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| Club:  |  Arlington |
| Week: | 3 | Date: | 04/28/2014 |
| Team:  | U8 U9 U10  |
| Coach:  | Arlington Coaches |
| Session Topic:  |  Shooting |



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| **Stage of Session Information Time** |
| Street Soccer  |
| **DRILL 1**  |
| **Field Demo****blackrunleft****blackrunleft****blackrunleft****blackrunleft****blackrunleftblackrunleft** | **Implementation** Players dribble around their grid. The coach will have set up 2 cones as goals all around the grid. Players must dribble around and shoot through each goal. Start with inside of foot, then move onto laces and weak foot. |
| **Coaching Points*** Small touches
* Head up, looking for goals
* Part of foot
* Power of shot
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| **DRILL 2**  |
| **whitestandingwhitestandingField Demo****blackrunleftwhitestandingwhitestandingwhitestandingwhitestandingblackrunleftblackrunleft****blackrunleft** | **Implementation**Teams split into 2. Each player gets given a number ( 1-5 ). When the coach shouts a number then the players must fight for the ball and shoot on goal. The goal will only count if they use their side foot or laces etc |
| **Coaching Points*** Same as above
* Team with most goals wins.
* Progress to 2v2 3v3, and finish with all numbers playing at once.
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| **DRILL 3**  |
| **blackrunleftblackrunleftField Demo****blackrunleft****whitestanding****whitestandingwhitestanding** | **Implementation**Again, players must be split into 2 teams. Team 1 are the Goalkeepers and Team 2 are the Strikers. When the coach signals, the strikers must run around the cone, get a ball and shoot on goal. Meanwhile the goalkeepers will run around their cone and run into goal ready to block the shot. Switch after 2 mins.  |
| **Coaching Points*** Same as first drill
* Change of pace
* Use the correct part of their foot.
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| **Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00**  |