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

Skill Focus:

Ball Control	Fitness
Dribbling	Team Play
Passing	Decision Making

Session Description:
This session will focus on proper shooting mechanics.

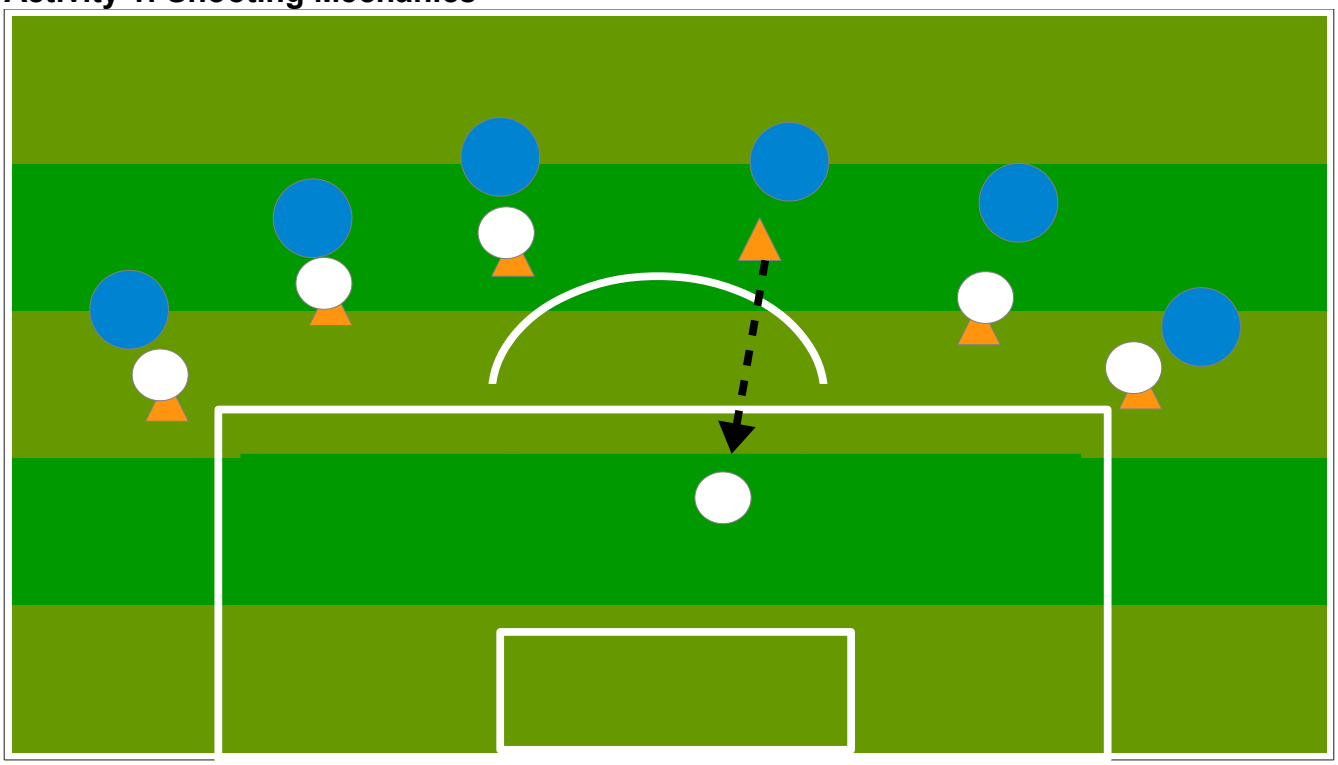
Warm up:
Basic rondo aka monkey in the middle.

Scrimmage:
This session is heavy on technique so if you have time to scrimmage, just let them play.

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 Mechanics



Setup: This activity can done around a goal

Time: 10-15 minutes

Equipment: Cones and balls

Description:
Create an arch of cones around the penalty box and place a ball beside the cone, if you have low cones, you can set the balls on top of them like a foot ball tee.

Be sure to demonstrate proper shooting technique for your players and have them perform the steps without the ball.

