



# ASA Lesson Plans (7th Grade- HS / U13 - HS 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 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

### 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 (30 mins)

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

**Equipment:** 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:**

The lines #1, #2 and #3 ... all players should have a ball

Player #1 will dribble the ball and shoot at the goal.

After the shot, player #2 and #3 will play 2 vs. 1 against player #1

After completing the play ... #1, #4, and #5 will play 3 vs. 2 against #2, #3.

Switch positions after finishing the sequence: #1 - #2 - #3 - #4 - #5 - #1

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



## Match - Scrimmage (20 mins)

Scrimmage

