



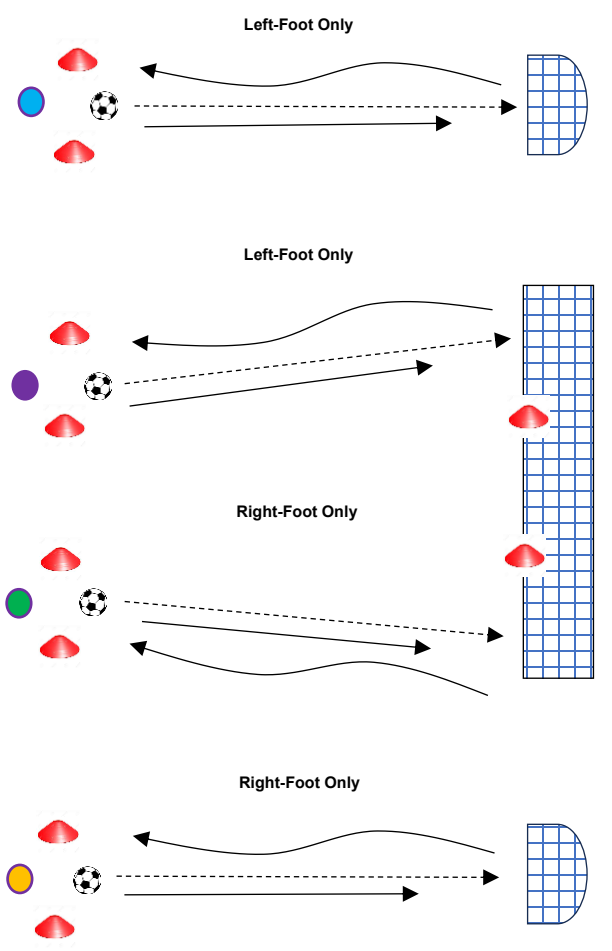
GOAL	Strike on Goal				
PLAYER ACTIONS	Movement with Ball and Movement Off the Ball to Get into Striking Position				
KEY QUALITIES	Being able to get into a position to strike the ball on target				
MOMENT	All	DURATION	90-Min	PLAYERS	10 to 12

U9+

SKILL ACQUISITION: Ball Mastery: Being comfortable to dribble and strike the ball with either left or right foot; **Vision:** Being able to look at the space that is available and move to space as well as picking the target area to place the ball on goal; **Movement:** Moving towards the area where the ball will be and look to strike the ball quickly on target

1st PLAY PHASE (Target Shooting Warm-Up)

DURATION: 30-MIN - INTERVALS: 2 ACTIVITIES: 30-MIN - REST: 0-MIN



OBJECTIVE: This is a warm-up is to get players and their legs warmed up for striking the ball on goal with both feet.

PLAYER ACTIONS: Players will be required to strike the ball with the correct foot at each station, gather their ball, and dribble back to their partner for their strike on goal.

ORGANIZATION: Set-up two of the smaller collapsible goals on either side of the main goal as shown in the diagram. In the center goal, set-up two corner flags on the goal-line to act as players. This will give those players striking on the center goal target areas to strike the ball. Set-up cone gates around 10-18 yards back from goal, depending on age group. Players at the station left of the center goal (facing) are only to use their left foot for striking and dribbling. Center goal, players are to strike the ball using their left foot on the left side and right foot on the right side. The small goal to the right of the center goal (facing) are to only use their right foot for striking. Players are to strike the ball at the goal. Once they have struck the ball, they must run to the goal, gather their ball, and dribble back to the gate using only the same foot. Once at the gate, they are to give the ball to the next player in line and the play continues.

For the center goal, players are only permitted to strike the ball to a space around the obstacles on the goal-line. On this goal, players have the option to pick targets that are both low, and high. Players gather their ball, and dribble back using the same foot as the strike and bring the ball back to the gate for the next player. **RULE:** Players on the small goals are to keep their strike low. Players are to use proper dribbling skills both inside and outside of foot. Rotation is as follows: Left-foot small goal moves to center goal, center goal moves to right-foot small goal, right-foot small goal, moves to left-foot small goal.

