

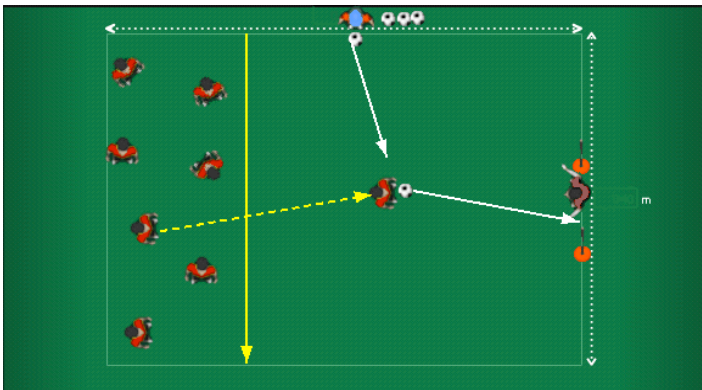
Session Plan U12 – U18 – Shooting



Players dribble around inside the grid. The coach shouts STRETCH and a player's name, players stop their ball and the player who had their name called performs a dynamic stretch, all players follow. When the coach shouts DRIBBLE players get any ball and continue to dribble.

When the players are dribbling around get them to –

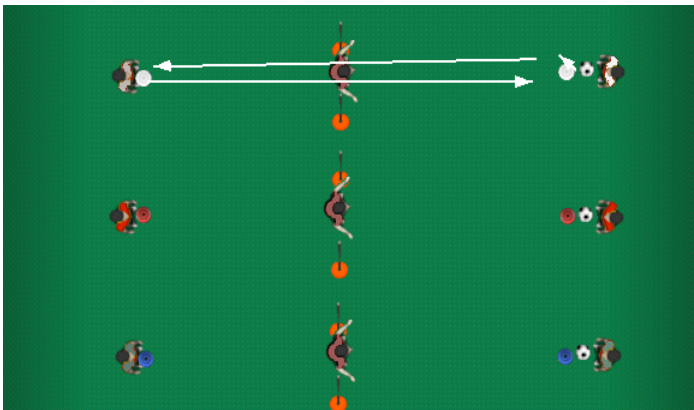
- Use right foot, left foot only.
- Perform turns
- Perform moves



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



Split the players in to groups of three. Each group should have one player in goal and the other two either side. Players take it in turn to shoot at the goal in the middle. If the keeper saves the ball they turn and feed it to the other shooter.

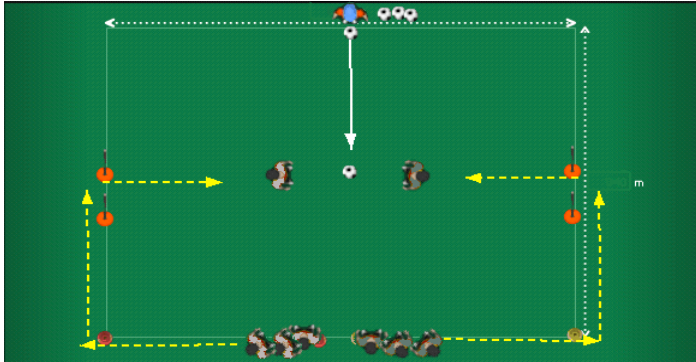
This game can be developed according to players ability – Introduce players to shoot with –

- Left foot
- Right foot

Increase distance

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