



u10 Week 7 Session

Category: Technical: Shooting

Difficulty: Beginner

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

Technical Warm Up (15 mins)

Set Up

Area: 10 yard radius circle with a cone in the middle

In partners

Instructions

Players dribble to the middle of the circle then use a turn to go back to the line they started. This set up forces players to keep the ball close and under control or they will lose it when they get to the middle. Also the other players dribbling create pressure on each other because of converging in the middle so the turn is more game like. Start simple and make it more difficult as you go through the various techniques. Go through each one 4x per player before moving on.

example:

- 1) Messi dribble with a pull back in the middle
- 2) Messi dribble with outside cut
- 3) Roll the ball with the sole of the foot and a pull back in the middle
- 4) Inside/outside touches and a inside cut in the middle
- 5) Messi touches with a scissors on the way and a pull back in the middle
- 6) Messi touches with a Owen Fake on the way and a outside cut in the middle.

Progressions/Variations:

Dribbling variations- Messi (Laces touches), inside/outside alternating with one foot, rolling with the sole of the foot

Turns- Pull back, outside cut, inside cut, step over and turn,

Moves while dribbling to and from the middle- scissors, fake one way go the other (Owen Fake), stop and go, touch inside/touch outside(Mathews)

Coaching Points:

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



Technical Shooting (15 mins)

Set Up:

Players divided into 4 teams

25x25 grid

5x5 square in the middle

Goals are 3 yards wide

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. Game will last for 2 minutes and the team with the most goals will win.

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 or inside the foot
 - 5) Bodyweight forward, chest and knee over the ball at contact
 - 6) Follow through landing on striking foot
- *Really focus on technique NOT power