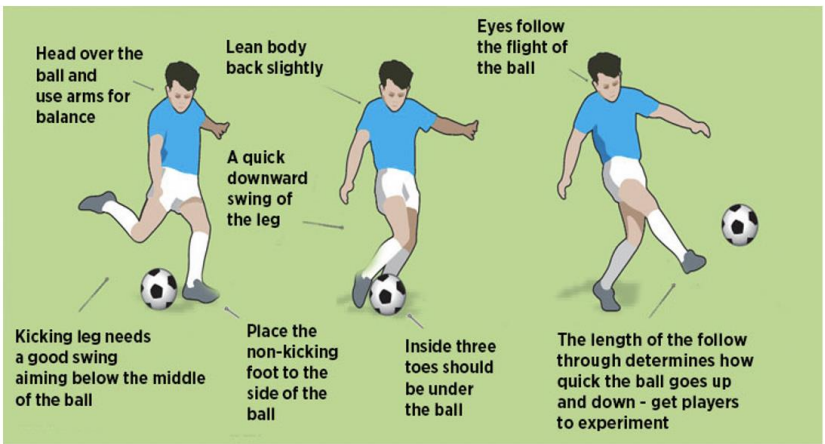
KEY WORDS: Angle player set-up in relation to striking the ball.

GUIDED QUESTIONS: Where does the foot need to be on the ball to keep the ball low? How do you get the ball to strike high on goal?

ANSWERS: For inside foot strikes, look to hit the ball around mid-way of the ball to keep the ball low. To give ball height, look to strike the ball below center. You can also hit the ball with the laces so long as the laces are pointed towards the target.

Note: Before letting the players start striking the ball, look to do a demonstration on how to angle player position to the ball before striking. It may also be necessary for the coach to take a few minutes to demonstrate where to place striking foot and planted foot when striking the ball. This can then be further supported where the coach is to crouch down and hold a ball. Players can take turns on planting foot and making contact with the ball (without a kicking follow-through).

Preparatory Phase Movement phase Follow Through



#	TOUCH ACTIVITY	MINUTES	INTERVALS
1	Left Foot	5	2
2	Center Goal	5	2
3	Right Foot	5	2

Kicking leg needs a good swing aiming below the middle of the ball

Place the non-kicking foot to the side of the ball

Inside three toes should be under the ball

The length of the follow through determines how quick the ball goes up and down - get players to experiment

4-CORNER DEVELOPMENT SUMMARY

Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Kicking motion with both legs - Balance - Coordination - Posture in relation to the ball 	<ul style="list-style-type: none"> - Being able to strike the ball with both feet - Angle of approach on the ball - Balance and where to position non-kicking foot - Placement of foot on the ball 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on body position in relation to the ball - Being able to see difference between left foot and right foot strike - Not taking it too serious at first with non-dominant striking foot



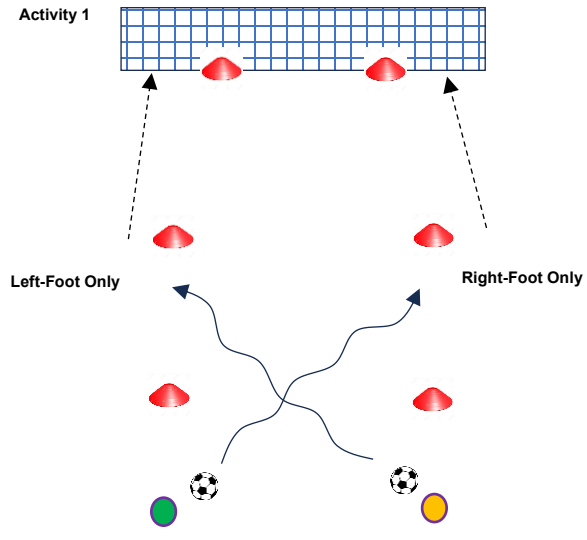
GOAL	Strike on Goal		
PLAYER ACTIONS	Movement with Ball and Movement Off the Ball to Get into Striking Position		
KEY QUALITIES	Being able to get into a position to strike the ball on target		
MOMENT	All	DURATION	90-Min
		PLAYERS	10 to 12

U9+

CORE ACTIVITY: Dribble with a Shot

DURATION: 30-MIN - INTERVALS: 2 ACTIVITIES 14-MIN - REST: 2-MIN

OBJECTIVE: Dribble that ends with a shot.



