



Shooting (Accuracy)

Appropriate for players ages 7-11

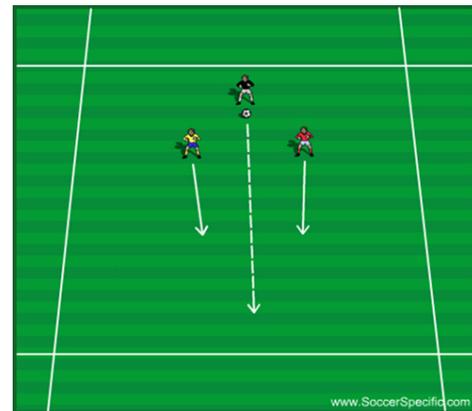
Session Aims: To introduce shooting with the ball, using the correct techniques by demonstrating accuracy and control under pressure.

Warm Up: Quickness & Reaction

Players compete in pairs for the ball delivered by coach. First player to the ball wins.

Progression (s):

1. Vary start positions (e.g. sitting down, lying on front, knees up).
2. Vary type of delivery (e.g. bounce, spin, angle).
3. Introduce goal for players to score into.



Fundamental/Individual: Shooting (Accuracy)

Attackers dribble around the markers and shoot at goal as quickly as possible. On attacker's first touch, defender sprints around the outside of the other markers and become a goalkeeper. Players rotate positions.

Progression (s):

1. Restrict players to specific foot (e.g. preferred, non-preferred).
2. Reduce distance defender and the goal.
3. Introduce targets in the goal for attackers to hit.

Coaching Points:

1. Ensure ball is out from feet prior to shot.
2. Use standing foot as a guide by pointing towards intended direction.
3. For accuracy, strike through centre of the ball using the inside of the foot.
4. To deliver low shot, lean forward, keep head over the ball and follow leg through towards target.
5. Arms out for balance and shielding the ball.
6. Keep eyes on the ball.
7. Step through the ball after shot—follow up for rebound.



Game Related/Group (Incrementally adding pressure): Developmental Fours—4v4

The 4v4 game-related practice is set up to encourage players to play in a basic diamond (1-2-1) team shape. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Creative imagination and freedom of self-expression through free play.



Game Condition (Small-sided/Conditioned)

Small-sided conditioned game (5v5 maximum). Practice concluded with dynamic cool down.