	Skill Level	Date	Age Groups
	Beginner Intermediate Advanced	**Title:** Shooting Basics - II	U10 U12 U13+

Skill Focus:
Ball Control Shooting

Session Description:
This session focuses on proper shooting mechanics while moving.

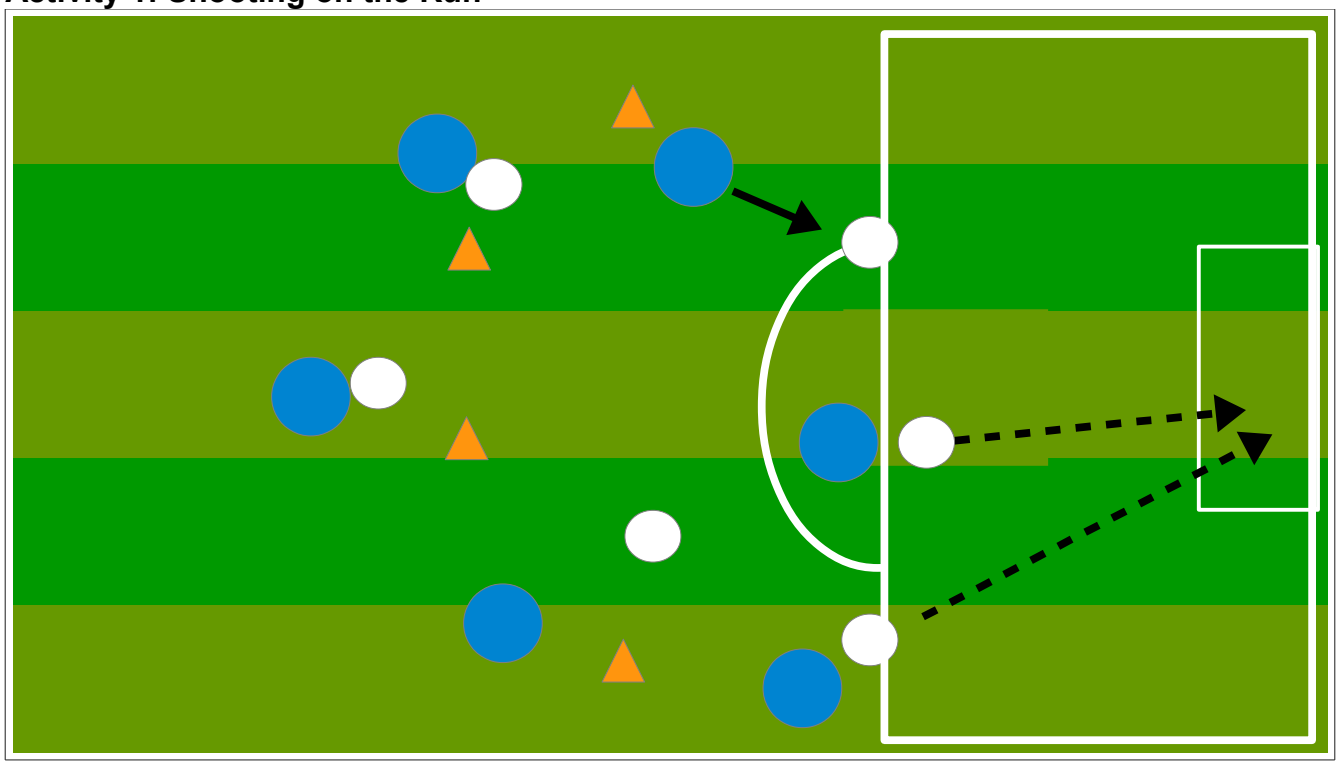
Warm up:
Jogging with the ball or juggling

Scrimmage:
Activity 3 can act as a scrimmage so you can give it some extra time

Notes:
The steps to proper shooting technique:

- Take a big step to approach the ball pulling your shooting leg way back, you do not need a running start to create power.
- Your toe should be pointing down, so you can strike the ball with the top part of the foot using the laces of your shoe
- Plant foot needs to be close to the ball and your plant foot should be pointing in the direction of your target.
- Keep your head down looking at the ball.
- LOCK the ankle of the shooting foot (very important) you don't want your leg hitting it all relaxed resulting in wild shots or worse yet injury.
- Strike the ball in the center/bottom half of the ball bringing your knee up as you strike through the ball.
- Follow through with your shooting foot and it should be the first foot to hit the ground after your swing.

