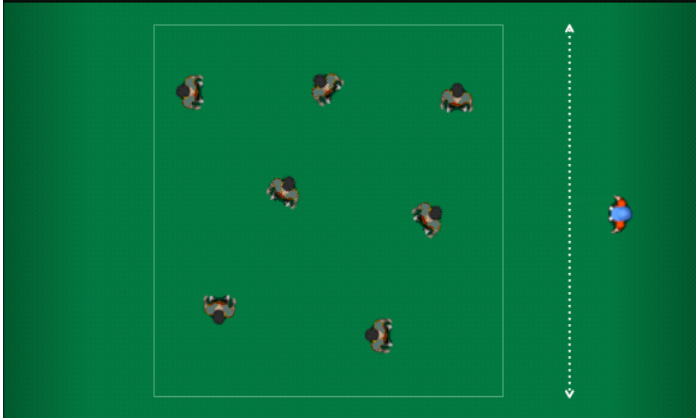


Session Plan U10 – U12 – Shooting

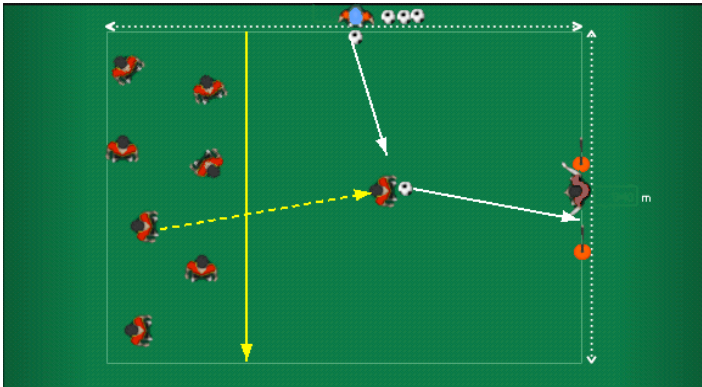


Players jog around inside the grid. The coach shouts out a number and the players try to get into a group matching that number

When the players are jogging around get them to –

- Skip
- Hop
- Jump
- High Knees
- Kick Backs
- Side Step

Add balls



Players jog around inside the small marked off grid. Each player is given a number and when their number is called they break out and receive a pass from coach. The player can either control or shoot first time at goal.

This game can be developed according to players ability – Introduce players to shoot with –

- Left foot, Right foot
- Add a goalkeeper
- Add a defender
- Call more than one number to turn the game in to a competition



Arrange the players in to two teams. Coach is the pitcher for both teams.

Coach passes the ball to first batter who kicks ball in to the field and then runs around bases.

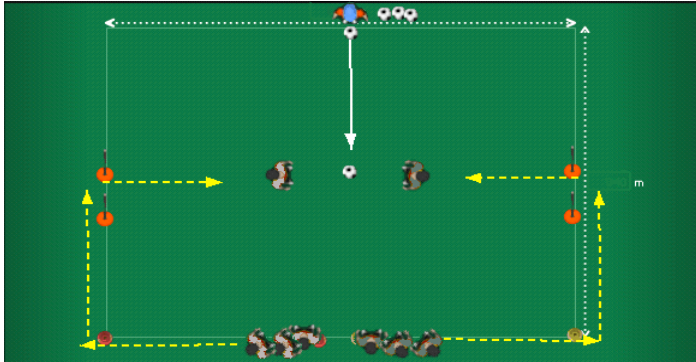
This game can be developed according to players ability – Introduce players to shoot with –

- Left foot
- Right foot

You can progress this games by -
Having the fielders use their feet only.

Black = Organization

Red = Progression



Players are divided in to two teams and line up behind two discs on the sideline in the centre of the field. The coach numbers each player in both teams. When the player's number is called they run down the end line around the disc, through the goal and attempt to score in the oppositions goal.

Call out more than one number and encourage player not in possession to find open space.

Finish session with a scrimmage Black = Organization Red = Progression