

Session Plan U14 – U18 – Shooting



Players dribble around inside the grid. The coach shouts STRETCH and a players 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



Split players in to two teams, one player from one of the teams start as goalkeeper facing the oppositions team. The first player from the opposite teams dribbles towards the first disc, just before they get to the disc they perform a set up touch (a touch with their laces / outside of foot and away from their body) and shoots at goal. The shooter becomes the goalkeeper and the goalkeeper returns to the back of their team – repeat.

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



Teams of two and a goalkeeper wait inside the goal area. Coach serves the ball in to the playing area and the teams try to score to advance to the next round. Goals cannot be scored inside the six-yard box.

Lose one team each round until you are left with two teams for a final.

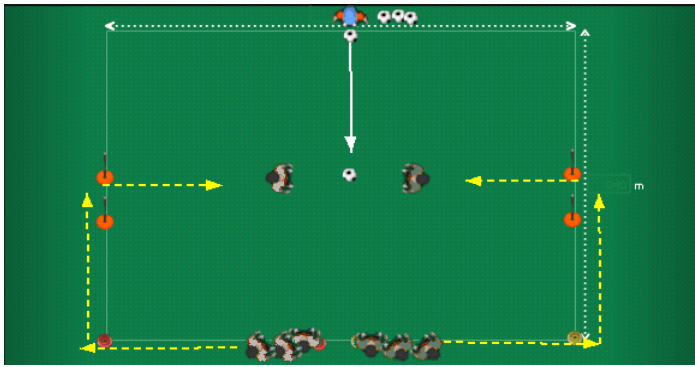
Teams must score two goals in the final to win

Limit to one touch finishes and two / three touch play

Both players have to score in the final to win

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

Focus on the correct shooting technique –

Make last stride a big one before planting non kicking foot along side ball - this will ensure a good back swing.

Strike the ball with the laces and keep the toes pointed and locked throughout.

Follow through towards goal.

Explain to players to keep head steady and ankle locked down and tight