Activity 1: Shooting on the Run



Setup: This exercise should be done in a goal area

Time: 10-15 minutes

Equipment: Balls and cones (not required)

Description:
The players will start 5 – 10 yd outside the penalty area.
The player will roll the ball out in front of them and sprint after it and attempt a shot on goal.

Do not use a goal keeper at the early parts in this activity so that each player can get the maximum number of attempts.

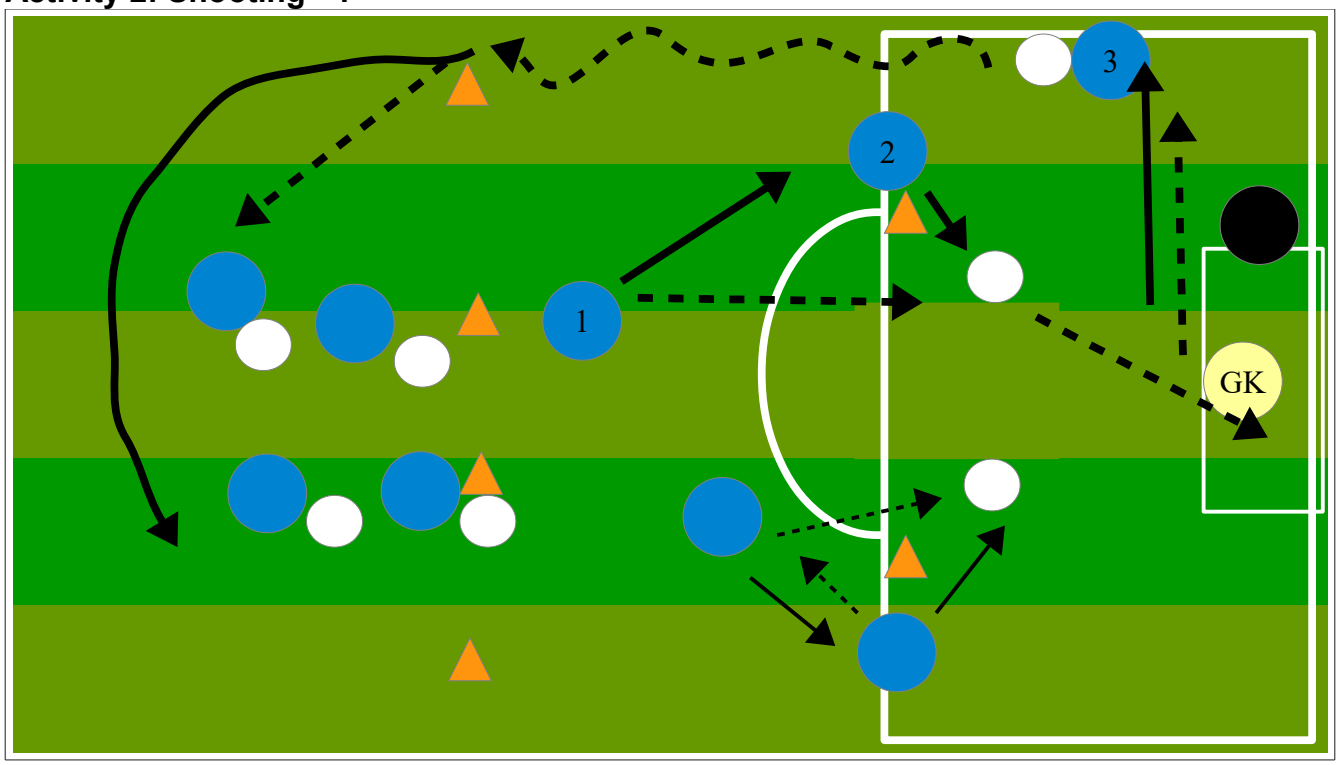
Coaching Points:

- Keep your toe pointed down and use the top of your foot to strike the ball
- Keep your head down while kicking and follow through
- Take a big step just before kicking the ball.

Progressions:

1. Add a goal keeper.

Activity 2: Shooting - 1



Setup:
This activity should be run in a goal area.
1 cone set up where the penalty box and penalty arch connect
1 cone set up 5-10 yd behind the first cone and 1 yd toward the center
1 cone set up even with the second cone but outside the penalty area

You should have a mirror image set up on the other side of the goal area.

