
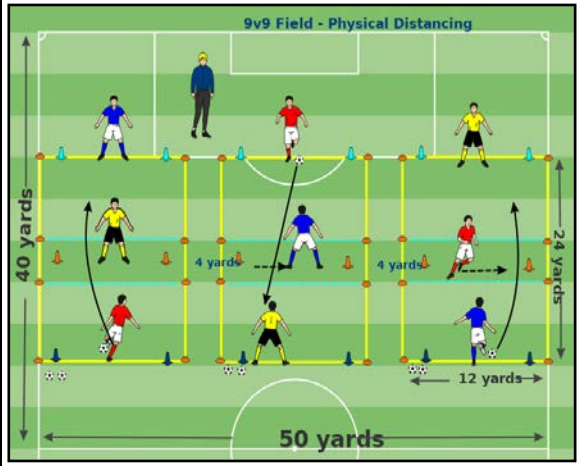


Spring 2020 U11-U12 9V9	PHYSICAL DISTANCING TRAINING SESSION <i>(In accordance with the COVID - 19 Guidelines)</i>						
	GOAL	Improve the Technique of Shooting					
	MOMENT	ATTACKING	DURATION	45	PLAYERS	9	

SKILL ACQUISITION: Shooting - Touch outside the body, Position of the non-kicking foot, Head up to frame the goal, Head down to strike, Surface of the foot to strike with, Surface of the ball to strike, Follow through, Accuracy versus Power.

ACTIVITY 1: SHOOTING THROUGH THE CONES **DURATION: 15 min -- INTERVALS: 3 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

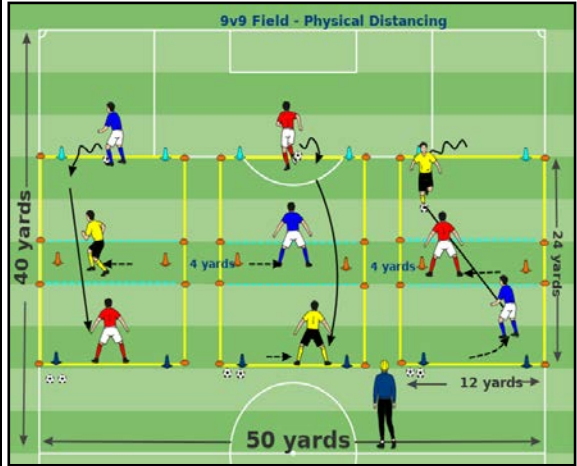
ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end and the middle of the grid within the 4 yard zone as show in the diagram. At the goal in the middle place a blocker (the blocker is not a GK) who can only use the feet to block the shot. Each shooter will strike three standing balls as many times as it is possible in the interval. Rotate the blocker every interval.

KEY WORDS: Approach, Standing foot, Contact.

GUIDED QUESTIONS: 1. How do you approach the ball? 2. Where should the standing foot be to strike the ball? 3. Where do you make contact with the ball?

ANSWERS: 1. Approach it at an angle – 2. About 6 inches to the side of the ball pointing to the target – 3. In the middle of the ball.

ACTIVITY 2: TURN, SHOOT THROUGH CONES 2 **DURATION: 20 min -- INTERVALS: 3 --ACTIVITY: 5 min --REST: 1.5 min**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

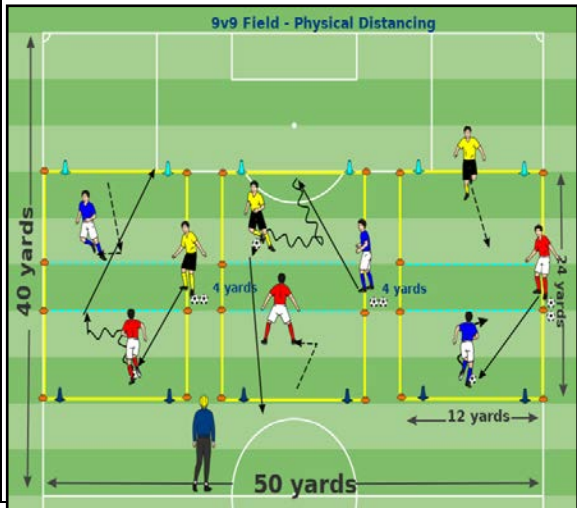
ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end and the middle of the grid within the 4 yard zone as show in the diagram. At the goal in the middle place a blocker (the blocker is not a GK) who can only use the feet to block the shot. Each shooter will turn three times and strike the ball as many times as it is possible in the interval. Rotate the blocker every interval.

KEY WORDS: Eyes, target, Surface, Follow through.

GUIDED QUESTIONS: 1. Where should your eyes be looking when striking the ball? 2. What do you need to do to pick the target? 3. What surfaces of the foot can you use to shoot at goal? 4. Why do we need to follow through?

ANSWERS: 1. At the ball – 2. Look at the goal to frame the goal – 3. The laces, the inside or outside of the foot and the toe – 4. To transfer power to the ball.

ACTIVITY 3: 1v1 SHOOTING **DURATION: 20 min -- INTERVALS: 4 --ACTIVITY: 4 min --REST: 1 min**



OBJECTIVE: To improve the technique of shooting.

PLAYER ACTIONS: Shooting.

ORGANIZATION: In a half field (50Wx40L) create three shooting grids of 12Wx24L with a 7 yard goal at each end with a central 4 yard zone as shown in the diagram. Place two players at each end and one player with three balls as the server. The game starts with the server passing to one of the players, dribbling forward and trying to score in the opponent 's goal. If the defender intercepts the ball, he/she can shoot at the opponent's goal. Switch server every interval.

KEY WORDS: First touch, Move the defender, Strike, Power.

GUIDED QUESTIONS: 1. In what direction should you take your first touch? 2. How do you move the defender if he/she is standing in front of you? 3. What surface of the foot should you use to strike the ball? 4. What do we need to do to put power on the ball?

ANSWERS: 1. Forward toward the central zone – 2. Fake the defender out to send him/her the opposite way – 3. The laces, the inside or outside of the foot and the toe – 4. Follow through.

FIVE ELEMENTS of TRAINING EXERCISE (Game-like in this environment will not be possible)	TRAINING SESSION SELF-REFLECTION QUESTIONS
<p>1. Organized: Is the exercise organized in the right way?</p> <p>2. Repetitions: Are there repetitions when looking at the overall goal of the session?</p> <p>3. Challenging: Are the players being challenged? (Is there the right balance between being successful and unsuccessful?)</p> <p>4. Coaching: Is there the proper coaching based on the age/level of the players?</p>	<p>1. How did you achieve your goals in the training session?</p> <p>2. What did you do well?</p> <p>3. What could you do better?</p>