



12U Fall 2017 Training Sessions - Week 9

Topic

SHOOTING 1

Objectives
(5 W's)

Who: #7, #9, #10, #11 **What:** Shooting, Receiving, Play forward when possible, Create 1v1 and diagonal passing lanes, Runs to get in between/behind defensive line
Where: In the attacking half of the field close to the goal area
When: There is a shooting window
Why: To develop an aggressive goal scoring mentality

Organization

Duration 18 mins Intensity Med-High

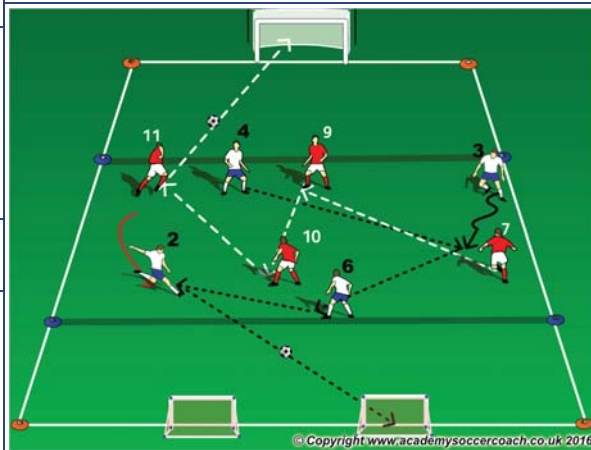
Area: In a 50Wx36L yard field with a big goal and two counter goals.
 Target team (Red) #'s 7, 9, 10, 11 - Opposition team (White): #'s 2, 3, 4, 6. Groups have 4 minutes to combine and score as many goals at each end shooting from the central zone on the fly - Interval 1: How many can you score? - Interval 2: Improved by 1 - Interval 3: Which team can score the most goals in 4 minutes?

Coaching Points

Activity Time 4.5 min Rest 1.5 min Intervals 3

What? Technique of Finishing - Knees bent, head down, hips and knee over ball, body slightly leaning over ball, non-kicking foot beside ball. Ankle locked, angle of approach to the ball, strike ball with laces at the center of the ball, follow through and land on the non-kicking foot.

Warm-up / Orientation Shooting Competition



Orientation 4v4 - Power Shooting



Organization

Duration 20 mins Intensity Med-High

Area: In a 50Wx36L yard field with a big goal and two counter goals.
 Target team (Red): #'s 7, 9, 10, 11 - Opposition team (White): #'s 1, 2, 3, 4. Red team scores in the big goal, the white team scores in either of the two goals.
 Scoring: All goals scored from the central zone are worth 100 points. Play to 300 points.

Coaching Points

Activity Time 5 mins Rest 1.5 min Intervals 3

What? Technique - Shooting. Receiving: Body position, surface selection of the foot and ball, first touch direction and distance.
Team Tactical Attacking Principles - Playing forward when possible: Who? Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why?

Organization

Duration 22 mins Intensity Medium

Area: in a 50Wx60L field with goals.
 Target team: #'s 1, 4, 7, 8, 9, 10, 11 - Opposition team: #'s 1, 2, 3, 4, 6, 8, 9.
 Play to score in the opponent's goal. All laws apply.

Coaching Points

Activity Time 9 mins Rest 2 mins Intervals 2

What? Technique - Shooting and Receiving
Team Tactical Attacking Principles - Playing forward when possible: Where? When? Why? - Create a 1v1 or 2v1: When? Where? Why? - Create Diagonal passing lanes: Who? Where? When? Why? - Runs to get in behind/between the defensive line: Who? When? Why?

Learning 7v7 to Goal



Implementation

9v9 Duration 30 mins Formation R GK-3-2-3 v W GK-3-3-2 Activity Time 12 mins Rest 3 mins Intervals 2

Organization

In a 50Wx75L field play 9v9. All FIFA laws apply. Encourage #'s 7, 8, 9, 11 to finish inside the box.

Coaching Points

Technical Execution, Team Tactical Attacking Principles, 5W's, Speed of Play