

Weekly Activities - Ages 9 - 11

Theme: S.A.F.E.SM

Session: Seven

Daily Topic: Shooting

Daily Activity Breakdown:

0:00-0:10 Soccer-robics (unique movement activities designed to energize participants)

0:10-0:25 Turns & Burns (creative one-on-one moves to beat your opponent)

0:25-0:45 Skillzbuilder (games and activities designed to develop the daily themes which include running with the ball, dribbling, passing & control, shooting, defending and heading)

0:45-0:55 Net Buster (applications of the daily theme around a goal)

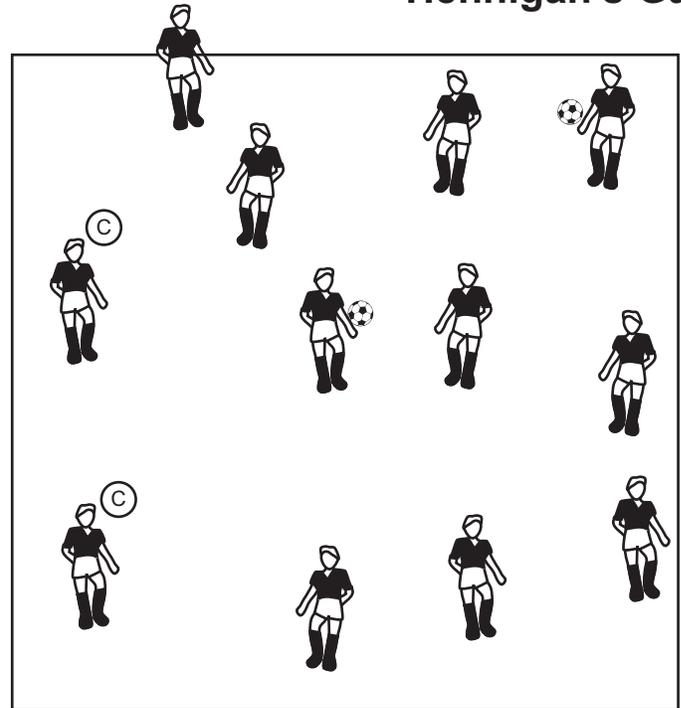
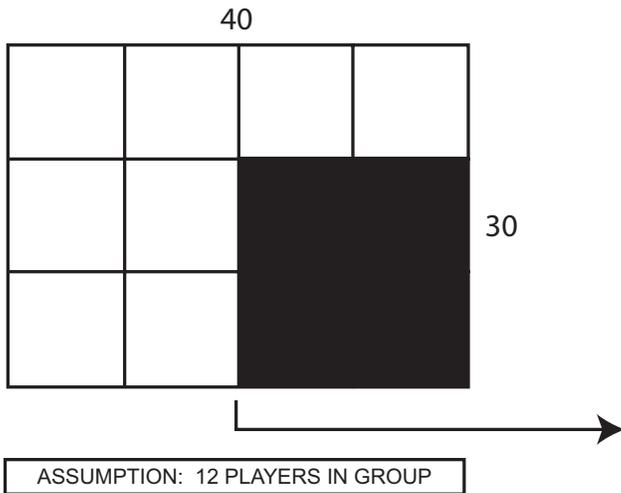
0:55-1:05 Break (competitions/quizzes)

1:05-1:15 Back Yard Soccer (games based on a street game mentality)

1:15-1:30 MLS Play-Off (Small-sided conditioned games to open play)

SOCCER-ROBICS - Movement & Speed

Hennigan's Game



Purpose

To develop awareness of defenders and attackers, communication and passing.

Organization

Set out a 20 x 20 yard area. Of the 12 players, 2 catchers hold pinnies to identify themselves. 2 balls per practice held by 2 players.

Game Objective

The object of the game is for the catchers to tag someone else in the area. That player, once tagged, becomes a catcher. If a player is chased out of the area, they change places with the catcher. A player cannot get caught if he has a ball in his hands. Therefore, the object is to throw the ball to a teammate who is about to be tagged.

