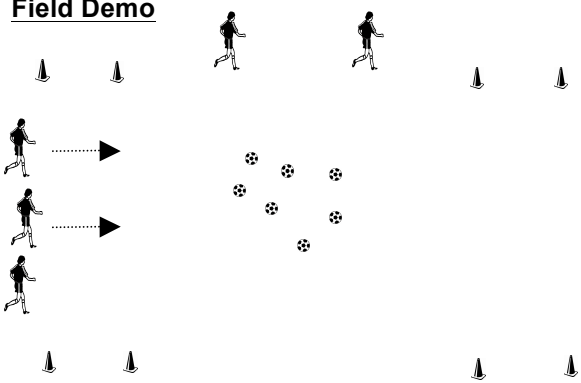
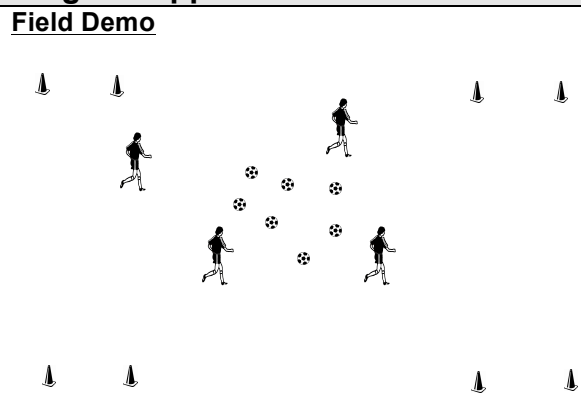
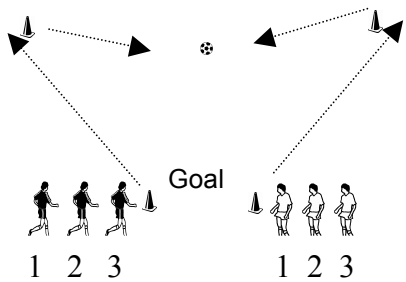




Club:	Weyburn Soccer Association
Session:	7
Team:	U10
Session Topic:	Shooting

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – 4 goals using any cones are spaced out in your grid with all of the soccer balls in the middle. Players start outside the grid, on your command they run in, take a soccer ball and have to try and score. Keep feeding balls in when they go out of the grid so players do not chase after the ball. Let them do it how they want at first, then call them in to tell them how they could improve (coaching points). Can split group in 2 or give players numbers - when you call their number they go.</p> <p>Coaching Points – SHOOT USING LACES OF SHOE</p> <ul style="list-style-type: none"> • Players face the way they are aiming the ball • Follow through with foot when they strike ball • Keep head and knee over the ball • Select a target and move into a good position before shooting 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Same as previous exercise only there are now 2 defenders the players must think about when shooting. If there is a defender covering 1 goal, they should look for other goals. Change the defenders every few minutes. Again allocate numbers to players if you feel it is getting too crowded etc</p> <p>Coaching Points – IMPORTANT – SHOOT WITH LACES</p> <ul style="list-style-type: none"> • Players face the way they are aiming the ball • Follow through with foot when they strike ball • Keep head and knee over the ball • Select a target and move into a good position before shooting – Shoot at the right time • Encourage players to aim for corners of goals 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation Players are split into 2 teams: Batman and Robin. Number all players, if uneven, 1 player has 2 numbers. Each team stands on opposite sides of the goal. When the coach calls a players number, they must run out and around a cone, to the soccer ball and attempt to score on goal. Can make fun by calling several numbers at once after a while. DO NOT HAVE TO USE NUMBERS!</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Re-emphasise all previous coaching points • Drive towards space and open goals • Shoot bottom corners of goal • Listen for their number to be called 	
Game Time		