



Arlington Lesson Plans (3rd & 4th Grade - U9 & U10 Age Groups) - Topic: Shooting & 1 Touch Shooting

Category: Technical: Shooting
Difficulty: Beginner

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Individual-Young Member

Description

Lesson Plans created by Eddie Lima (Arlington Assistant Director of Coaching Education)

Shooting Technique

Shooting Technique:

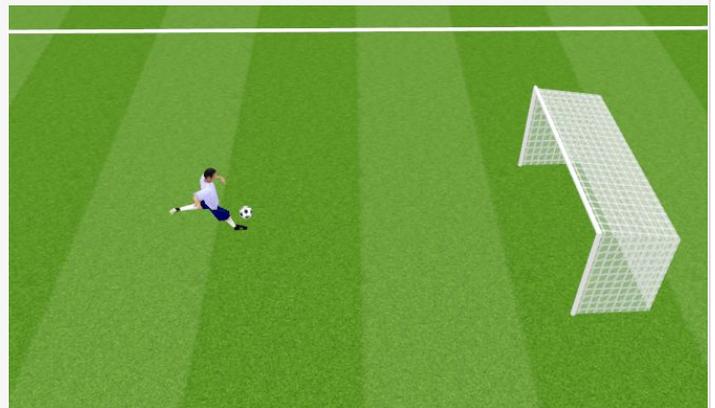
- Look up at the goal before shooting.
- Approach the ball at an angle.
- Plant your non-kick foot next to the ball, pointing your toes toward the goal.
- Bend your non-kick knee and push your arm out for balance.
- Keep your shoulders square and over the ball.
- Take your kicking foot far back and swing it quickly toward the ball.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces.
- Hit the middle of the ball to shoot it straight.
- After making contact with the ball, follow through in kicking motion all the way up.
- Land on the same foot that you used to kick the ball.



1 Touch Shooting Technique

1 Touch Shooting Technique:

- Look up the goalkeeper before shooting and when you are about to kick to the goal, look at the ball.
- Approach the ball at an angle.
- Plant your non-kicking foot next to the ball, pointing your toes toward the goal.
- Open your arms to give you balance.
- Lean your shoulders over the ball.
- Lift the foot before having contact with the ball.
- Point your toes down.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces.
- Hit the middle of the ball to shoot it straight.
- After making contact with the ball, follow through in a kicking motion.
- Land on the same foot that you use to kick the ball.



Warm-up: Small side games (10 mins)

Number of players required: Full U9 or U10 Team

Equipment: many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

Grid requirement: Create 2 grids of 20 X 20 yards marked with cones.

Organization: All players are required to play within the grid.

How the game is played: From 2 to 4 teams will be formed like a regular scrimmage to play "small side games".

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games



Activity: Shooting Target (15 mins)

Number of players required: Full U9 or U10 team

Equipment: Create the line of shooting with cones. Have at least 15 yards between the starting line and the line of shooting. If you do not have regular goals, you can use cones or flags to create the goals. All players should have a ball.

Grid requirement: Create a 40 x 40 grid. All players must play inside the grid.

How the game is played: Divide the players into groups. The players will dribble the ball and shoot before the line (cones). Switch GKs every few minutes or every goal.

Station "1"

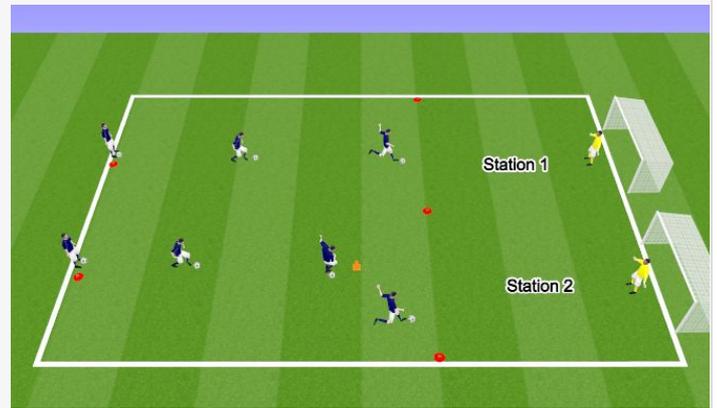
Dribble the ball towards the line of the cones and shoot

Station "2"

Dribble the ball, make a move on the cone and shoot the ball before the line of the cones.

Variations/Progression:

- Move the cones back (long-distance shooting) or closer
- Request the players to use both feet to finish



Activity: 1 Touch Shooting (15 mins)

Number of players required: Full U9 or U10 team

Equipment: Create the line of shooting with cones. Have at least 15 yards between the starting line and the line of shooting. If you do not have regular goals, you can use cones or flags to create the goals. All players should have a ball.

Grid requirement: Create a 40 x 40 grid. All players must play inside the grid.

How the game is played: Divide the players into groups.

Station "3"

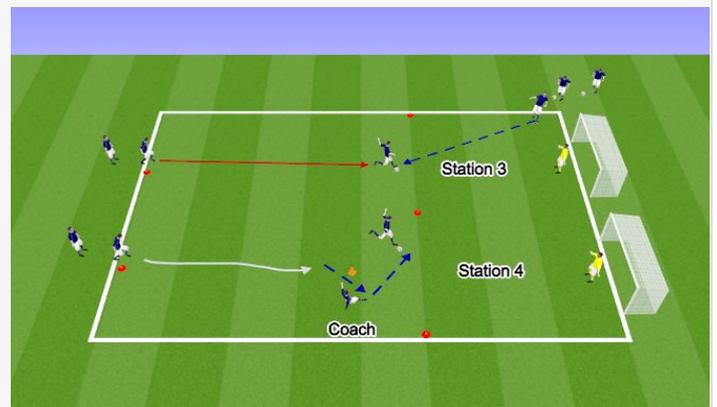
The player facing the goal will run towards the cones. The player on the side of the goal will pass the ball when the player gets closer to the cone. The player that is receiving the ball will kick the ball towards the goal on the "1 touch shooting".

Station "4"

The player facing the goal will dribble the ball towards the cone, pass the ball to the coach/another player, receive the ball back and finish on the "1 touch shooting".

Variations/Progression:

- Move the cones back (long-distance shooting) or closer
- Request the players to use both feet to finish



Match - Scrimmage (20 mins)

Number of players required: Full U9 or U10 Team

Equipment: many soccer balls. For the 2 goals, if you do not have regular goals, you can use cones or flags as goals.

Grid requirement: Create a 40 X 40-yard grid marked with cones.

Organization: All players are required to play within the grid.

How the game is played: Two teams will be formed like a regular scrimmage.

Variations/Progression:

- Competition between the teams
- Implement the topic of the session in the small side games

