
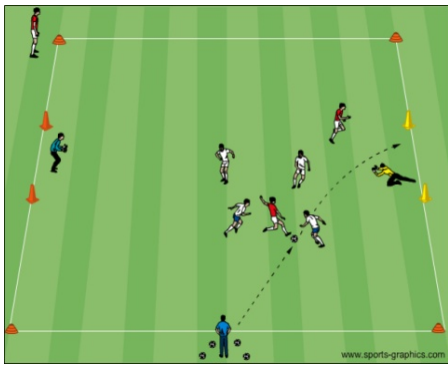
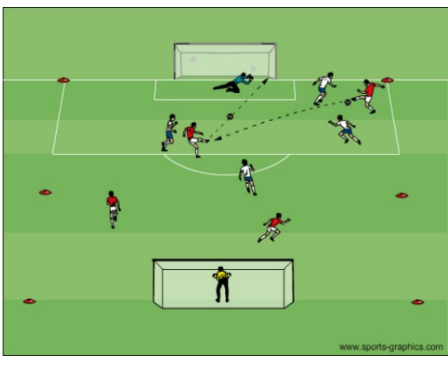


(10U) -- Week 10

Topic: Shooting

Technical Warm up	Organization	Coaching Pts.
	<p>Numbered Shooting: 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"> • Body position and balance • Eye on the ball at moment of contact • Strike ball with ankle locked and hard bone on top of foot • Non-kicking foot directed at target • Strike the center of the ball and follow through towards target landing on shooting foot • Shooting technique of a moving ball <p style="text-align: right;">Time: 15 minutes</p>
	<p>Popcorn (15 min): Two goals with GK's set up about 40 yards apart. Players will be able to compete individually against each other or in teams of 2. Coach will pass a ball; player(s) who obtain possession of the ball may score in either goal. First player (team) that reaches five goals wins.</p>	<ul style="list-style-type: none"> • Proper technique of shooting with the instep and the inside of the foot • Placement vs. power • Quality preparation touch • Finishing rebounds <p style="text-align: right;">Time: 15 minutes</p>
	<p>Blank Out Finishing Game: 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"> • Placement vs. power • Quality preparation touch • Finishing rebounds <p style="text-align: right;">Time: 20 minutes</p>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">7v7 Scrimmage</p>	<p>Play with Goalkeepers in a 45-60 yard long by 35-45 yard wide field.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
<p style="text-align: center;">COOL DOWN</p>	<p style="text-align: center;">Activities to reduce heart rate, static stretching & review session – Time 10 min.</p>	