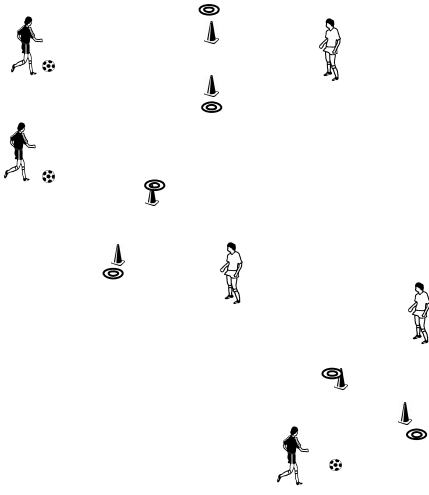
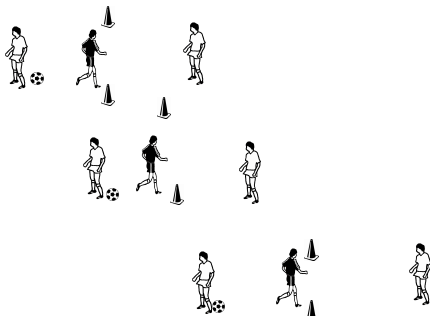
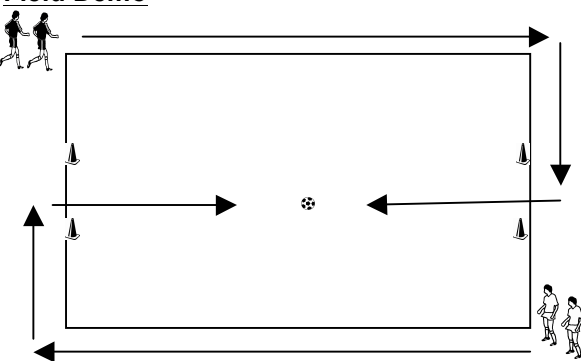




Club:	Weyburn Soccer Association
Session:	8
Team:	U12
Session Topic:	Shooting

Stage of Session	Information	Time
Warm Up		5 Minutes
Stage 1: Unopposed		7 Minutes
Field Demo	 <p>Implementation – Players are standing with a partner on opposite sides of two cones. Players have to shoot the ball through cones to score. Once ball is on the other side, partner has a chance to score. Make goals smaller as it goes on to make it harder. Start questioning where they need to be aiming to score and explain why (Bottom corners as it's the hardest place for GK to get to). Use small cones for the goals and then tall ones in the corners and challenge players to aim for the cones. This initial drill is very easy so ensure you spend time talking about coaching points. Can also bring in a drop volley to score, or throwing the ball to your partner for them to head to score. USE LACES TO SHOOT! NO TOE!</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Angle of approach when striking the ball – Face the way you want the ball to go • Follow through with shot, like the golf swing technique – following through when the ball is hit. • Head and knee over the ball to keep it down • Don't kill the ball dead, aiming into corners. • Move the ball into the correct area before hitting 	
Stage 2: Opposed		7 Minutes
Field Demo	 <p>Implementation – Same as previous, however groups are now in 3's. Now have a goalkeeper to shoot past. Positions are rotated when coach says. Encourage shooting into the bottom corners. If there is one group of 4, you can do 3 shooters and make a triangle for the goals.</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Good contact of the soccer ball, following through with kick. • Go over points from Stage 1. • Encourage shooting into corners. • If ball is going high, ensure kicking centre of the ball and not leaning back when striking. 	
Stage 3: Fun Game/Game Related		10 Minutes
Field Demo	 <p>Implementation – Players are split into 2 teams and given set numbers per team. So each player is paired up effectively. When coach calls their number, they race the full length of set area, alone line, through own goal and into to the middle. Then collect a ball and shoot into opponent's goal. To increase difficulty send 2 in at a time. On last one send ALL in!</p> <p>Coaching Points</p> <ul style="list-style-type: none"> • Head up looking for the open goal • Drive towards space and open goal • Aim for corners when shooting • Encourage use of skills learnt in previous drills eg Step over and shot, shielding etc Question the players before you start on different things they could use. 	
Game Time		