

Session Plan

Session plan no. 4
Date: 3rd March 2000
Name of group of players: U14G, Coach Thorn
Time available for session: 1 Hour

Title of topic: Shooting

Topic objectives i.e. key factors

1. Aggressive, angled approach to the ball
2. Strike through the middle or top of the ball with the laces
3. Head down and over the ball for contact
4. Follow through with momentum at the target
5. Keep the ball low

19.30-19.40 Warm up and Stretching

19.40-20.00 Shooting Technique

Organization Set out a 10 by 30 yard area in 10 by 10 grids. Groups of three, one attacker at each end with the third player in the goal. Player 1 takes the ball 2-3 paces to the side with his/her dribble and then shoots on goal. Player 2 then moves to receive the ball. Repeat in the opposite direction. Score one point for beating the keeper in the large goal and two points for scoring through the discs at the side of the goal. Progress this practice for players to use both side in order to ensure using both feet.

20.00-20.15 Shooting Under Pressure

Organization Set out players in same area and formation as above. This time add a server/defender that starts on the same line as the attacker. Player 1 passes the ball in the space in front of player 2. Player 2 has one touch and then shoots on goal. As soon as player 2 touches the ball, the defender may move in a challenge the shot. Repeat practice in the opposite direction. Rotate positions.

1. The first touch must enable you to run onto the ball and strike it in one continuous movement.
2. Strike the ball with the laces, low and to the corners.
3. Strike the ball through and around the defenders.

20.15-20.30 Small Sided Shooting Game

Set up an area 30 by 30 with at least one goal on each side. Playing 5v5 with 4 neutral goalkeepers, each team has to score as many points as possible by shooting as often as possible. One point for a shot on goal, two points for a goal.