Time: 10-15 minutes
Equipment: Ball and cones
Description:
Player 1,

- passes down the lane toward the goal
- takes player 2's spot

Player 2,

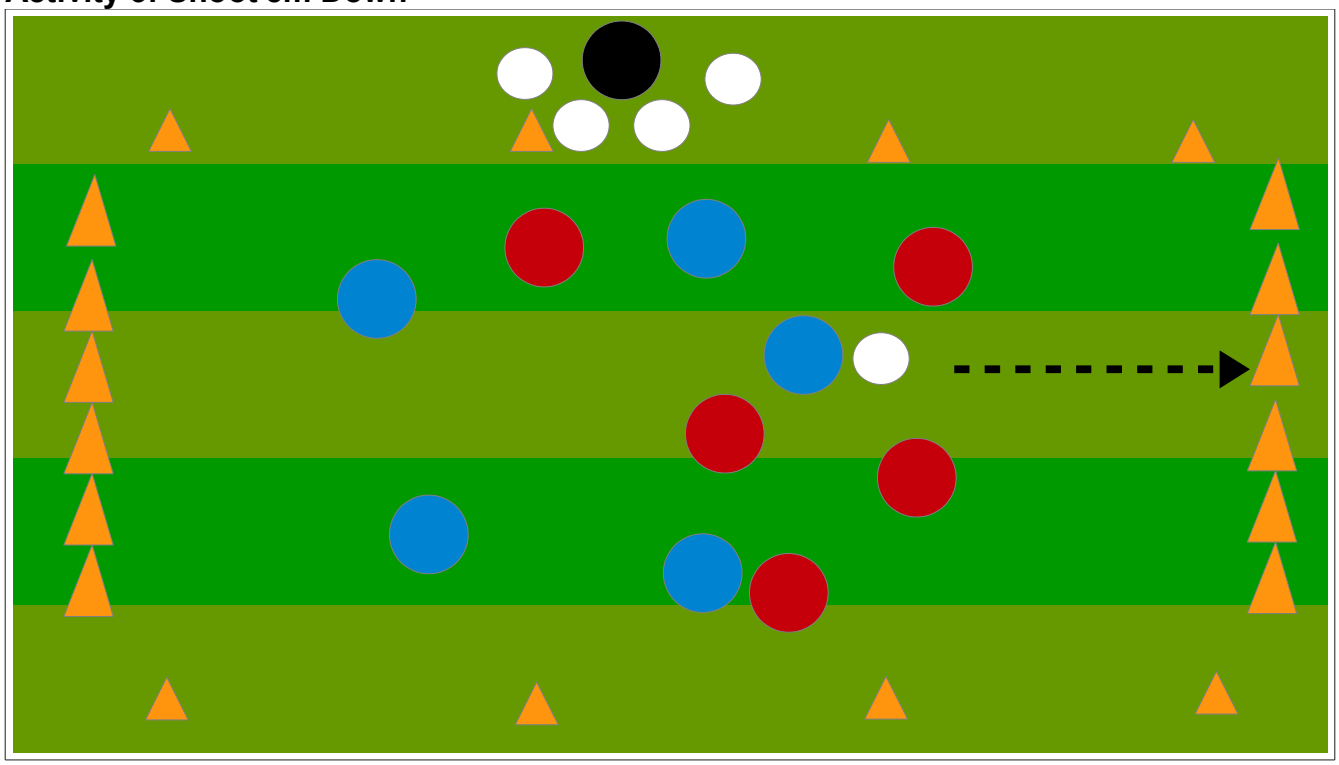
- takes a touch to the ball, if needed and attempts a shot on goal
- back peddles and receives a ball from either the goal keeper or the coach
- dribbles up the side line and passes the ball to the next player
- then moves to the other side.

Coaching Points:

- Make a good initial pass
- Take the shot first time if you can
- Don't turn your back on the ball

Progressions:
Add a give and go between player 1 and player 2

Activity 3: Shoot'em Down



Setup:
20 x 30 yard rectangle set out with marker cones down each side, and pointed target cones along each end.
Time: 15-20 minutes

Equipment: Balls, short cones and tall cones

Description:
The players are split into two teams.
The two teams then play against each other as normal.
Players try to score by knocking over one of the target cones at the other end of the rectangle.

This activity should be used to promote the accuracy of our players shooting.

Coaching Points:

- Keep your head down
- Stay over the ball to keep it low.