Progressions

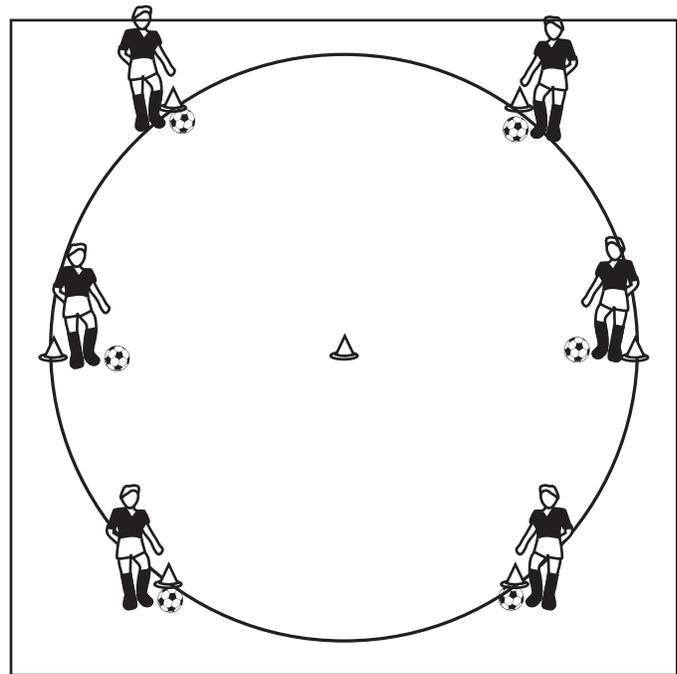
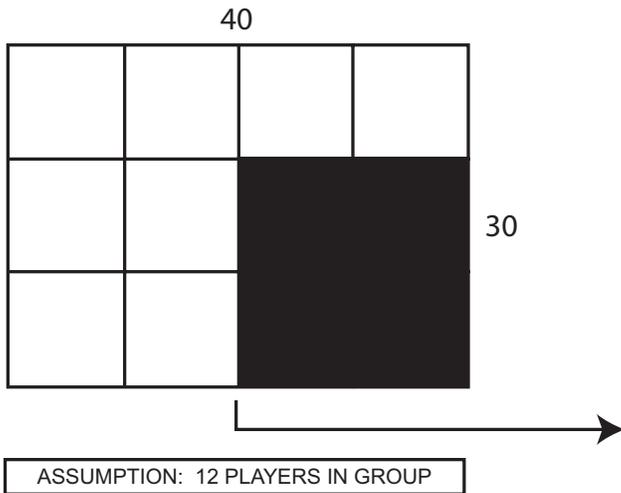
Progress to putting the ball on the ground and making players pass the ball to feet.

Key Coaching Points

1. If a catcher is coming towards you, then shout for the ball.
2. Players with the ball should move around and give the ball to a player in danger, then move.
3. Be on the lookout for catchers—don't stand still.
4. When running away from a catcher, make a curved run so you can see the ball and the defender.

URNS & BURNS - Dribbling & Turning

Circle Fake



Purpose

To develop turns and fakes with the ball.

Organization

Set out a 20 x 20 yard circle area. Place players next to cones, 1 ball per player. Repeat in another area for a total of 12 players.

Game Objective

Players dribble the ball to the middle cone, make a turn then burn away back to their original cone.

Progressions

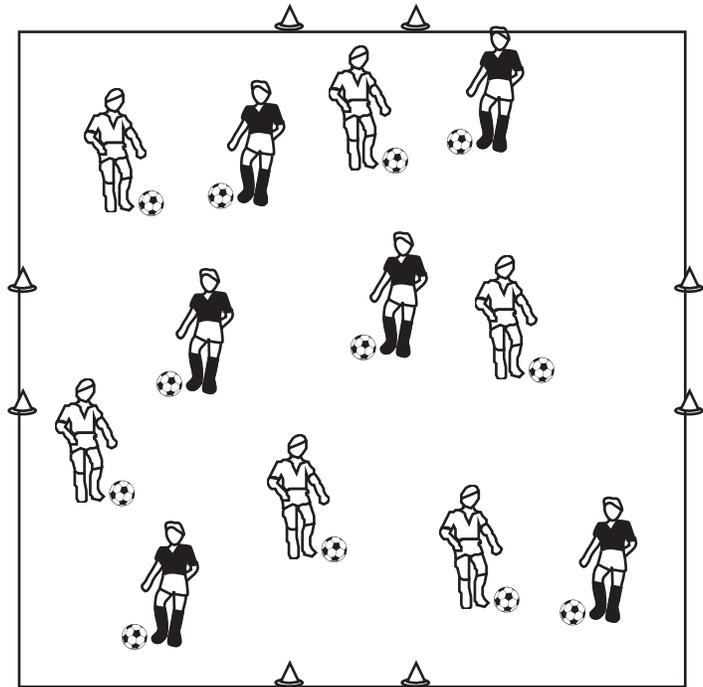
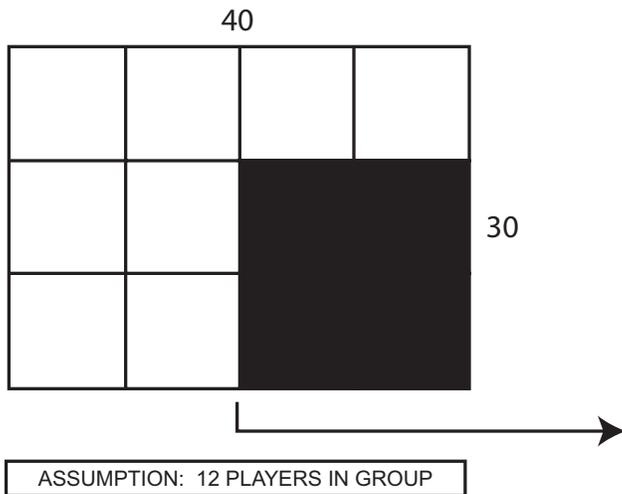
Get to the middle cone, then dribble off to next cone on the outside of the circle to your right.

