



# ASA 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

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## 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 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 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 (both sides) (10 mins)

**Number of players required:** Full U9 or U10 team

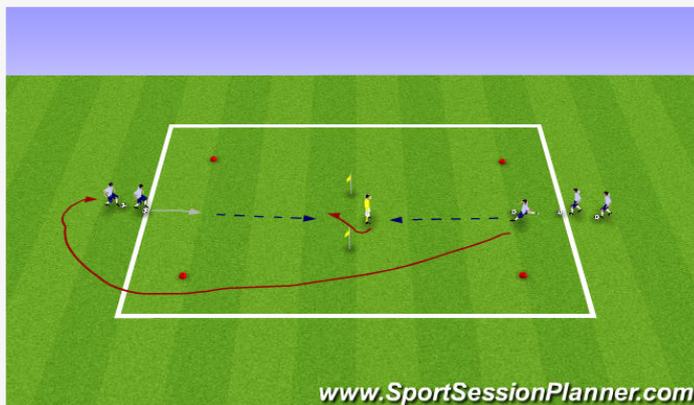
**Equipment:** 2 cones or flags to create the goal. 4 cones to create the boundaries for shooting.

**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 side from each other with the goal in the middle of the field/grid. The player from one side will dribble the ball and take a shot before the line of cones. After the shot the player will get his/her own ball and go to opposite side/line. After the GK finish the play, he/she will turn to opposite side and then the player from 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 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 the coach could standing next to the goal (flag) and have all the balls with him/her. The coach could pass the ball to the players to finish on "1 Touch Shooting"



## Activity: Shooting (Angle Left side) (10 mins)

**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 side 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 opposite side/line. After the GK finish the play, he/she will turn to opposite side and then the player from 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 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 the coach could standing next to the goal and have all the balls with him/her. The coach could pass the ball to the players to finish on "1 Touch Shooting"



## Activity: Shooting (Angle Right side) (10 mins)

**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 side 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 opposite side/line. After the GK finish the play, he/she will turn to opposite side and then the player from 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 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 the coach could standing next to the goal and have all the balls with him/her. The coach could pass the ball to the players to finish on "1 Touch Shooting"



## 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 regular scrimmage.

**Variations/Progression:**

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

