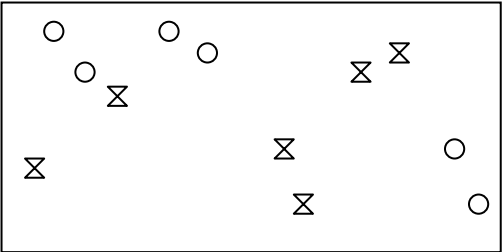
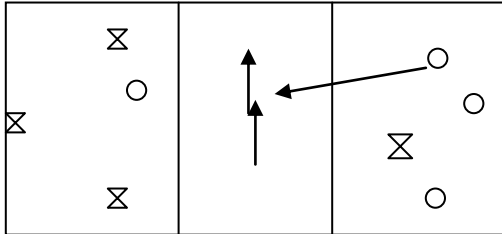
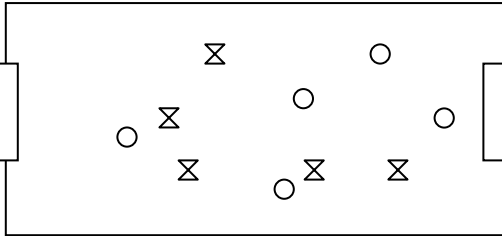
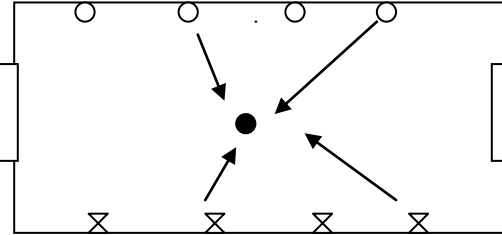


Shooting

U10 –power shot (laces)

<p>• Fundamentals (Warm up)</p> 	<p style="text-align: center;"><u>Organization</u></p> <p>Dribbling and Shooting</p> <ul style="list-style-type: none"> • Juggling-active movement • Breakdown of technique exercise • Shot and roll exercise 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Body composition- muscles firm, foot next to ball, nose over ball, balanced • Follow through –roll • Foot surface-laces
<p style="text-align: center;">Match Related Activity</p>  <p>Coach with supply of balls</p>	<p style="text-align: center;">Keep away-shooting</p> <ul style="list-style-type: none"> • 20x 30 with middle free zone • 3v1+1v3 to goal • Rotate Defenders • Move to 4v2+2v4 with restriction of all players need to be in same half • Add GKs if needed 	<ul style="list-style-type: none"> • Prep touch out from feet • Technique of shot • Final pass –lead shooting player
<p style="text-align: center;">Match Related Activity</p>  <p>Coach with supply of balls</p>	<p style="text-align: center;">Game</p> <ul style="list-style-type: none"> • 40x60. • 5v5 + Gks • No restrictions 	<ul style="list-style-type: none"> • Find quality shooting opportunities • Prep touch • Shot Selection
<p style="text-align: center;">Cool down</p>  <p style="text-align: center;">Cool-Down Stretching</p>	<p style="text-align: center;">Target Shooting</p> <ul style="list-style-type: none"> • 20 x 20 • Ball in middle of grid • 2 teams on either side with balls • Players to shoot at ball • 1 pt for getting target ball across opposite endline 	<ul style="list-style-type: none"> • Observe the players comfort level on the ball • Technique and accuracy of shot