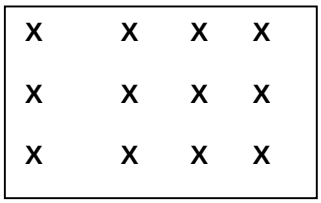
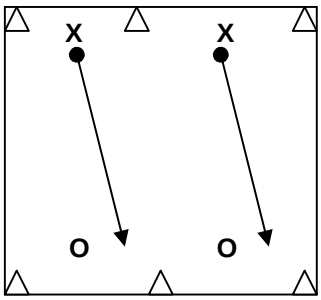
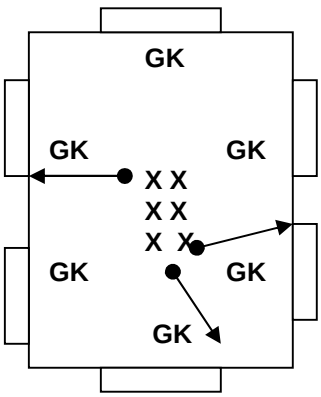
SESSION PLAN

Session Title U 7 Shooting

Objectives

To Develop Technique Of Shooting

To Encourage A Positive Attitude To Shooting

PHASE & ACTIVITY	DIAGRAM	TIME	COACHING POINTS
1. Warm up Ball each dribbling skills including change of speed and direction, use of left foot, right foot, toe taps in a forward and backwards direction, ball boxes in a forward and backward direction. **Elite Feet Move: Inside Cut**			Head Up Balance Use of both feet and different surfaces Close control
2. Technical Practice X stands in a goal and opposes O. X shoots at O's goal. After saving / retrieving the ball O rolls the ball forward and immediately shoots at Xs goal. Play is continuous for two minutes and speed of play is essential. Switch players to play against someone of similar ability. Play three or four games. **Progression**: Play 2 v 2 where X can score on either of O's goals.			Strike the ball with the laces and ankle locked Strike the centre of the back of the ball Approach at an angle Non-kicking foot to the side of the ball and pointing towards target Weight over the ball
3. Skill Development X's start in the central area with all the balls. O's play as GK's. X's dribble and shoot on any goal and then return to the centre to get another ball collect the ball they shot. *Scoring: How many goals can Team X score in 1 minute? Rotate roles.*			**4 A's** Accuracy Aggression Attitude: Positive Awareness of GK position
4. Regular Scrimmage No more than 4 v 4 (+GK's)			