

## 10U Week #10 -

## PLAY - PRACTICE - PLAY

## "Shooting"

Dribbling move Maradona

PLAY 10 mins.	<b>Play-</b> as players arrive have them join in a small sided game.	<b>Set Up-</b> 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed	Let them play
	Activity Description	Set Up Diagram	Coaching Points
#1 <sup>15</sup>	Numbered Shooting: Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10 -12 yards out.	www.sports-graphics.co	<ul> <li>Body position and balance</li> <li>Eye on the ball at moment of contact</li> <li>Strike ball with ankle locked and hard bone on top of foot</li> <li>Non-kicking foot directed at target</li> </ul>
#2 15 mins	Power and Finess: Divide your group into 2 teams. Each player will get 2 shots pre round, 1 far and one close. Rules: If the player makes one shot they are safe to round 2. If the player misses both shots-they are out. If the player makes both shots they can choose someone from the other team who then has to make both shots. If this player makes only 1 shot-they are out. If this player makes both shots-the player who picked them is out. Team to have all players knocked out loses.		<ul> <li>2 touch on the far shot, 1 touch on close shot</li> <li>Placement vs. power</li> <li>Quality preparation touch</li> <li>Finishing rebounds</li> <li>Alternate teams for shooting</li> </ul>
#3 <sup>15</sup> mins	Blank Out Finishing Game: Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.		<ul> <li>Placement vs. power</li> <li>Quality preparation touch</li> <li>Finishing rebounds</li> </ul>
PLAY 25 mins	<u>Small Sided Games</u> 7v7 small sided game.	Call out name of player vho scores a goal	Let them play



**Organized**-set up and ready to go **Game like**-activity must be game like **Repetitions**-repetition on what you are trying to achieve **Challenging**-players need to be challenged **Coaching**-the right coaching based on the age/level of the players