



ACTIVITY PLAN

Age Group: U10

<p>Week 5 Shooting</p> <p>Warm up</p> <p>Objective: To improve general coordination.</p>	<p>Organization: Set up a line of cones as goals about 6 yards apart for the players to shoot through.</p> <p>Position two players about 10-15 yards away from and on opposite sides of the line of cones.</p>	<p>Procedure: Players opposite each other proceed to kick (shoot) the ball through their cone goal, back and forth, working on correct shooting technique. It is important that the players work to perfect their preparation touch and that they strike a moving ball. The players should be using both feet to shoot.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Keep ankle of shooting foot locked with toe down - Non-kicking foot is placed parallel to ball (not behind it or ahead of it) - Strike through the middle of the ball 	
<p>Week 5 Shooting</p> <p>Individual Activity</p> <p>Objective: To improve individual shooting technique.</p>	<p>Organization: Set up a grid 30 yds X 20 yds. With a goal on each end.</p>	<p>Procedure: Coach plays balls into 4-5 players who are competing against each other to get the ball and score in either goal. First to five goals wins. Coach should manipulate service in order that all players are able to have shots and feel some success.</p>	<p>Key Coaching Points:</p> <ul style="list-style-type: none"> - Reinforce the coaching points listed in activity #1 - Give players more opportunities for scoring chances - Encourage a risky mentality to shooting 	



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<p>Week 5 Shooting Small Group Activity <u>Objective:</u> To improve shooting skills under pressure.</p>	<p><u>Organization:</u> 20 x 25 yard grid. Position two goals at each end. Split group into two teams (red and blue). Organize players as shown in diagram</p> <p>Select a goalkeeper for each goal and rotate that player every 5 minutes.</p>	<p><u>Procedure:</u> The coach is positioned at the midfield line, outside the field, with all the soccer balls. When the coach kicks a ball into the field, the first person in each of the four (4) corner lines enters the field to play. The game becomes a 2v2+ GK's. Play continues until the ball goes out of play or a goal is scored. When this happens, the players on the field quickly get back into their original lines, GK's stay on. Continue this process.</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> -Reinforce coaching points listed in activity #1 -Players looking to go to goal quickly 	
<p>Week 5 6 v 6 Small Sided Game <u>Objective:</u> To improve Game Understanding.</p>	<p><u>Organization:</u> 30 x 50 yard area Play a 6 v 6 match</p> <p>2 Goals</p> <p>Size 4 ball</p>	<p><u>Procedure:</u> Free Play!</p>	<p><u>Key Coaching Points:</u></p> <ul style="list-style-type: none"> Summation of all challenges for the players. Stay out of their way and let them play. 	