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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 |
| **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. |
| **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. |
| **Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00** | |