PLAYER ACTIONS: Players will be required to dribble with their shooting foot and then take a shot on goal around the targets.

ORGANIZATION: Set-up the session as shown in the diagram. **Activity 1:** Players will start by dribbling the ball into the square and taking a shot on the required foot. For the targets, set-up a couple of corner flags on the goal-line to help give players an idea of what spaces are to be targeted for the shot. **Activity 2:** Players will pass to coach who will then lay the ball up in the path of the player who is to run onto the ball and strike. Once the ball has been struck, they move to the other line. Same rules as Activity 1. **RULES:** For right-foot shots, players are to only dribble using their right foot. For the left-foot shot, players are to only use their left foot for the dribble. Players to develop a habit of having a look to see where they are to strike the ball on target. If players are not having a look, stop the drill and using this as a coaching moment.

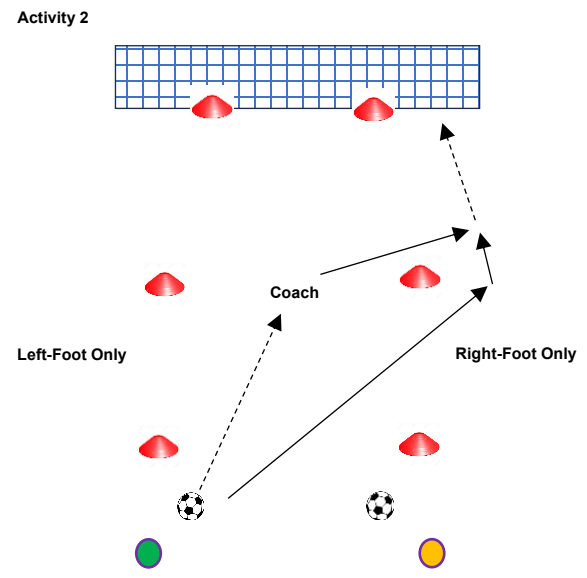
KEY WORDS: Angle player set-up in relation to striking the ball.

GUIDED QUESTIONS: Where does the foot need to be on the ball to keep the ball low? How do you get the ball to strike high on goal? What is the difference in dribbling on an angle vs dribbling in a straight line like in the first drill?

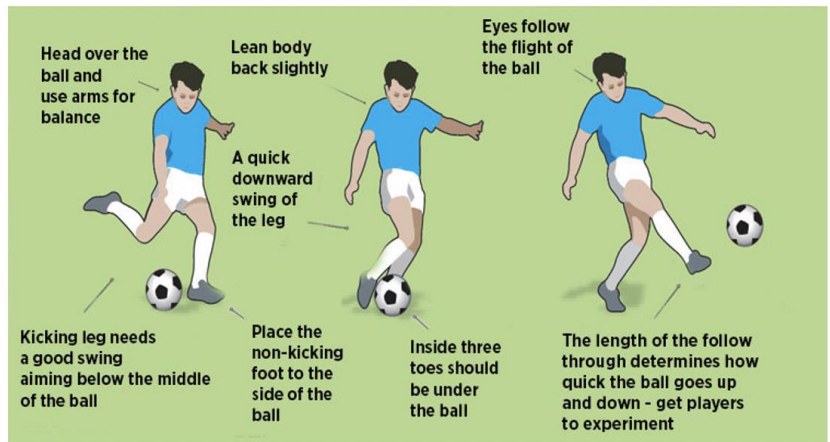
ANSWERS: For inside foot strikes, look to hit the ball around mid-way of the ball to keep the ball low. To give ball height, look to strike the ball below center. You can also hit the ball with the laces so long as the laces are pointed towards the target. With angle runs, the player is set-up better for a quick strike on target compared to if the ball is positioned in front of the player.

