch out of their feet and hit a driven shot on the ground into the goal to their teammate, Player B. Player B receives the ball and dribbles back to their line. Once the Player A shoots the ball, Player A takes the place of Player B. Really focus on the proper technique and keeping the ball on the ground. This is not for power. Turn it into a game by a team earning one point each time they strike the ball on the ground to their teammate between the goal. Game will last for 2 minutes and the team with the most goals will win. Play a 3-4 games and then have teams change directions so they have to use their opposite foot.

Coaching Points:

- 1) Head down at the point of contact
- 2) Non-kicking foot placed to side, slightly behind the ball
- 3) Ankle locked, toe down
- 4) Contact foot – laces (instep)
- 5) Body weight forward, chest and knee over the ball at contact
- 6) Follow through landing on striking foot

*Really focus on technique NOT power



Opposed Shooting (15 mins)

Set Up

- see diagram for set-up and equipment
- area approx. 20x15 yards

Instructions

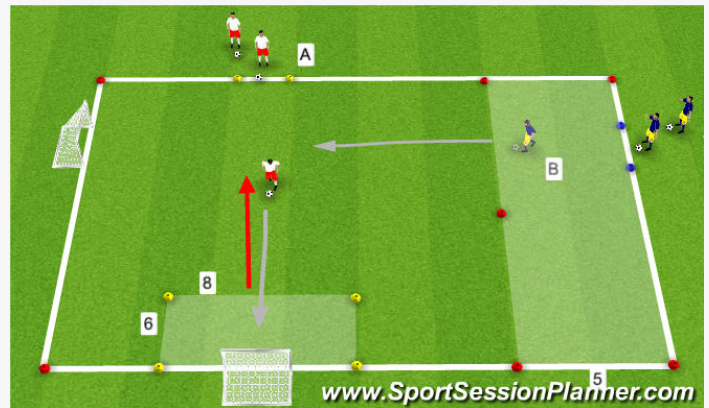
Player A dribbles width ways across the field to finish inside the zone into the small goal and immediately becomes the defender. That is the release for Player B to attack the goal in a 1v1 situation. If defender wins ball can dribble into end zone for bonus point.

Player A then joins line B, B then joins A.

If you do not have small goals using cone goals will work fine.

Coaching Points:

- good touch out of feet to run with ball at speed
- accurate finishing
- close control and dribbling and/or moves if challenged by defender
- quick transition from attacking to defending



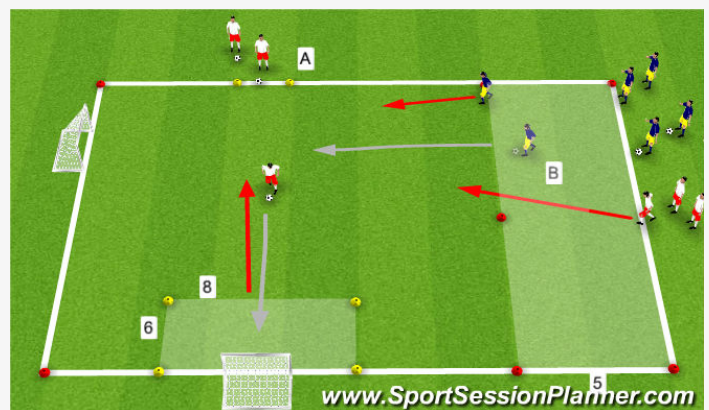
2v2 Shooting (15 mins)

Same as before now make it a 2v2. Now it will be team A vs team B. A player on team A will dribble across and have a shot on the goal across the field. Then immediately transition and become the defender as Team B sends two players to attack. Team A can send their recovery defenders when Team B gets out of the endzone.

Play 3 minutes then switch so that team A now gets to attack with 2 players. Play 3-4 games

Coaching Points

1. Going with speed so the second defender can't recover
2. Take your space and engage the defender
3. Overlapping run to make the defender make a decision



3v2, 2v1 (15 mins)

Set Up

Make 2 cone goals that are 5 yards wide and 15 yards apart.

Instructions

The defending team must always have one player in between the cones to act as a goalkeeper (this player can use their hands). They cannot come off the line until their team wins the ball. In this scenario Team A is attacking so it is a 3v2 for them. If they score, team B then gets the ball and team A must put a player in between their goal as a goalkeeper. If team B wins the ball from team A they must find the player that was in goal for them before scoring. If Team B does not find that player, they cannot score and if Team A wins the ball back they may score without finding their goalkeeper. Similar to the half court rule in basketball. Goals must be scored below the waist.

For this session focus on the attacking coaching points. Play 5 minute games then switch teams so they are playing a different team.

Attacking Coaching Points

1. Attacking shape, having width and depth to spread out the defense
2. Showing in between defenders
3. Giving support

Defending Coaching Points

1. Not pressing too high and leaving space behind
2. Getting pressure on the ball at the right time
3. Communication
4. Pressure, cover defending and adjusting quickly

