



Tactics Manager

Date: 20/08/18

Duration: 1:00 hour

Time: N/A

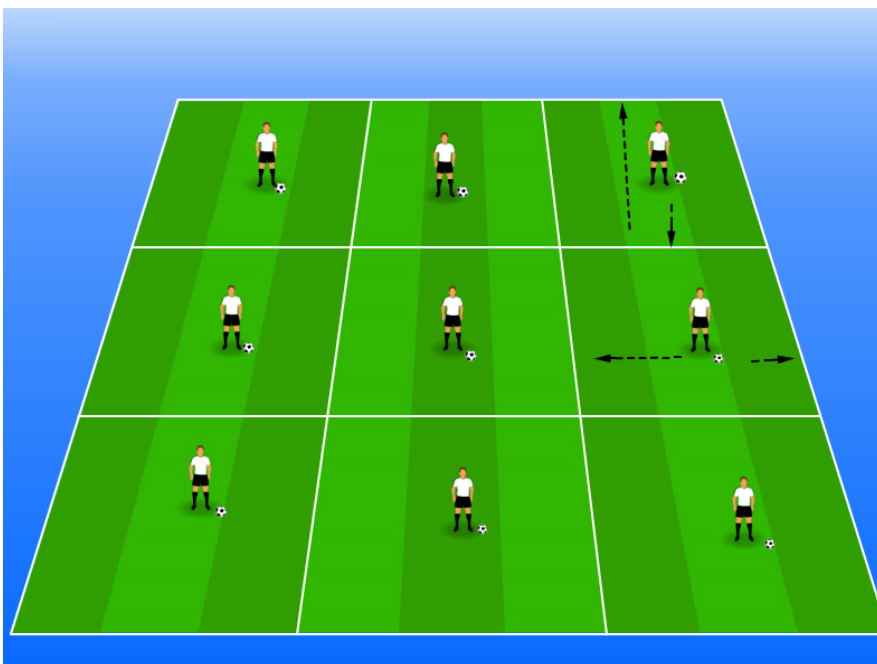
Age/Level: U5 - U10

Session Improve shooting Technique

Objective:

Shooting

Ball Mastery Discovery



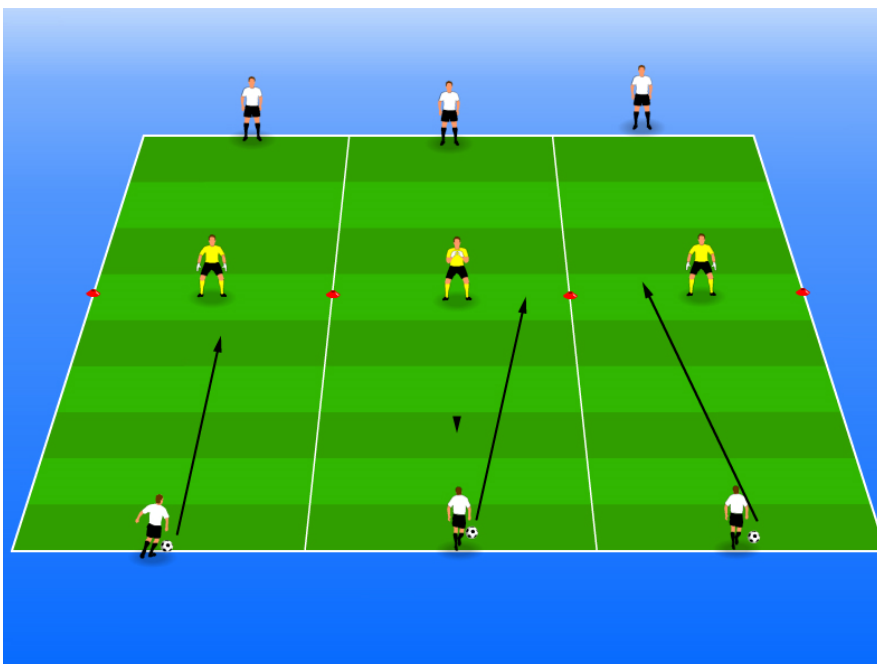
Description:

Each player has their own area (5x5) Encourage them to discover different ways to moving the ball from line to line using their feet. Moving diagonally and across the area. After free discovery, get players to use different methods and see how many times they can go back and forward using different types of movement. Movements to be used are: Toe taps, Rolls, shuffles, normal dribble. All practices done using both feet. Duration: 10 minutes

Coaching Points:

Encourage creativity Ensure players aren't constantly using the same ways to dribble Stay on balls of feet for explosive movements and to keep control of ball

Shooting Technical Repetitions



Description:

In groups of three. Take turns being the goalkeeper. Each player is trying to score on the marked out goal. Players alternate who shoots. Keep track of amount of goals scored. Duration: 25 minutes

Coaching Points:

Non striking foot goes slightly back and slightly away from the ball to give more space for player to follow through when shooting. Players use laces for power and inside of foot for placement shots. Keep head and knee over the ball to keep shots low. Follow through to where want shot to go. Foot, shoulders and hips should all be facing where want shot to go. Step through ball when shooting for extra power and to get used to it for follow ins.



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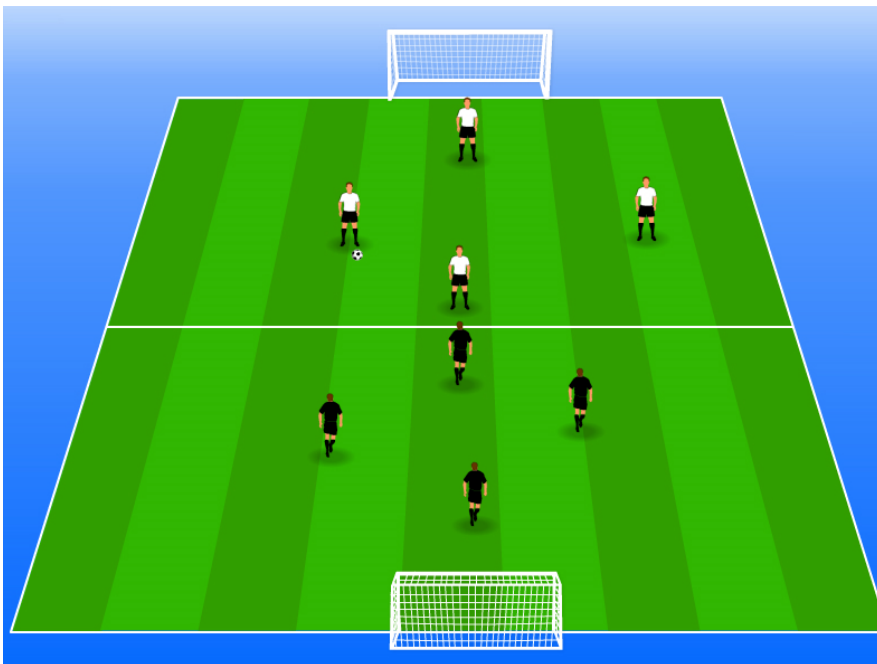
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Game



Description:

Free Play Game. Duration: 20 minutes

Coaching Points:

Encourage creativity Praise good ideas and good practice Play game realistic rules