Note: This is an exercise where the ball needs to be dribbled close to the player to avoid stretching for the strike on the ball. This will risk the ball being struck high because of the non-kicking foot having a tendency of being behind the ball.

For Activity 2, depending on the age and skill of the players, the players are to rotate into the roll of the wall-pass for the give-n-go. After a player takes a shot, they move into the passer position. *Players are to work on their communication throughout Activity 2 drill to help provide instruction and feedback to teammates.*


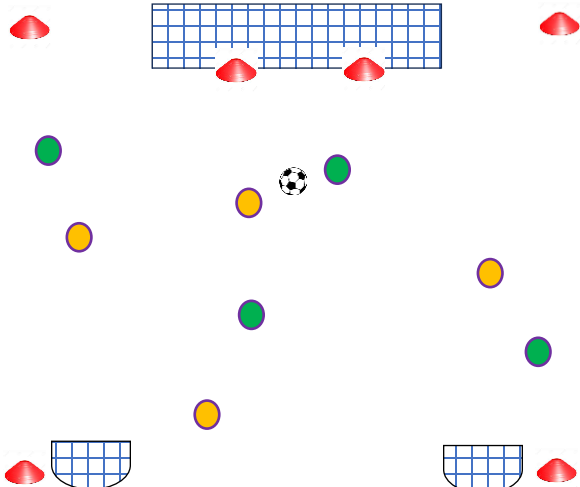


Preparatory Phase Movement phase Follow Through

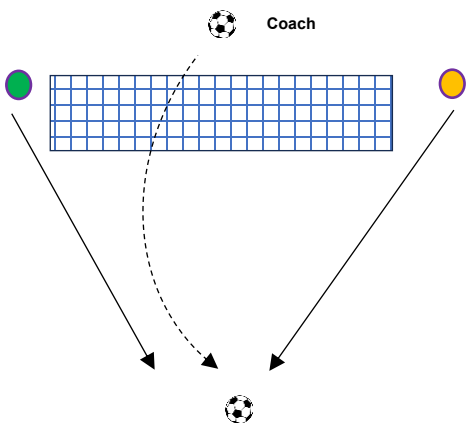


4-CORNER DEVELOPMENT SUMMARY






Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Kicking motion with both legs - Balance - Coordination - Posture in relation to the ball - Dribbling with the ball 	<ul style="list-style-type: none"> - Being able to strike the ball with both feet - Angle of approach on the ball - Balance and where to position non-kicking foot - Placement of foot on the ball - Close ball control when dribbling the ball - One-touch passing 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique 	<ul style="list-style-type: none"> - Focus on body position in relation to the ball - Being able to see difference between left foot and right foot strike - Not taking it too serious at first with non-dominant striking foot

	GOAL	Strike on Goal				U9+
	PLAYER ACTIONS	Movement with Ball and Movement Off the Ball to Get into Striking Position				
	KEY QUALITIES	Being able to get into a position to strike the ball on target				
	MOMENT	All	DURATION	90-Min	PLAYERS	
GAME ACTIVITY: Open Scrimmage		DURATION: 20-MIN - INTERVALS: 1 ACTIVITIES 20-MIN - REST: 0-MIN				
		<p>OBJECTIVE: Open scrimmage (passive defending with no tackling)</p> <p>PLAYER ACTIONS: Players are to use various touch and pass opportunities to try and score on any of the two goals they face.</p> <p>ORGANIZATION: Players are to be set-up in two groups. Field is to be set-up with two small collapsible nets for low shot strikes, and the large goal with two corner flags on the goal-line to act as defenders/ keeper. RULE: After each goal, the teams are to switch direction and the goals they are to target. Players are to use the skills acquired from other sessions on pass and movement.</p> <p>KEY WORDS: Pass and movement, look for angles and opportunities to give and go.</p> <p>GUIDED QUESTIONS: When a player has the ball, how do you support the player?</p> <p>ANSWERS: Look for space that the player with the ball can see and use by giving a pass. Once ball is passed, the initial player should then look to move to help provide support to the player who now has the ball in order to continue the play.</p> <p>Note: Look for coaching moments to reinforce movement in the open play scrimmage. Coach to help players recognize options in the play and how to connect to the skills of the session i.e., are there opportunities to over-lap players.</p> <p>Look to ensure players are actively attempting to use both left foot and right foot strikes when there is a chance to based on the position of the player and the ball.</p>				