Key Coaching Points

1. When moving to a different cone, use the double touch or the step behind move.
2. Turn or fake, then accelerate away.

URNS & BURNS - Dribbling & Turning

It's A Knockout



Purpose

To develop close control and tackling.

Organization

Set out a 20 x 20 yard area. 1 ball per player. All players must stay within the confines of the area. Position goals on each side of the area as shown in the diagram.

Game Objective

Each player has to attempt to knock out another player's ball while keeping control of their own. Any ball that is a.) dribbled outside or b.) kicked outside of the square, is considered out. These players must dribble their ball through 2 of the outer goals, then back in the game.

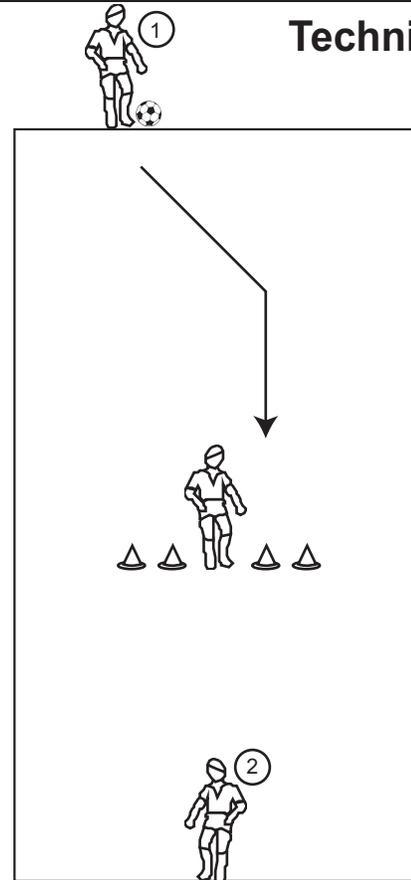
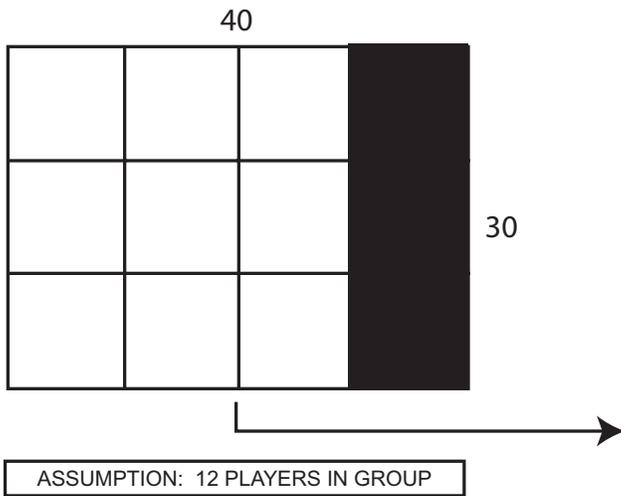
Progressions

Take 2 balls away so now 2 defenders must try to get a ball. The 2 defenders who lose their ball must then attempt to dispossess a different player.

Key Coaching Points

1. Use your body to shield the ball from an opponent.
2. Remember to use the double touch and step behind move to beat defenders.
3. Use all your turns in this practice.
4. Turn away from the defenders into space.

