



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

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

Eddie Lima, Bristow, United States of America  
Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

## Shooting Technique

### Shooting Technique:

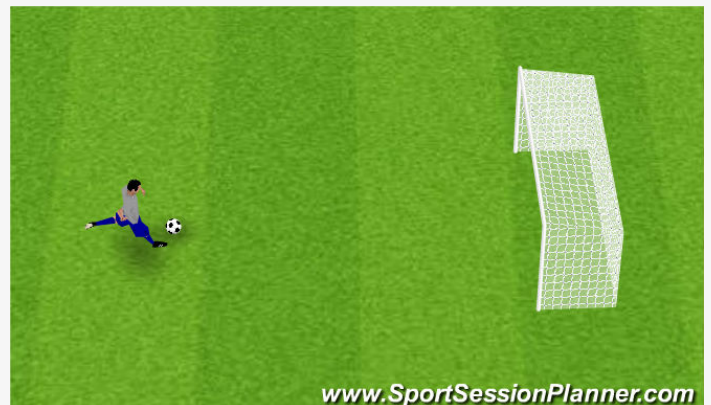
- Look up at the goal before shooting.
- Approach the ball at an angle.
- Plant your non-kick foot next to the ball, pointing your toes toward the goal.
- Bend your non-kick knee and push your arm out for balance.
- Keep your shoulders square and over the ball.
- Take your kicking foot far back and swing 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: 3 vs. 1 Shooting (15 mins)

**Number of players required:** Full U11 or U12 team

**Equipment:** 4 Cones to create the line and goal, cones or flags to create the regular goal.

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

**How the game is played:** Players #2, #3, and #4 (Offense players) will play against #1 (Defender). 3 vs. 1. Rotate players every play (#1 - #2 - #3 - #4 - #1). You can switch the GK every goal, after few minutes or every play (#1 - #2 - #3 - #4 - GK - #1).

**Variations/Progression:** If it is too easy to score, you can switch to 2 vs. 1. If it is too hard to score you can switch to 4 vs. 1

**Observation:** You can request players to finish on "1 Touch Shooting" when he/she receives a pass from a teammate.



## Activity: Numbers Game (15 mins)

**Number of players required:** Full U11 or U12 team

**Equipment:** Cones to create the lines and 2 regular goals. If you do not have regular goals you can use cones or flags.

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

**How the game is played:** 2 teams playing against each other. Each player will have a number. Coach will call the numbers per team and pass the ball in the middle of the field. If the defender wins the ball ... he/she will try to score in another goal. The play ends when the ball goes out of bounce or someone score the goal. You can switch GKs every goal, or after few minutes.

**Variations/Progression:** Call even numbers from both side (example: 2 vs. 2)

**Observation:** You can request players to finish on "1 Touch Shooting" when he/she receives a pass from a teammate.



## 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

