



Club:	Arlington		
Week:	4	Date:	09/22/2014
Team:	U9 U10		
Coach:	Arlington Coaches		
Session Topic:	Shooting		

Stage of Session	Information	Time
Street Soccer		
DRILL 1		
Field Demo		<p>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.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Small touches • Head up, looking for goals • Part of foot • Power of shot
DRILL 2		
Field Demo		<p>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</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Same as above • Team with most goals wins. • Progress to 2v2 3v3, and finish with all numbers playing at once.
DRILL 3		
Field Demo		<p>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.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Same as first drill • Change of pace • Use the correct part of their foot.
<p>Water break and split team for scrimmage 6:30 – 6:40 Scrimmages start 6:40 – 7:00</p>		