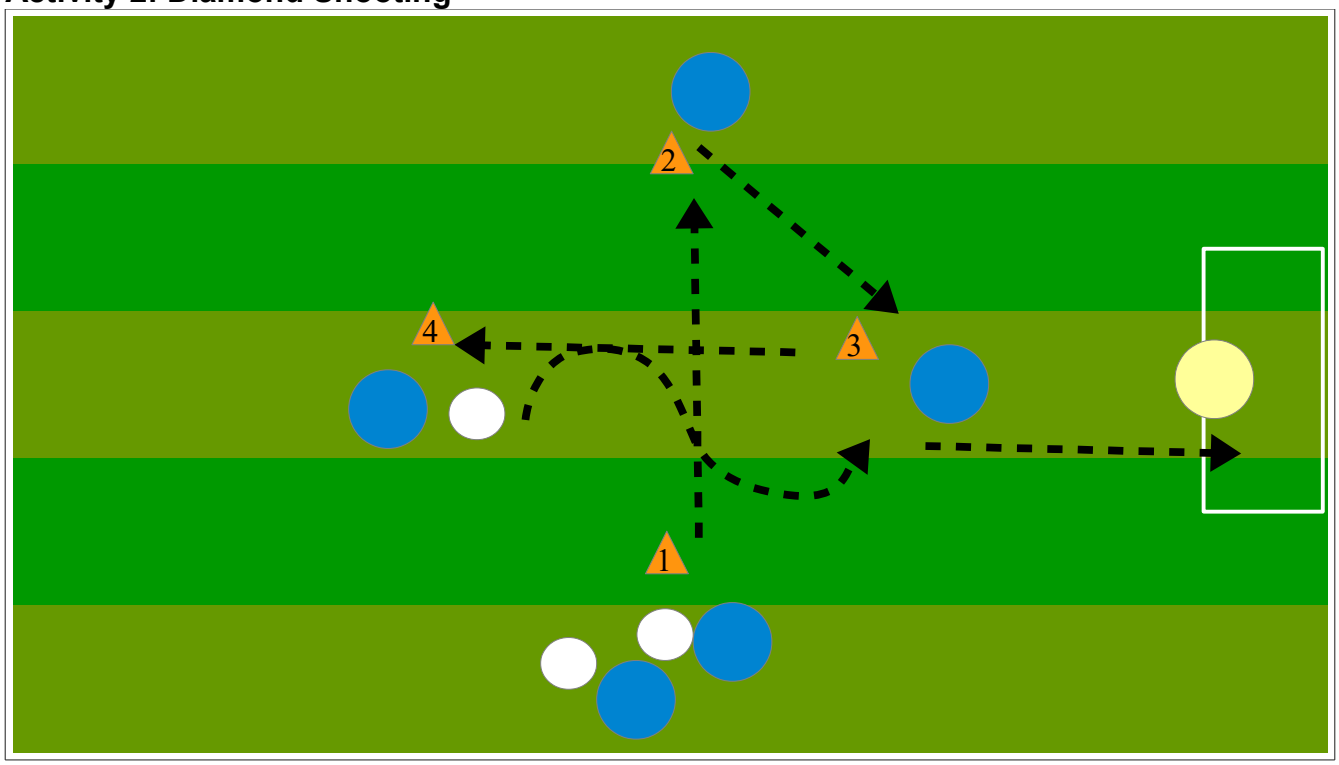
Each player will attempt to shoot the ball into the goal using proper shooting technique. Have the players switch position to different cones each time they shoot.

Using a goal keeper during this activity is not recommended, because it prevents you from have multiple players shooting at once.

Coaching Points:
- Keep your toe down when striking the ball
- Follow through and take a big step after you kick the ball

Progressions:
1. Have the players roll the ball out in front of them so they have to shoot on the run.
2. Have the players start further back.

Activity 2: Diamond Shooting



Setup: Set up a diamond shape in front of a goal. You can set up multiple goal areas for this activity.

Time: 10-15 minutes

Equipment: Cones, balls and a goal.

Description:
Put a player at each cone and one in front of the goal. The rest of the players set up with a ball at cone 1.

Players will always follow their pass.
Player 1 passes to player 2.
Player 2 passes to player 3.
Player 3 passes to player 4.
Player 4 attacks the goal with player 3 defending, and attempts a shot on goal.

