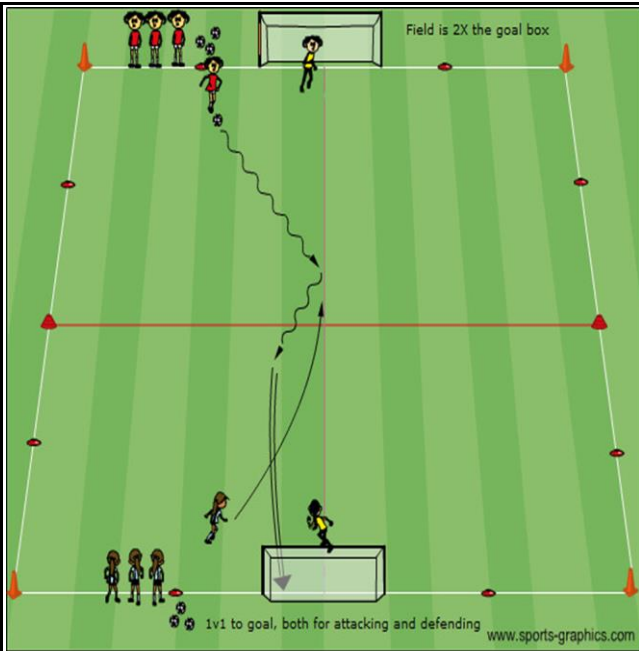


**U10: Week Five and Six**

**Scoring**



**Warm-up** Set up two areas with flag goals. Goalkeepers optional.

**Fast break shootout (1 on 1)**

Game starts when one player dribbles and scores on the opposite goal. After scoring/striking, the first player opposite attacks the other goal. The player who struck the first ball tries to prevent the new player from scoring. If they score, the opposite player starts with the ball and the defending player drops out. If the first player wins the ball back they try to attack the goal again. Play until a goal is scored or the ball goes out of bounds.

**Coaching Points**

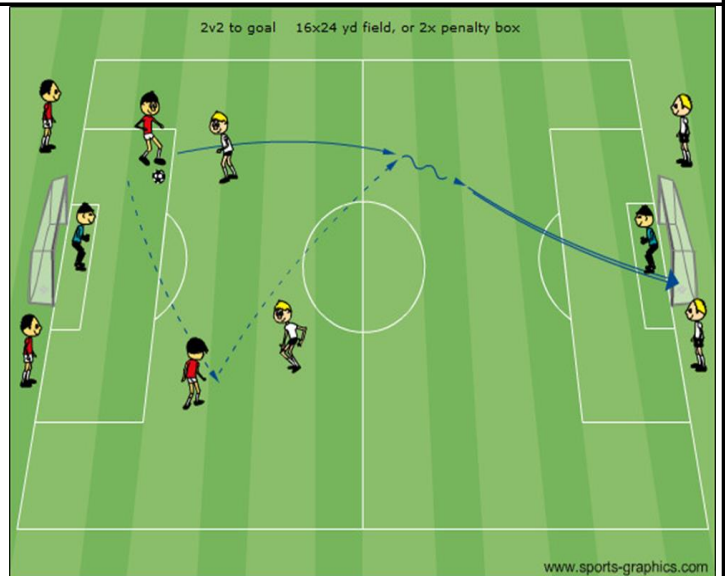
- 1) Toes down, heel up, for power use your laces.
- 2) Contact the middle part of the ball by raising the foot
- 3) "Hop" alongside the ball with plant foot prior to contact to strike.
- 4) Planting foot alongside the ball prior to contact with the other foot
- 5) Follow through forwards, land on the passing foot.

**Fast break shootout (2 on 2) with GK's**

Players play 2v2 in an area 2x penalty areas. Play until a goal is scored or the ball goes out of bounds. **Transitional play included - when/if the goalkeeper wins/saves the ball, play until a goal is scored or the ball goes out of bounds.**

**Additional Coaching Points**

- 1) Decision of WHY and WHEN to strike?
- 2) Technique of striking - feedback from the shot.
- 3) Selection of the type of shot and the surface.
- 4) Movement by the 2nd attacker - width, depth and support.



**Conditioned Small Sided Game(s)**

**Small Sided Game**

**Game Focus**

Find moments in the game to:

- a) Coach striking technique in the game situation
- b) Show positive examples of training transfer

Team 1

Team 2

