

**Week 6: Goal Scoring!**

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Community Soccer U-12 Girls

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**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)

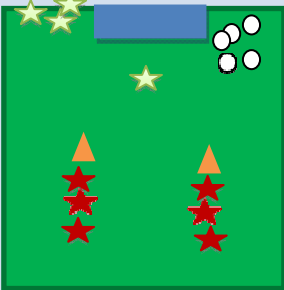
7:15 – 7:25 p.m.

<b>1. Warm Up:</b>	Coach Ali will demonstrate appropriate technique for striking a ball with your laces. Also, Coach Ali will show proper technique for heading a ball. Players will practice as partners, volleying the ball with their laces and heading the ball.	Coach Ali will run the warm-up activity with the help of the age group trainers and parent coaches.	She will demonstrate the skills for the day and emphasize the coaching points.
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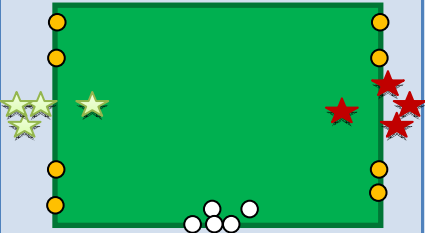
7:30 -7:40 p.m.

<b>2. Rapid Shooting</b>	<ul style="list-style-type: none"> <li>• Have players get in four lines (see A, B, C, D in diagram)</li> <li>• Place all balls in lines A and C</li> <li>• 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.</li> <li>• Immediately after shooting the player will run in for the other line to toss a ball in the air to head in the goal.</li> <li>• Now it's time for the other line to go.</li> <li>• Rotate lines in a clockwise order</li> <li>• Shooting player should retrieve his/her ball.</li> <li>• Players can take turns as goalkeeper</li> </ul>	 <p><b>Example:</b> 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"> <li>• Work on shooting accuracy and technique.</li> <li>• Use LACES to shoot (no toe balls).</li> <li>• Use coaching points of the day (above).</li> <li>• Play several rounds.</li> </ul>
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7:40-7:50 p.m.

<b>3. 2 vs 1</b>	<ul style="list-style-type: none"> <li>• Begin with defenders on end line and offense in 2 lines outside of the box</li> <li>• Coach passes the ball into one of the offensive players</li> <li>• One Defender steps out and plays defense against 2 offensive players</li> <li>• Player receives 1 point for each time her pair scores</li> <li>• Rotate through lines clockwise (Def. →Offense-1 → Offense-2 )</li> </ul>		<ul style="list-style-type: none"> <li>• Try to shoot early</li> <li>• When shooting from far use laces</li> <li>• When shooting close to goal use inside of foot</li> </ul>
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7:50- 8 p.m.

<b>4. Get Outta Here with Double Goals</b>	<ul style="list-style-type: none"> <li>• Divide players into two even teams.</li> <li>• Two goals are on each end line.</li> <li>• Coach has all the balls. When coach kicks the ball out one player from each team goes out and tries to score.</li> <li>• 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.</li> <li>• Move quickly through players. Do not allow play to continue for more than a minute.</li> </ul>	 <p>Use your half of the field. Orange dots are cone goals in diagram.</p>	<ul style="list-style-type: none"> <li>• Emphasize goal scoring.</li> </ul>
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8 – 8:15 p.m.

<b>5. Scrimmage</b>	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><b>Please do not play a full field scrimmage with more players than a normal game.</b></p> <p>The players will not get to touch the ball enough to improve their skills.</p>	<ul style="list-style-type: none"> <li>• Reinforce lessons from training during the scrimmage.</li> <li>• Use this time to ask trainers questions about game tactics, if needed.</li> </ul>
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**Homework:** **Wall Ball:** Kick a ball against an outside wall or at a goal using your laces to practice shooting.