



Shooting (Power)

Appropriate for players ages 7-11

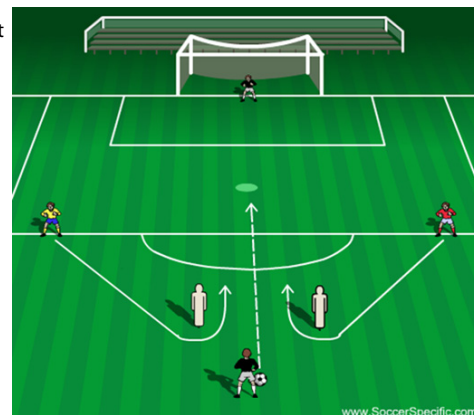
Session Aims: To develop techniques used to successfully shoot a soccer ball, demonstrating agility, balance & power.

Warm Up: Quickness & Reaction

On coaches command, players sprint around the mannequins and compete for the ball delivered by the coach. First player to the ball shoots at goal. Coach uses verbal, visual and kinesthetic cues.

Progression (s):

1. Vary start positions (e.g. sitting down, lying on front, knees up).
2. Players sprint around the opposite mannequin.
3. Vary type of delivery (e.g. bounce, spin).



Fundamental/Individual: Shooting (Power)

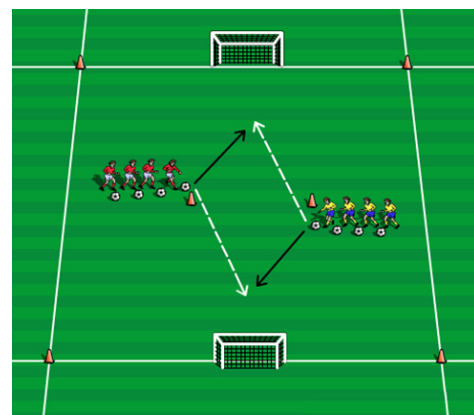
On coaches command, both attackers pass through the gate for their partner to run onto and drive towards goal. The first attacker to score wins.

Progression(s):

1. Introduce goalkeepers.
2. Restrict players to specific foot (e.g. preferred, non-preferred).
3. Increase shooting distance.

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 power, strike the ball with the surface area of foot between the laces and toes.
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: Developmental Fours - One Goal

This 4v4 game-related practice is set out to encourage players to play in a basic diamond (1-2-1) team shape. Both teams play towards the same goal and a point is scored when a player scores into the goal. Coach should allow players to have the freedom to express themselves and encourage creative skills, tricks and movements in 1v1 situations.

Principle Focus:

Creating shooting opportunities.



Game Condition (Small-sided/Conditioned)

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