Technique In 3's



Purpose

To develop shooting technique.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids.
Groups of three, one attacker on each side of the goal.
Repeat in three other areas for a total of 12 players.

Game Objective

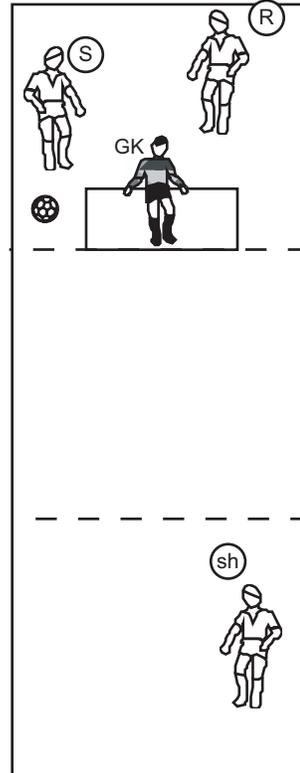
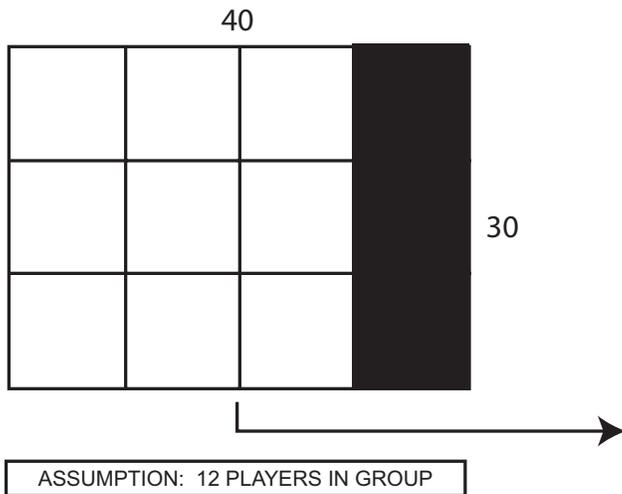
Light player #1 takes the ball 2-3 paces to the side with his dribble and then shoots on goal. Light player #2 moves to receive the ball. Repeat in the opposite direction. Score one point for beating the keeper in the large goal and two points for scoring through the discs at the side of the goal.

Progressions

Repeat from both sides to ensure each player develops the weaker foot.

Key Coaching Points

1. Aggressive, angled approach at the ball.
2. Strike through the middle or top of the ball.
3. Head down and over the ball for contact.
4. Follow through with momentum at the target.



Purpose

To develop quick shooting in and around the goal area.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids.

Position players in groups of 4 as shown in the above diagram. Repeat in 2 other areas for a total of 12 players.

Game Objective

Server stands behind the goalkeeper. He makes a pass out to the shooter, who strikes the ball 1st time at the goal. This shot must come from the grid at the bottom of the diagram. Retriever retrieves any balls from behind the goal. Repeat and rotate.

Progressions

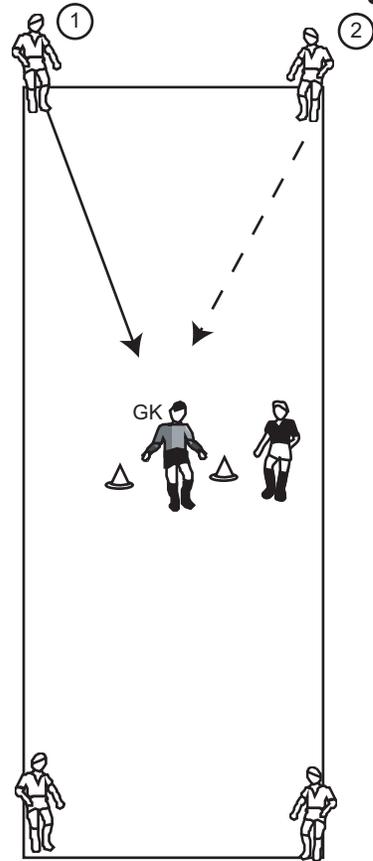
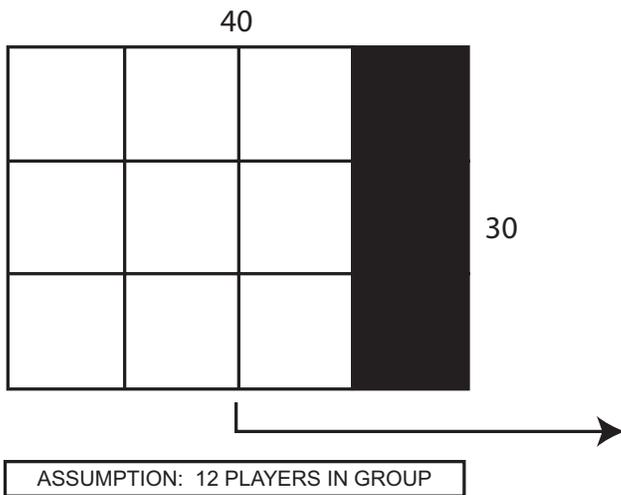
Serve the ball for a volley or 1/2 volley.

