



U10 Shooting Technique

Category: Technical: Bilateral ball striking

Difficulty: Moderate

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

Description

Technical Warm Up

Set Up

Make a cone triangle with 1 yards between each cone. The point of the triangle should be where the player working starts. The player feeding the ball is at the base of the triangle about 5 yards back for passing exercises. For #3, 4, and 5 players should be closer, about 3 yards away from the triangle.

#1

Two touch passing- The player working will receive the ball on one side of the triangle, take two touches, and then shuffle around the point of the triangle to the other side and play two touches again.

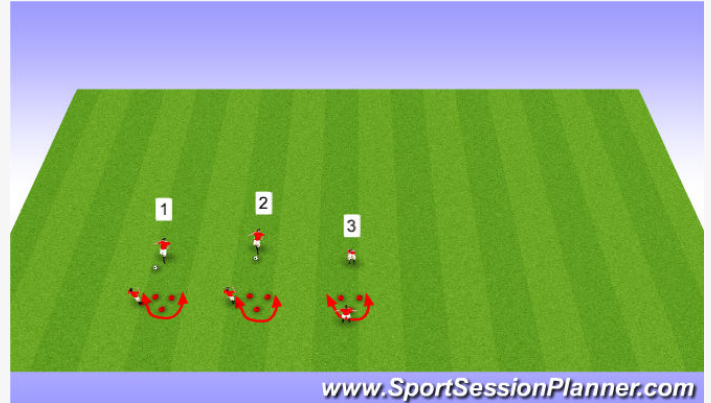
One touch passing

#2

Two touch laces- Same as with the two touch passing, but now the second touch should be using laces and demonstrating good shooting technique with toe down and ankle locked.

#3

Two touch Bouncing Ball- The players feeding the ball will now have the ball in their hands and toss the ball underhand towards the feet of the player working. The player working take one touch to settle the ball and the second touch is passing the ball back with the inside of the foot.



Striking circuit (25 mins)

Set Up

Two Bownets

Cone 18 yards out from the middle of the goal

One cone 10 yards out from the goal and 6 yards right. Same thing to the left

Mirror this so there are two of these grids

Instructions

Players will pass out to their teammate who will have two touches, one to settle the ball and one to strike the ball. Players will then switch lines. The player that shoots will go retrieve their ball. Let players go through a few times each and focus on technique before turning it into a game. Play for 2 minutes and for each goal scored that is one point. Play a few games before moving to one touch.

Progression

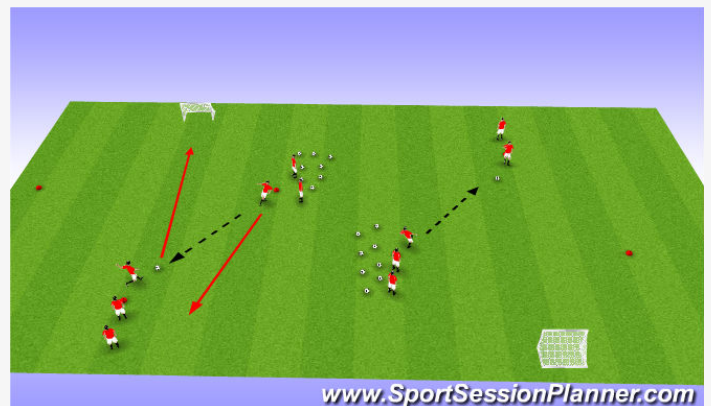
One touch finishing- Have players start closer so the passer is 5 yards from goal and the shooter is 15 yards from goal. Again let players get reps and focus on the technique of a one touch finish before turning it into a game.

Coaching Points

Two touch- Players have the option of using the inside of their foot to place the ball or using their laces to strike with power. If a player wants to place the ball their toe should be up, ankle locked and good inside the foot technique. If a player wants to strike for power then you should see the toe down, ankle locked, landing on their striking foot. For either technique we want players to take a look before striking and then their head should be down focusing on their point of contact. Players should also be leaning forward with good balance not backward trying to lift the ball.

One touch

All players should be using inside the foot technique to place the ball.



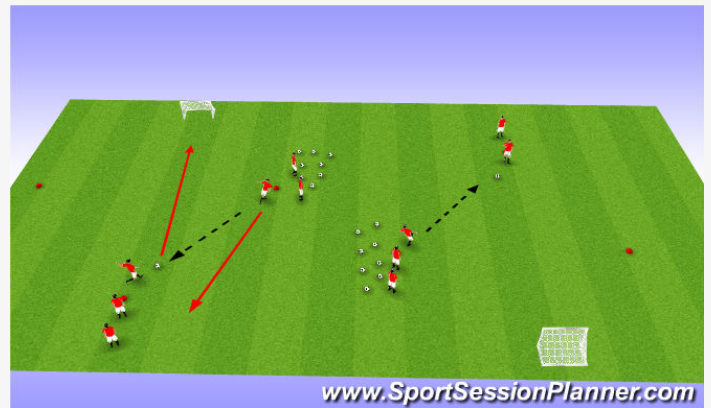
Settle and Shoot (25 mins)

Set Up

Same as Two Touch Striking Circuit

Instructions

Now players starting with the soccer balls will give a toss out to a player who has to get the ball on the ground for a shot as quick as they can to strike the ball. After a few repetitions each make it a game.



Striking SSG (25 mins)

Set Up

30x30 yard grid

One central Bownet or cone goal on each endline and two 4 yard cone goals at each corner of the endline. Center goals can have goalies

Instructions

5v5 A team gets 3 points for a goal in the middle and 1 point for passing through the cone goals on the outside. This should be a high scoring game. You can add multiple soccer balls at once to increase the amount of shooting opportunities. Play 3 minute games

Coaching Points

1. Shooting technique
2. Always knowing where the goals are
3. Taking a chance when the opportunity is there

