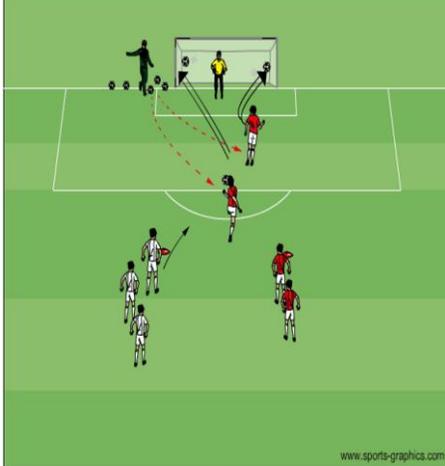
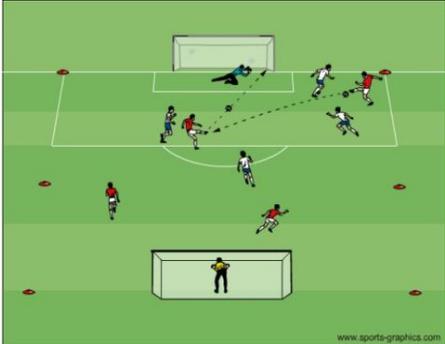


# (U10) -- Week 10

## Topic: Shooting

Technical Warm up	Organization	Coaching Pts.
	<p><b>Numbered Shooting:</b> Two goals with GK's set up about 40 yards apart. Each player with a number is dribbling in defined area between goals. When coach calls a number, that player dribbles out of area and shoots on the goal. Shots should be taken about 10-12 yards out.</p>	<ul style="list-style-type: none"> <li>• Body position and balance</li> <li>• Eye on the ball at moment of contact</li> <li>• Strike ball with ankle locked and hard bone on top of foot</li> <li>• Non-kicking foot directed at target</li> <li>• Strike the center of the ball and follow through towards target landing on shooting foot</li> <li>• Shooting technique of a moving ball</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Small Sided Game	Organization	Coaching Pts.
	<p><b>Power and Fines:</b> Divide your group into 2 teams. Each player will get 2 shots pre round, 1 far and one close. Rules: If the player makes one shot they are safe to round 2. If the player misses both shots-they are out. If the player makes both shots they can choose someone from the other team who then has to make both shots. If this player makes only 1 shot-they are out. If this player makes both shots-the player who picked them is out. Team to have all players knocked out loses.</p>	<ul style="list-style-type: none"> <li>• 2 touch on the far shot, 1 touch on close shot</li> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> <li>• Alternate teams for shooting</li> </ul> <p style="text-align: right;"><b>Time: 15 minutes</b></p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p><b>Blank Out Finishing Game:</b> Two goals with GK's set up about 40 yards apart. Team is divided in two equal sides. All goals are worth 1 point with exception of a one touch goal. Once the one touch goal is scored, that team "blanks out" all the points of the opponent.</p>	<ul style="list-style-type: none"> <li>• Placement vs. power</li> <li>• Quality preparation touch</li> <li>• Finishing rebounds</li> </ul> <p style="text-align: right;"><b>Time: 20 minutes</b></p>
Game	Organization	Coaching Pts.
6v6 Scrimmage	Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.	<ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><b>Time: 30 minutes</b></p>
COOL DOWN	Activities to reduce heart rate, static stretching & review session – <b>Time 10 min.</b>	