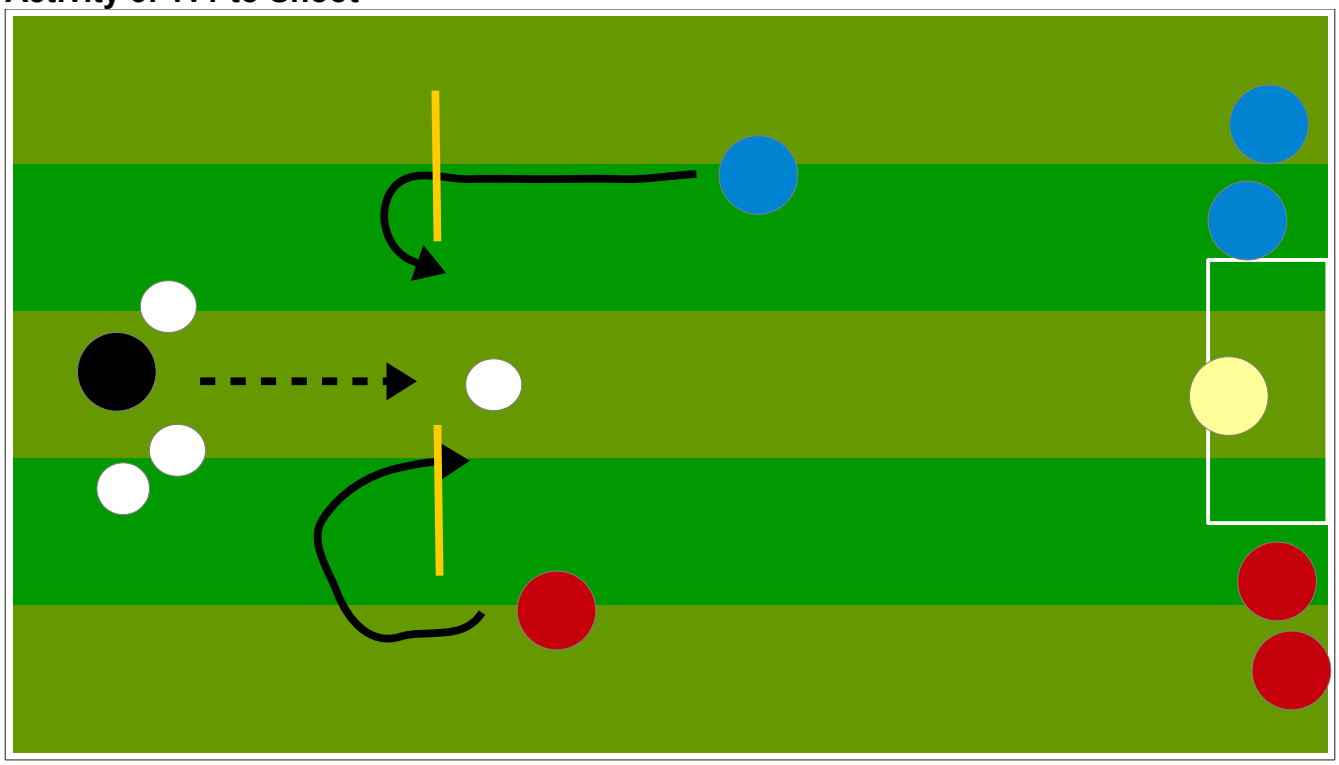
Player 4 takes the keepers spot and the keeper goes to cone 1.

Coaching Points:

- Strong passes.
- Defender remember the ABCs of defending (Attack the ball handler)
- Offensive player beats the defender with quick movement.

Progressions:
If players are struggling to get a shot off, then have the defender move out of the way.

Activity 3: 1v1 to Shoot



Setup: Split the players up into even teams. Put one on each side of the goal posts
Put cones or agility poles 20 yd in front of each goal post.

Time: 10-15 minutes

Equipment: cone/agility poles, a goal and balls

Description:
The coach will set up behind the cones with lots of balls.

When the coach gives the signal, the first players on each team will sprint around the cones and the coach will play a ball between them.

The players will then attempt to win the ball and have a shot on goal. The player that didn't win the ball, goes on defense.

Switch out keepers every couple of rounds.

Coaching Points:

- Point your toe to the ground when shooting
- Keep your head down
- Follow through

Progressions:

1. Play 2v2 where the player that wins the ball has to pass it to their team mate before they can attempt to score.