



U10 5.1 Spring 2018

Category: Technical: Shooting

Difficulty: Beginner

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

Description

Shooting Technique (15 mins)

Set Up

Two players 10-12 yards apart with a 3 yard cone goal in the middle.

Instructions

Start the activity by players using the inside of their foot to pass back and forth between the cone goal. Enforce correct inside the foot technique. Do this for 5 minutes

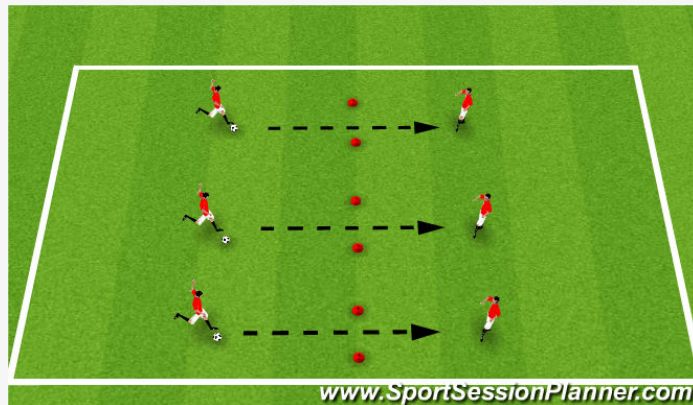
Progression

Now have players do the same thing but use the correct laces shooting technique to shoot the ball through the cone goal on the GROUND. This is all about technique and NOT about power.

Coaching Points for Inside foot

1. Plant foot pointed at target, knee bent and beside the ball
2. Toe up, ankle locked, pendulum swing motion by the contact foot

Coaching Points for Laces Technique



Shooting Placement (20 mins)

Set Up

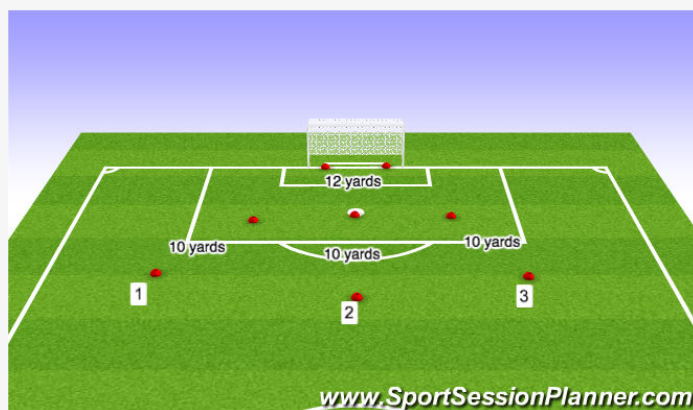
See Diagram, one cone 3 yards off each post

Instructions

Have players set up into 2 teams. One team is dispersed among the three lines and the other team is helping collect balls. Players attacking move between lines and play a 2 minute round then switch with the players collecting soccer balls. Players should use inside of the foot technique to place the ball between the post and the cone at either the near post or far post. If the ball is scored in that space their team gets a point.

Coaching Points

1. Use the inside of your foot to place the ball into the corner
2. Open up hips when going far post
3. Where should your touch be to set up your shot?



Team Trains Goalkeeper (20 mins)

Team Trains Goalkeeper

Set Up

1 and 7 = halfway between sideline and penalty box

2 and 6 = same as 1 and 7 but 10 yards up

3 and 5 = 5 yards up from the corner of the penalty box

4 = 2 yards up from the penalty box

Instructions

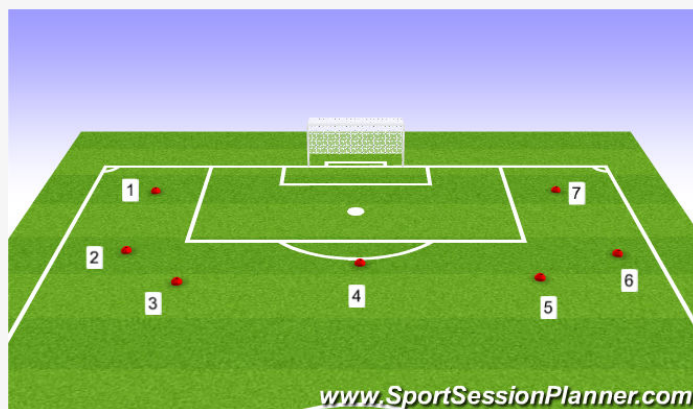
Coaches call out numbers. When it is #1 or 7's turn numbers 3, 4, and 5 should make a run in the box to get on the end of a cross.

These runners need to frame the goal with a near post, far post, and PK spot run. When the coach calls 2, 3, 4, 5, or 6 players should take one touch out of their feet and take a shot. After 5 minutes have players find a different cone

Coaching points

1. Proper set up touch for a shot
2. Using laces technique to drive the ball
 - plant foot pointed at the target
 - head down, toe down, ankle locked
3. NO TOE BALLS!

4. If players are struggling to hit the target tell them to aim for the middle of the goal. Often times players are their own worst enemy by trying to be too precise. Tell them to aim for the middle of the goal and they just might end up hitting the corners.



Power/Finesse (20 mins)

Set Up

Split into 2 teams

One team should be at cone 1

The other team is collecting balls

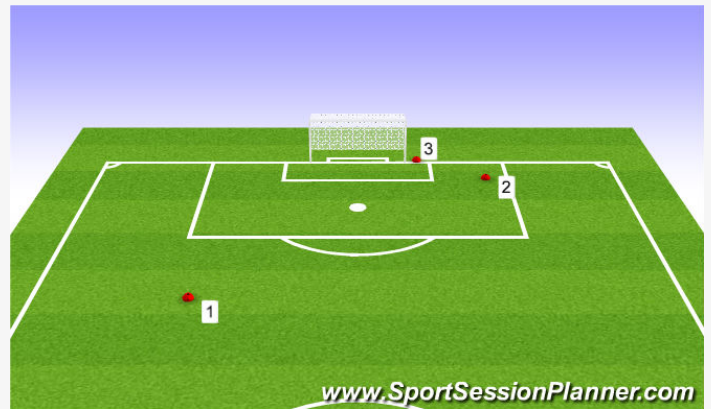
Coaches are playing a ball from cone 2 and 3

Instructions

Players have 2 touches to receive a ball from the coach at cone 1 to score. After they shoot the coach at cone 2 plays a ball out for the same player to finish closer to goal using the inside of their foot. After 3 minutes switch so the second team is shooting and the first team is collecting balls. After two rounds per team switch to the other side so players have to use their left foot.

Coaching Points

1. Laces for the first shot, inside of the foot for the second shot
2. Toe up, ankle locked for inside of the foot
3. Toe down, ankle locked for laces technique
4. Head should be down not looking to see if the ball went in the net



Volleys

Set Up

One cone for all players 10 yards out from the top of the penalty area

Instructions

Players face away from the coach and a ball is tossed over their head. At this point players can take a touch or shoot first time. Feel free to change the angle of the cone to take shots at different angles. Also change the angle of the player. ie player faces the coach, player faces away from the coach, player starts sitting down. player starts with eyes closed.

Coaching points

1. Take a touch to get the ball on the ground and strike the ball using your laces
2. If shooting first time, use laces technique and it is imperative that the knee is higher than the ball so the ball isn't sent straight up into the air.
3. Follow through on all shots
4. Head down instead of looking to see where the ball went

