



U9 Week 16 Session 1 + 2 Attacking - Finishing Technique

Category: Technical: Shooting

Difficulty: Beginner

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Description

Focus on shooting technique:

Show:

- where to plant the non-kicking foot
- the knee over the ball position
- the ankle locked position
- the approach from the side
- where to plant the non-kicking foot

Listen for the sound of a ball being struck correctly. This is a very over-looked cue in sports. A well struck ball in any sport has a distinct sound to it. It is a very good way to get feedback on how a player is doing and once they recognize it, it is a powerful motivational tool that does not require "outside" (i.e. you the coach) intervention.

Make sure that both the dominant foot and the non-dominant foot are used.

Warmup - Gate Game

Gate Game

- Each player find a partner and starts with 1 ball between them
- On coaches "go", the player with the ball tries to dribble through as many gates as possible while the other player is trying to win the ball from them (1 point for each gate)
- If the other player wins the ball then they can start scoring points by dribble through gates
- Play must be kept within the field
- Rounds should be for a minute before switching partners

Progressions

Losing player has to do a consequence - push ups, tuck jumps, jumping jacks, etc..

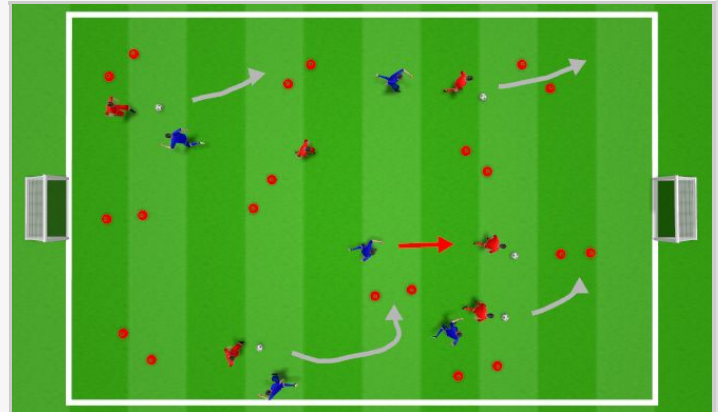
Players now work together with their partner and must pass the ball through the gate to score points - team with the most points win

Coaching points

Head up to look for space away from the gatekeepers and to see open gates

Can the players use a quick move (change of direction) and a burst of speed to get away from gatekeepers

Can the players shield the ball if your partner gets to close



Hit the Target (10 mins)

Equipment Needed:

- Cones
- Soccer Balls

Session Organization:

- Activity is set up as pictured above
 - Distance depends on the group's ability
 - Utilize the field as needed to create as many groups as needed
- Partners work as a team to knock the ball off of the cone as many times as possible
- 1 point every time the ball is knocked off the cone
- Give practice time then make a competition
- Play for a set amount of time or the first team to a set number

Progressions

- Start with inside of the foot
- Players can only use their laces

Coaching Points:

- Step into the ball
- Leg High, heel to bottom
- Follow through
- Plant foot points in the direction of the pass



Shooting off the dribble (10 mins)

Equipment Needed:

- Soccer Balls
- Cones
- 4 goals

Session Organization:

- Each player needs a ball
- 1st player in each line dribbles to the middle zone, and shoots within the box area.
- Players are only allowed 1 touch inside the middle zone
- The GK retrieves the ball and goes to the back of the line
- The shooter then becomes the goalkeeper of the goal they shot on
- If goals are too small for GKs then all is the same but players just retrieve their ball from the goal and go to the back of the line
- Both sides go at the same time

Progressions

- Make a competition - individual - whoever scores the most goals win - nothing but net counts as 2 goals
- Make it a competition - team - after shooting, you must return to your own goal and try and stop the other team from scoring - the team with the most goals wins

Coaching Points:

- Head up to observe the position of the goalkeeper
- Head down at the point of contact with the ball
- Body weight forward, chest down
- Ankle locked, toe down



Battle Box - shooting (10 mins)

Equipment Needed:

- Soccer Balls
- Cones
- 2 goals

Session Organization:

- Player 1 dribbles toward the line and shoots at the goal. Players must stay on their side of the line
- Once they shot they must run back to their goal and become the goalkeeper
- As soon as the shot happens the next player in line for the other team (diagram orange) dribbles to the line and shoots.
- The process repeats with the orange player running back to their goal while the next member of the blue team runs towards the line.
- The first team to six wins the game
- Rotation: Shoot, Goalkeeper, Get the shot ball and go to the back of your line.

Coaching Points:

- Head up to observe the position of the goalkeeper
- Head down at the point of contact with the ball
- Body weight forward, chest down
- Ankle locked, toe down



Optional - Shooting with Pressure

Lower the Boom

Setup

- Split the group into two teams
- One team starts with balls on either side of the net as defenders
- One team starts on the blue pylons without balls as the attackers
- One goalie or no goalie if using small nets

Play

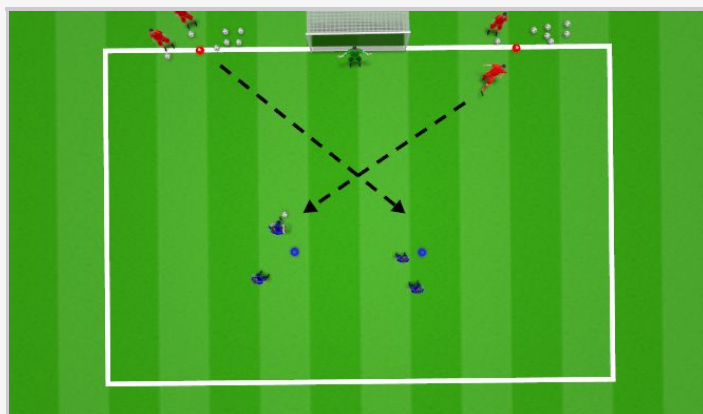
- On coaches "go", one defender plays a diagonal pass to an attacker
- Defender must wait until the attacker takes a touch before coming out to pressure
- Attacker can score in 1,2, or 3 touches but no more
- Once the attacker shoots or loses the ball, the next defender can go
- Play should be continuous for 2-3 minutes before switching roles

Progressions

- Defender can pressure the ball as soon as they make their pass
- Defender now throws the ball at the attacker - Attacker gets an extra touch to deal with an aerial pass
- Turn it into a competition - team with the most goals win - bonus point for nothing but net

Coaching points

- First touch is crucial - should set them up for a good shot
- Shot needs to be taken quickly or the defender will close them down
- Defender should not dive in
- Defenders pass need to be firm



End game - conditioned

Scrimmage

Split the players up into two evenly strong teams in order to play 4v4. Someone can play as a sweeper keeper but they are not allowed to use their hands. Practice CMSA game rules (dribble-ins, corner kicks, etc.). Remember to take a water break halfway through the game.

Conditioned game

Players cannot cross the red line, therefore, they must shoot from distance in order to score

Adding a passing rule that the players must follow - 2 passes before a shot etc...

Coaching Points

Set the players up in a shape before starting the game - Diamond or Square

Encourage players to take lots of shots

Tactical - when to pass vs dribble, where and how to support player on the ball, where never to pass (front of net or the heart)

Encourage possession based soccer - Pass and Move!

