



# ASA Lesson Plans (5th & 6th Grade - U11 & U12 Age Groups) - Topic: Shooting & 1 Touch Shooting

**Category:** Technical: Shooting  
**Difficulty:** Moderate

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Individual-Young Member

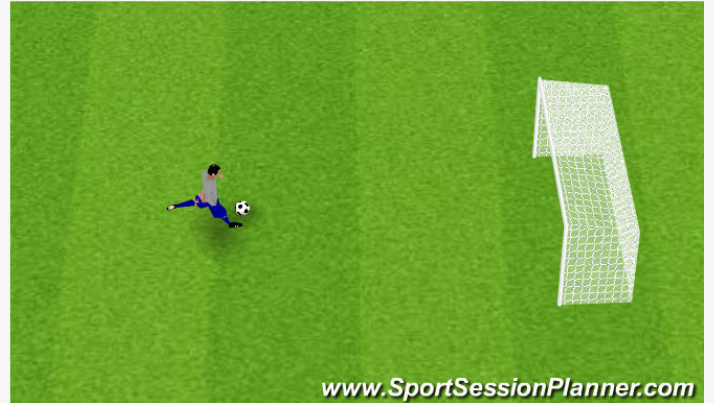
## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

## 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 have 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 U11 or U12 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 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 U11 or U12 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"

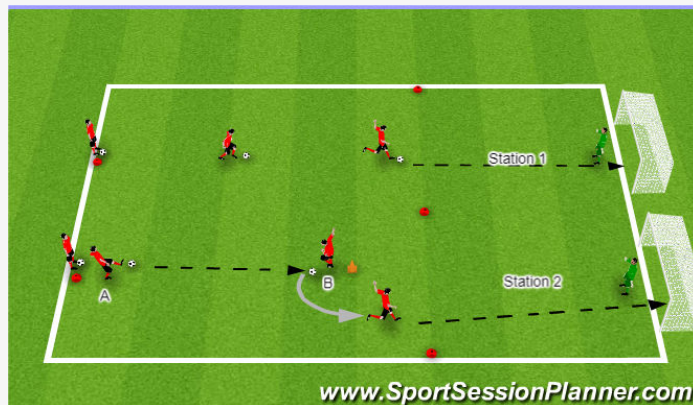
Dribble the ball towards the line of the cones and shoot

### Station "2"

Player "A" passes the ball to the player with the back to the goal (Player "B"). The players "B" will turn with the ball and shot before the line of the red 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 U11 or U12 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"

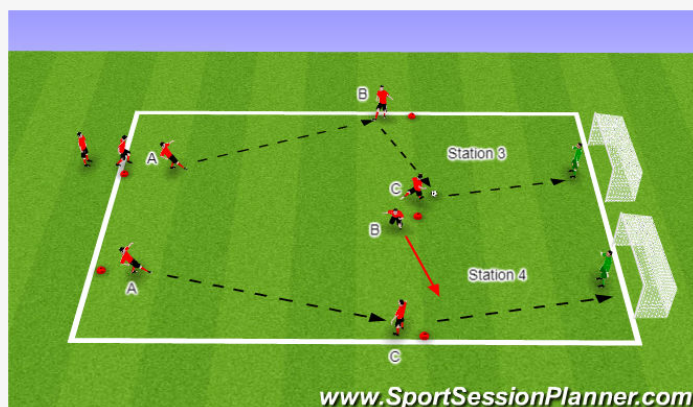
Player "A" will pass the ball to the players "B". Player "B" will receive the ball and pass to the Player "C". Player "C" can control and shot or 1 touch shooting. Players should move from A - B - C - A. Also, they should switch side (shots from the right and left side).

### Station "4"

The Player "A" will pass the ball to the player "C". When Player "A" pass to Player "C", Player B will put pressure on Player "C". Player "C" will try to finish under pressure. Players should move from A - B - C - A. Also, they should switch side (shots from the right and left side).

### 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 U11 or U12 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 regular scrimmage.

### Variations/Progression:

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

