



Name: Fabien Lewis	Team: U10	Day: 2	Duration: 60 Minutes
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Description: This session will help teach your players how to use different surfaces to shoot and score. In addition, maximize individual shooting practice.

<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Strike on Goal” – 10 minutes</p> <p>Organization: In 30 x 20 yard grid, divide the field into thirds. All players dribble freely in the central area with two goals on either side. Coach calls out a player number; the two players must attack their opponents’ goal with speed and shoot before designated line. <u>Progression:</u> After a player shoots, that player becomes a goalkeeper.</p> <p>Coaching Points: (1) Head up, be aware of goal. (2) Toes down, ankles locked and head over the ball. (3) Strike through ball, follow through & land on shooting foot. (4) Use different surfaces to shoot (i.e. toe poke, outside foot, inside foot, heel).</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: 2 vs 1 (+ 1 Goalkeeper) – 10 minutes</p> <p>Organization: Use 15 x 10 yard grid. The ball starts with the coach. He will pass the ball out to either attacking player. One defender will come out. If the defender wins the ball, he will score in the small pug goals.</p> <p>Coaching Points: (1) Reiterate previous points (2) Make defender commit. (3) See ball, see goal, and see teammates. (4) Power vs Finesse (5) Follow up for rebound.</p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: “Rapid Fire” – 20 minutes</p> <p>Organization: 6 vs 6 (+ 1 neutral player and 2 Goalkeepers) in 35 x 30 yard grid. All balls are evenly distributed in each goal. The team in possession will try to shoot and score at any appropriate opportunity. There is no touch restrictions for both teams. The neutral player has 3 touches max (but can also score). There is no throw-in or corners. Restarts occur from the goalkeeper. For example, if team X shoots and score (or miss), the goalkeeper for Team Y will quickly get a ball from his/her net and roll it out to a player from Team Y.</p> <p>Coaching Points: (1) Reiterate previous points. (2) Good support angles. (3) Add deception in shots. (4) Play quickly, play what you see. (5) Shoot or combine.</p> <p><i>Modify 6v6 to 4v 4+2 keepers & make field smaller. Players get more involved with shooting.</i></p>
<p>© Copyright www.academysoccercoach.co.uk 2018</p>	<p>Activity: Scrimmage – 20 minutes</p> <p>Organization: 6 vs 6 (and 2 goalkeepers) in 40 x 35 yard grid. All rules apply.</p> <p>Coaching Points: (1) Reiterate previous points (2) Be ruthless in attacking 3rd. (2) Positive communication.</p>