

Week 6: Goal Scoring!

October 24, 2011

Community Soccer U-10 Boys

Coordinator: Kirk Lindblom

E-mail: minimefsu10@yahoo.com


Coaching Points

- Placement (accuracy) vs. Power
- Approach ball at slight angle
- Use laces (not toe) for shooting
- Keep body over the ball (momentum going forward)

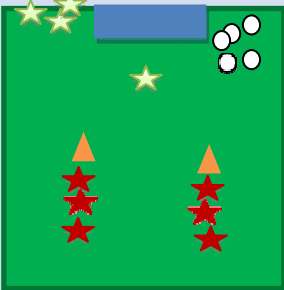
6 – 6:10 p.m.

1. Warm Up:	Coach Kirk will demonstrate appropriate technique for striking a ball with your laces. Also, Coach Kirk will show proper technique for heading a ball. Players will practice as partners, volleying the ball with their laces and heading the ball.	Coach Kirk will run the warm-up activity with the help of the age group trainers and parent coaches.	He will demonstrate the skills for the day and emphasize the coaching points.
--------------------	---	--	---

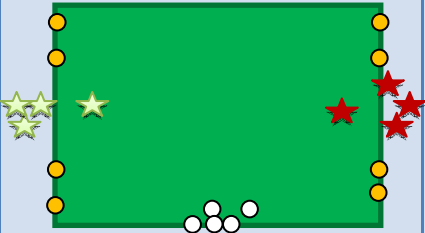
6:15 -6:25 p.m.

2. Rapid Shooting	<ul style="list-style-type: none"> • Have players get in four lines (see A, B, C, D in diagram) • Place all balls in lines A and C • The line diagonal from the one on top of the 18 will pass out a ball, the person has a two touch shot (at most two touch, one touch if possible) on goal. • Immediately after shooting the player will run in for the other line to toss a ball in the air to head in the goal. • Now it's time for the other line to go. • Rotate lines in a clockwise order • Shooting player should retrieve his/her ball. • Players can take turns as goalkeeper 	 <p>Example: Turn 1: Player A passes ball to D for a shot, D shoots. Then C tosses a ball to player D for a header shot on goal. Turn 2: After player D heads the ball, player C passes a ball to line B for a shot. Line A now tosses a ball for a header to player B. Everyone rotates clockwise to a new line.</p>	<ul style="list-style-type: none"> • Work on shooting accuracy and technique. • Use LACES to shoot (no toe balls). • Use coaching points of the day (above). • Play several rounds.
--------------------------	---	--	---

6:25-6:35 p.m.

3. 2 vs 1	<ul style="list-style-type: none"> • Begin with defenders on end line and offense in 2 lines outside of the box • Coach passes the ball into one of the offensive players • One Defender steps out and plays defense against 2 offensive players • Player receives 1 point for each time her pair scores • Rotate through lines clockwise (Def. →Offense-1 → Offense-2) 		<ul style="list-style-type: none"> • Try to shoot early • When shooting from far use laces • When shooting close to goal use inside of foot
------------------	---	---	--

6:35-6:45 p.m.

4. Get Outta Here with Double Goals	<ul style="list-style-type: none"> • Divide players into two even teams. • Two goals are on each end line. • Coach has all the balls. When coach kicks the ball out one player from each team goes out and tries to score. • If the ball is kicked out of bounds or a goal is scored coach yells "get outta here" and plays in another ball for two new players to enter the field. • Move quickly through players. Do not allow play to continue for more than a minute. 	 <p>Use your half of the field. Orange dots are cone goals in diagram.</p>	<ul style="list-style-type: none"> • Emphasize goal scoring.
--	--	--	---

6:45 - 7 p.m.

5. Scrimmage	Divide group into even teams (no subs) and play on the width of each field. Play against same color team or switch & play against your "practice partner's" team.	<p>Please do not play a full field scrimmage with more players than a normal game.</p> <p>The players will not get to touch the ball enough to improve their skills.</p>	<ul style="list-style-type: none"> • Reinforce lessons from training during the scrimmage. • Use this time to ask trainers questions about game tactics, if needed.
---------------------	---	---	---

Homework: **Wall Ball:** Kick a ball against an outside wall or at a goal using your laces to practice shooting.