Key Coaching Points

1. Be ready for the ball as it comes towards you.
2. Look at the position of the goalkeeper.
3. Prepare your body.
4. Look at the ball and make good contact.
5. Keep the ball low.
6. Try to pass the ball past the goalkeeper for accuracy.

SKILLZBUILDER - Shooting

Shooting Under Pressure



Purpose

To develop shooting under pressure from a defender.

Organization

Set out a 10 x 30 yard area in 10 x 10 yard grids.

Groups of six. Position players as shown in the diagram.

One server and one attacker on each side of the goal with a single defender to the side of the goal. Repeat in another area for a total of 12 players.

Game Objective

Light player #1 passes the ball into space in front of light player #2, who one touches and shoots on goal. As soon as light player #2 touches the ball, the dark defender may move to challenge the shot. Repeat the practice in the opposite direction. Rotate positions.

Progressions

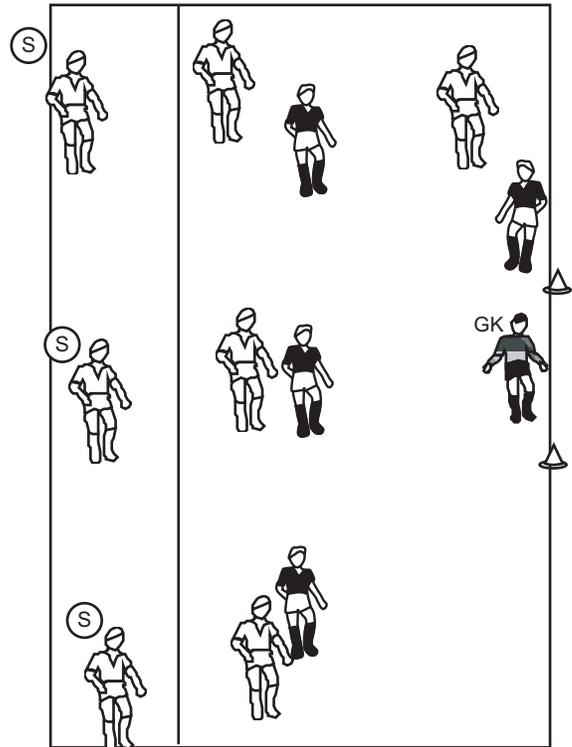
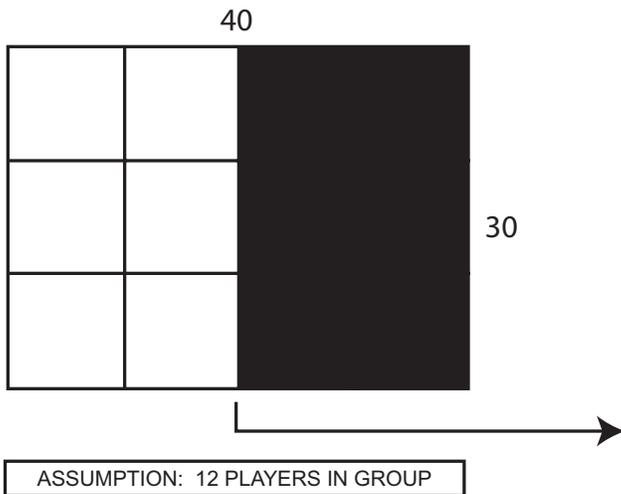
When light player #2 touches the ball, light player #1 may move into challenge the shot from behind.

Key Coaching Points

1. The first touch must enable you to run onto the ball and strike it in one continuous movement.
2. Strike the ball with the laces, low and to the corners.
3. Strike the ball through and around the defender.

BACKYARD SOCCER - Shooting

San Jose's World Cup Challenge



Purpose

To develop shooting on the turn in a functional practice.