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Kicking motion with both legs - Balance - Coordination - Posture in relation to the ball - Dribbling with the ball 	<ul style="list-style-type: none"> - Being able to strike the ball with both feet - Angle of approach on the ball - Balance and where to position non-kicking foot - Placement of foot on the ball - Close ball control when dribbling the ball - One-touch and two-touch passing 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Support teammates 	<ul style="list-style-type: none"> - Focus on body position in relation to the ball - Being able to see difference between left foot and right foot strike - Not taking it too serious at first with non-dominant striking foot

FUN ACTIVITY: 1vs1 with a Strike	DURATION: 10-MIN - INTERVALS: 1 ACTIVITIES 10-MIN - REST: 0-MIN
	<p>OBJECTIVE: 1vs1 with Shot on Goal</p> <p>PLAYER ACTIONS: Players to race towards the ball and play 1vs1 to get a shot on goal.</p> <p>ORGANIZATION: Players are to be divided into two teams and lined up on the goal-line facing the coach. Coach has the balls behind the net. Coach will start the drill by kicking a ball over the net. The first two players turn towards the ball and quickly race to get the ball and play 1vs1 until a player can get a shot off. Once the ball is struck, the next two players are up. RULE: If players are moving too soon before the ball is kicked or looking at the field before the ball is kicked, then have the players start from a seated position facing the coach.</p> <p>KEY WORDS: This is a fun end of session drill.</p> <p>GUIDED QUESTIONS: How much time do you think you have before you need to get a shot off?</p> <p>ANSWERS: When there are players that are trying to defend and/ or get the ball, there is very little time. If a player is able to see enough of the goal to get a shot off, do not wait, strike the ball.</p> <p>Note: This is meant to be a fun end of session drill.</p>

4-CORNER DEVELOPMENT SUMMARY			
Physical	Technical/ Tactical	Social/ Emotional	Psychological/ Mental
<ul style="list-style-type: none"> - Quick reflexes to beat opponent to ball - Kicking motion with both legs - Balance - Coordination - Posture in relation to the ball - Dribbling with the ball 	<ul style="list-style-type: none"> - Being able to strike the ball with both feet - Angle of approach on the ball - Balance and where to position non-kicking foot - Placement of foot on the ball - Close ball control when dribbling the ball 	<ul style="list-style-type: none"> - Communication - Listening to instruction on drill - Celebrate correct technique - Support teammates 	<ul style="list-style-type: none"> - Focus on body position in relation to the ball - Being able to see difference between left foot and right foot strike - Not taking it too serious at first with non-dominant striking foot - Fun

	GOAL	Strike on Goal				U9+
	PLAYER ACTIONS	Movement with Ball and Movement Off the Ball to Get into Striking Position				
	KEY QUALITIES	Being able to get into a position to strike the ball on target				
	MOMENT	All	DURATION	90-Min	PLAYERS	
FIVE ELEMENTS OF TRAINING EXERCISE			TRAINING SESSION SELF-REFLECTION QUESTIONS			
<ol style="list-style-type: none"> ORGANIZED: Is the exercise organized the right way? GAME LIKE: Is the exercise game like where the skills being coached are applicable to the player and their game? REPETITIONS: Are there repetitions when looking at the overall goal of the session? CHALLENGING: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?) COACHING: Are the coaches comfortable with the session and able to present the details to their players? 			<ol style="list-style-type: none"> What was the goal of the training session? What did you do well in the training session? What could you do better? 			
SESSION PLAN SYMBOLS						
 Training Disc  Pass Ball  Running w/o Ball  Run with Ball						