



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 used 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 (10 mins)

Grid requirement: Create make grids/groups of players. Give about 5 yards minimum from each line of shots. Create 2 - 3 goals. You can use regular goals, cones, or flags to make the goals.

How the game is played: Organize the players in groups/teams. The players will dribble the ball and take a shot/score before the line.

- From "A" (15 yards from the goal) = 10 goals the group/team must score. After scoring 10 goals they will move to B.
- From "B" (20 yards from the goal) = 5 goals the group/team must score. After scoring 5 goals they will move to C.
- From "C" (25 yards from the goal) = 2 goals the group/team must score. After scoring 2 the first team/group that score the 2 goals, wins. Place the players/GKs in different groups so they do let another team score. Rotate Gks every game.

Variations/Progression: Make the grid smaller and/or longer.

Number of players required: Full U9 or U10 team

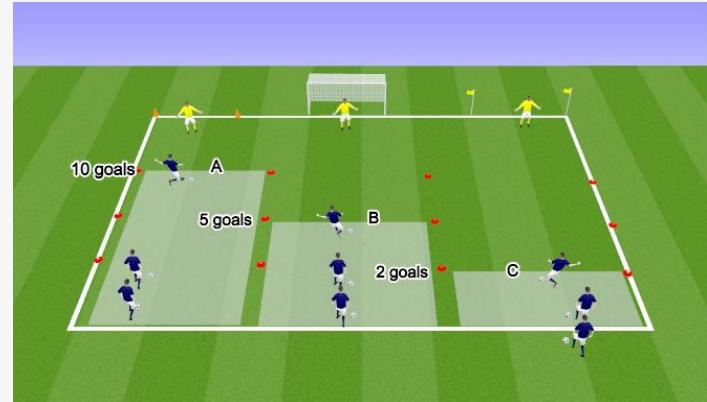
Equipment: 2 cones or flags to create the goal. 2 cones to create the boundaries for shooting.

Grid requirement: Create a 40 x 40 grid. Players are required to play inside the grid.

How the game is played: Create 2 groups. Place them opposite sides from each other with the goal in the middle of the field/grid. The player from one side will dribble the ball, make a move on the cone and take a shot right after the line of cones. After the shot, the player will get his/her own ball and go to the opposite side/line. After the GK finishes the play, he/she will turn to the opposite side, and then the player from the opposite side will do the same (dribble the ball to the line and shot before the line of cones). You can switch GK every goal or after a few minutes.

Variations/Progression: If it is too easy move the cones back. However, if it is too hard move the cones closer for the shot in goal.

Observation: For 1 Touch Shooting a player could be standing next to the goal and have all the balls with him/her. The player could pass the ball to the players to finish on "1 Touch Shooting".



Activity: 1 vs. 1 Shooting Challenge (10 mins)

Number of players required: Full U9 or U10 team

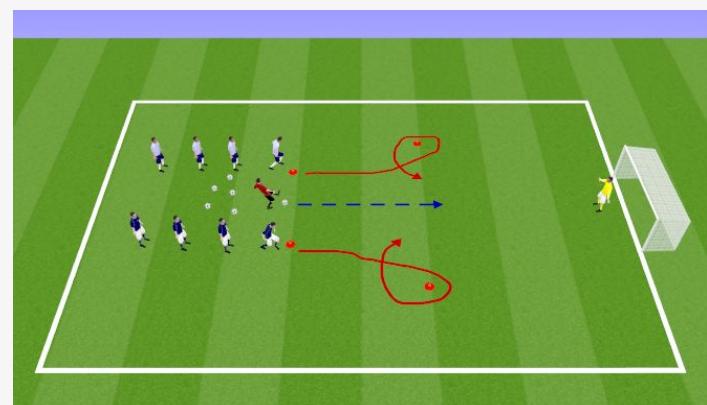
Equipment: 4 cones to create the line, a few soccer balls, and 1 regular goal. If you do not have a regular goal, you can use cones or flags for the goal.

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

How the game is played: Players/Teams will play 1 vs. 1. The players will run towards the second line of the cone before challenging the ball. The coach will pass the ball in the middle and both players will challenge the ball after completing the run. The player that wins the ball will be offense and the player that did not win the ball will be the defender. The offense player will try to score. Switch the GK every play, goal, or every few minutes.

Variations/Progression: 2 vs.2

Observation: For 1 Touch Shooting the coach could request the player to finish on 1 touch.



Activity: 2 vs. 2 Shooting Challenge (10 mins)

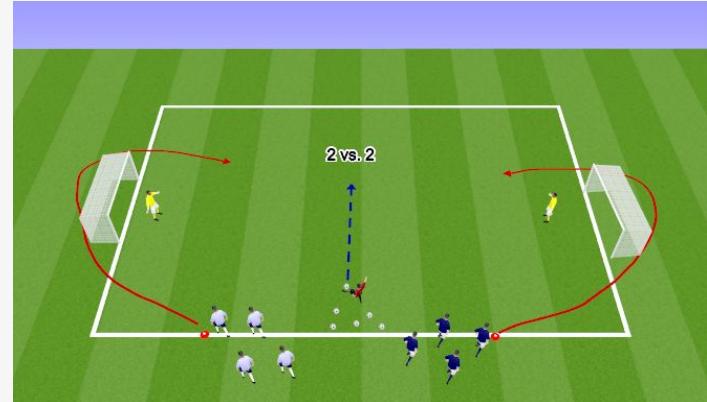
Number of players required: Full U9 or U10 team

Equipment: 2 cones to create the line, a few soccer balls, and 2 regular goals. If you do not have a regular goal you can use cones or flags for the goals.

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

How the game is played: Players will run around their own goal before getting inside the field. The coach will pass the ball in the middle where the players will play 2 vs. 2. The team that gets the ball first will be offense and another team will be defenders. Switch Gk every play, goal, or every few minutes.

Variations/Progression: You can increase the number of players (3 vs. 3 - 4 vs. 4)



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