Organization

Set out a 20 x 30 yard area with a 5 yard channel at the top of the grid. Three servers are placed in the channel, play 4 v 4 and a goalkeeper in the larger area.

Game Objective

The server plays the ball to any player in the area. The object of the game is to turn the Defender and shoot on goal. If the Defender marks tightly, the receiver can either a.) pass to a teammate in the area or b.) pass the ball back for any Server to shoot on goal. The Servers have only 1 touch, and when they are shooting, they are scoring for whoever passed them the ball. If the ball takes a deflection, then the last person the ball touched is the scorer.

Progressions

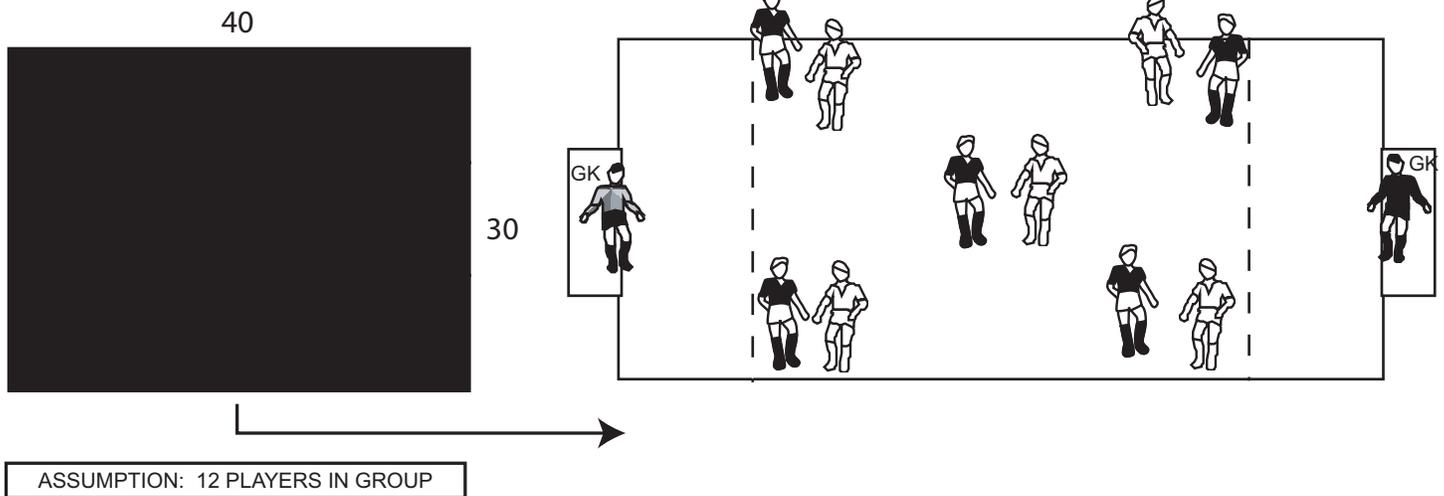
1. Put all players in the area and pair them up. The spare player plays with 2 others.
2. Play knock out (elimination). Any players who are not out of the game become servers.

Key Coaching Points

1. Check toward the ball at an angle so you can see the goal when you turn.
2. Shoot low and early.
3. Shoot past players and use them as a screen.
4. Secondary opportunities.

MLS PLAYOFF DAY - Shooting

Clinical Finishing



Purpose

To develop finishing and scoring through the middle.

Organization

Set out a 40 x 30 yard area with goalkeeper zones 10 yards in from each end line. Play 5 v 5 in the middle area with goalkeepers at each end.

Game Objective

The object of the game is to score in the opposing goal. Only the attacker with the ball can go into the end area from a thru pass from a teammate or by dribbling in. No defenders are allowed in this area. Goalkeepers must stay on their line until the ball enters their goal area. Attackers have a maximum of 3 touches in end areas. Goals can be scored only in the end areas. Attackers have only 1 touch from rebounds from the goalkeeper.

Progressions

1. Develop into allowing 1 defender to enter the penalty area also to put pressure on the attacker. The defender is nominated and is the only player allowed in.
2. Reduce number of touches in end zone to 2.
3. Allow 2 attackers and 1 defender in end zone. 1st attacker has 2 touches, other attacker has only 1 touch.

Key Coaching Points

1. As a team, spread out wide and deep.
2. Time your run into the area to beat the offside line and get the ball.
3. When you enter the final area, pass the ball past the goalkeeper.
4. Aim low and to the far corner.