



# ASA Lesson Plans (7th Grade- HS / U13 - HS Age Groups) - Topic: Shooting & 1 Touch Shooting

**Category:** Technical: Shooting  
**Difficulty:** Difficult

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Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

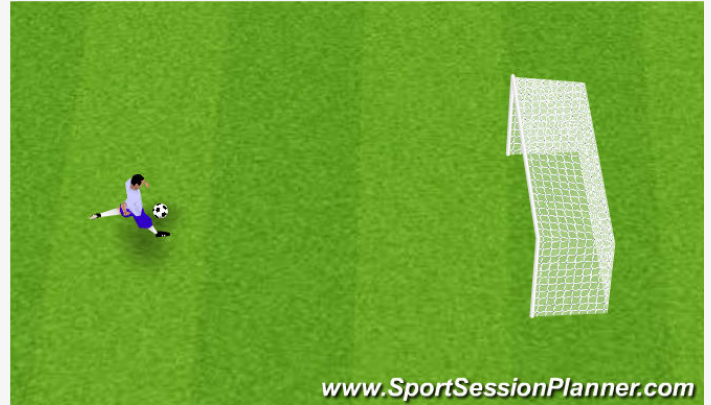
## Shooting Technique

### Shooting Technique:

- Look up at the goalkeeper 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 in the same foot that you kick the ball.

### 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 U13 and older teams

**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: Finishing (angle) (10 mins)

**Number of players required:** Full U13 and older teams

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

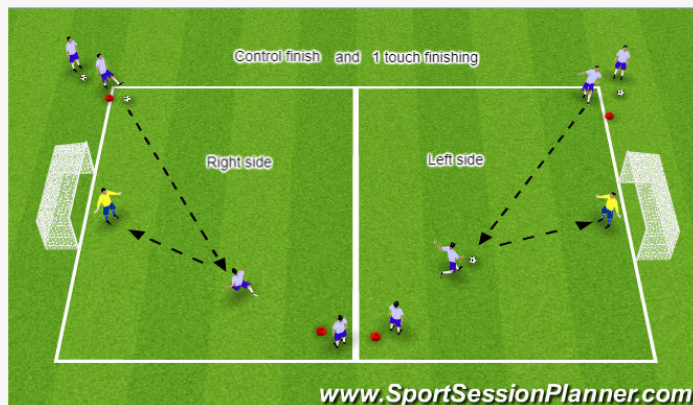
**Grid requirement:** Create a 40 x 40 grid. Players are required to play inside the grid.

**How the game is played:**

- Players on the corner will pass the ball to the players on the cone.
- Players on the cone will run to the ball. They can control and finish or 1 touch finishing.
- After the play, switch lines
- Provide the activity with the ball coming from the left and right side
- If you do not have GK, give them an offer if they score, they can become a GK.

**Variations/Progression:** If it is too hard, control and finish or finish closer to the goal.

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



## Activity: Finishing (Sideways) (10 mins)

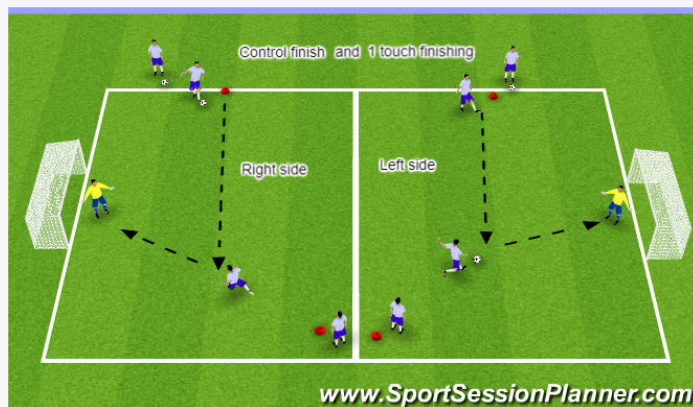
**Number of players required:** Full U13 and older teams

**Equipment:** 2 goals. If you do not have goals you can use 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:**

Same organization and coaching points as the activity before, however, the ball will come from the side.



## Activity: Finishing (coming from the back) (10 mins)

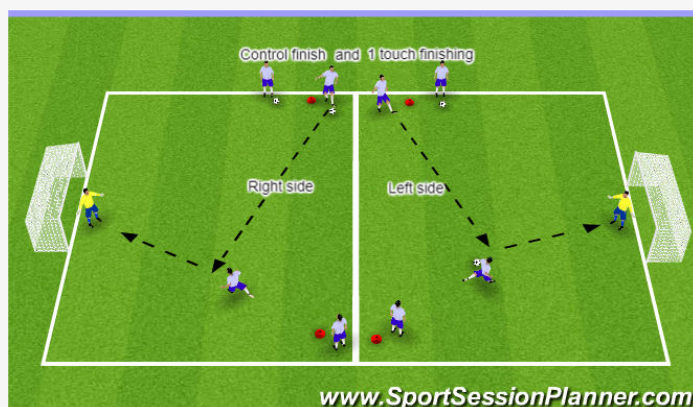
**Number of players required:** Full U13 and older teams

**Equipment:** 2 goals. If you do not have goals you can use 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:**

Same organization and coaching points as the activity before, however, the ball will come from a penetration pass.



## Activity: Finishing under pressure (10 mins)

**Number of players required:** Full U13 and older teams

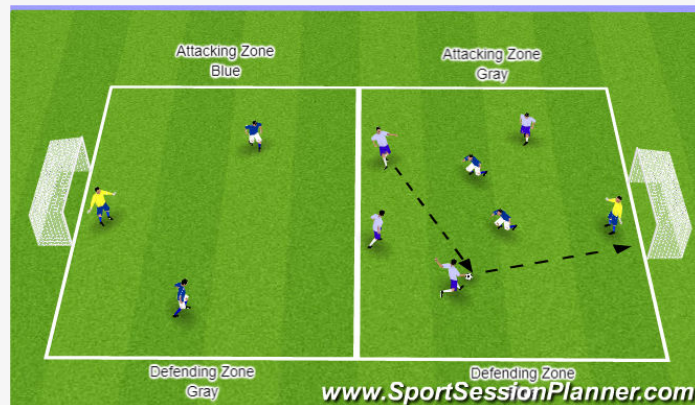
**Equipment:** 2 goals. If you do not have goals you can use cones or flags to create the regular goal.

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

**How the game is played:**

- 4 vs. 4 game. However you can add more numbers per team.
- Divide the field in 2 zones (attacking and defending zones)
- All offense players can attack inside the attacking zone and only 2 defenders can defend inside the defending zone.

**Variations/Progression:** Add the number of players defending or attacking



## Match - Scrimmage (10 mins)

**Number of players required:** Full U13 and older teams

**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

