

# TRAINING PLAN U-10 FINISHING/SHOOTING

CREATED BY  
Brady  
Duke University

## TECHNICAL WARM-UP

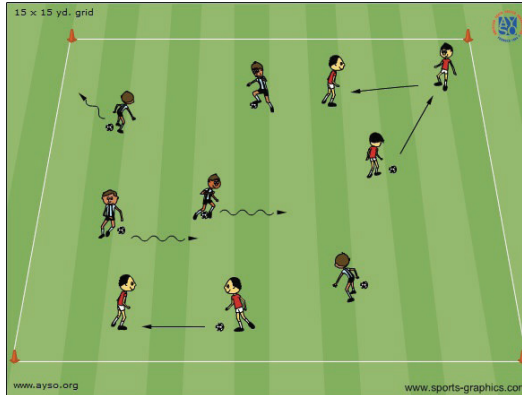


To see this activity in action visit <http://bit.ly/Ye5SY5>

### ORGANIZATION/RULES

- 15x15 grid. 1 ball per player.
- Players dribble through grid performing progression of moves & turns (grey players).
- Drag back turn, toe taps, tick tock, step over, Cruyff turn, rolling ball with soles, fakes.
- > Use all surfaces of both feet.
- > Upon command of "switch" players leave their ball for another player & collect someone else's.
- > Players pair up with 1 ball. 5-10 yards apart, players pass (using inside foot pass) and move throughout grid (red players).

\*\*Diagram shows progression.  
Player leads stretching (light at this age but teach proper form).



### COACHING POINTS

- Players get comfortable moving w/ ball.
- Quality inside foot pass technique: Support foot next to ball (toe should not be past ball) pointed in general direction of target. Lock ankle with toe pointed slightly up.
- Inside of foot should face the general direction of target. Keep eyes on ball.
- Move leg straightforward toward target, ankle locked and toe up.
- Strike at center of ball w/ the inside of the foot.
- Sole of foot should be off the ground with toe pointed slightly up, and perpendicular to ball (form "T" or "L" with feet). Strike through center of ball & follow through in direction of pass.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY I

Individual & Pair Work  
Competition & Teamwork  
2v2 & 3v3

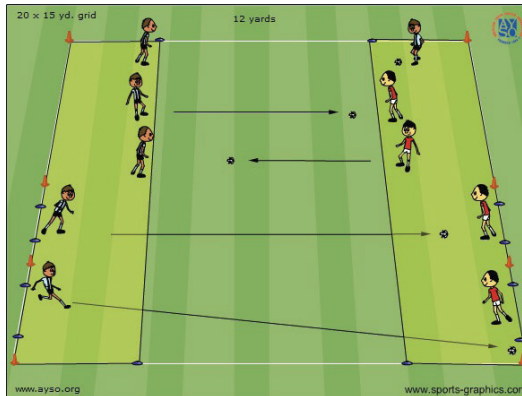


To see this activity in action visit <http://bit.ly/13NvFqj>

### ORGANIZATION/RULES

- 20x15 yard grid. 2 cones to mark approx. 12 yard central zone. Players in pairs on either touch line. Ball per pair.
- Players start w/ side foot passes over 12 yards back and forth.
- > Players move back to end line, approximately 20 yards apart, & start striking the ball using instep kick/drive.
- > Add small goals/gates behind each player to aim at. (Can't be blocked.)
- > See who can score the most goals in set period.
- > Section off goals into corners and middle. Award two points for hitting corners, 1 for center.

\*\*Diagram shows progression.



### COACHING POINTS

- Quality instep drive technique: Body should be over the ball (forward). Eyes on ball.
- Support foot next to ball pointed in general direction of target.
- Lock ankle back and down, toes pointed down and slightly away from standing leg.
- Strike the center of the ball on the instep ("laces" of the shoes).
- Follow through—move leg straight through toward target.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

## ACTIVITY II

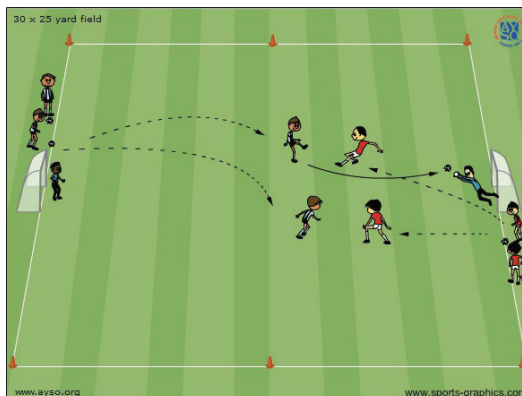
Opposition (attack & defense)  
Directional Play (w/goals or targets)  
Expanded Num. (3v3 to 6v6)  
Most Game Aspects



To see this activity in action visit <http://bit.ly/VcfUYX>

### ORGANIZATION/RULES

- 30x25 field. Balance teams. 2 goals (close to full size for U-10) w/ GKs. Balls start next to posts of both goals.
- 2v2 to goal.
- Team A starts w/ ball & attacks opposite (Team B) goal. If they score they immediately defend against 2 new players from team B who start w/ a ball by their goal post.
- If attacking team shoots wide they defend 2 new opponents. If GK makes a save & keeps ball they continue play. If ball goes out on the sideline it is a throw-in for other team.



### COACHING POINTS

- Quality instep kicks/strikes at goal.
- The 2 players at front of the lines by the goal posts should be ready to attack quickly (this game should be fast & fun).
- Coach players to create space for shots or dribble opponents to go to goal.
- Encourage them w/ the freedom & confidence to shoot!

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL

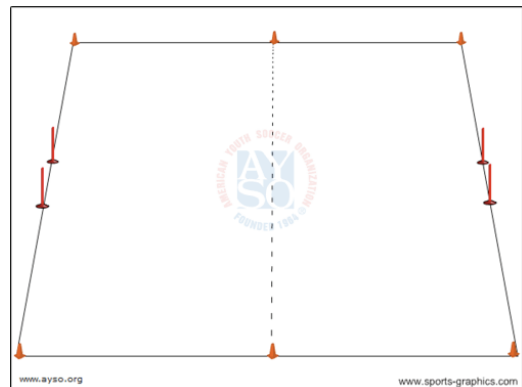
## SMALL-SIDED MATCH

Cool Down/Debrief

### ORGANIZATION/RULES

- Small-sided match with GKs and general rules.
- > Place additional goals/gates on either sideline.

Player leads stretching (light at this age but teach proper form), *brief* review on lesson and any announcements.



### COACHING POINTS

- Emphasize quality shooting and finishing technique but let them play.
- Establish a confident and free learning environment; where players are encouraged to take the shot without fear of missing.

PSYCHOSOCIAL   
PHYSICAL   
TECHNICAL   
TACTICAL