



Dribbling and Shooting

Category: Technical: Shooting

Skill: U10

Pro-Club: Utah Youth Soccer Association
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Warm Up (15 mins)

Set Up: Set up 2-3 grids with about 4-5 players in each line. Grid will be between 15-20 yards long and 5-8 yards wide. Each player will have a ball. On coaches command players will dribble from one side of the grid to the next following the coaches command. Once the player in front gets half way (blue cones) the next player starts.

Commands:

-Right foot small touches (keep the ball within 1 foot of you and move it slowly with a tone of touches)

-Left foot

-Right foot inside outside

-Left foot

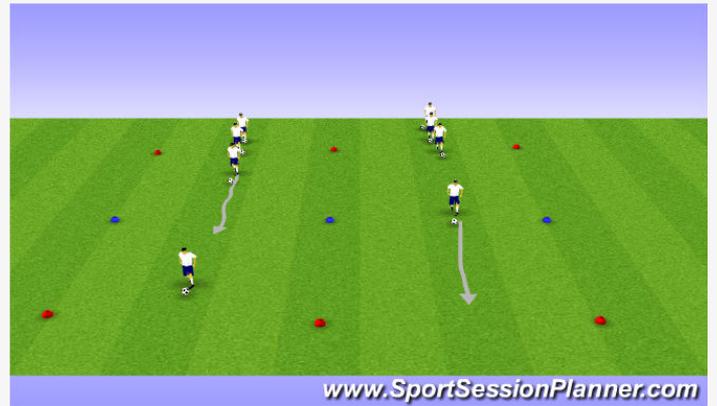
-Right foot roll over

-Left foot

-Roll stop, switching feet

-Speed dribble (close and under control)

Coaching Points: Ball is always close, find positives and success. Don't try to coach too much, it's warm up and they are just trying to get as many touches as possible.

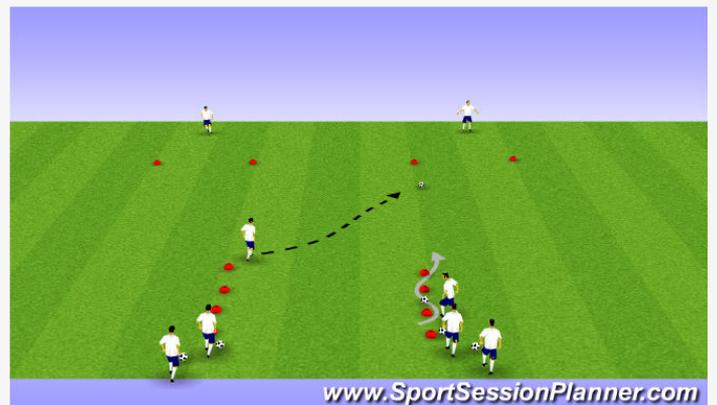


Extended Warm up (15 mins)

Set Up: 2 sets of cones creating Goals. 2 Lines about 15 yards away with 4-5 in each. 4 set of cones for dribbling through. Start with the group on the left. The first person will dribble through the cones and then try to strike their ball through the goal on the right sides. As soon as the shot is taken the first person on the right starts and will then shoot with his left foot the opposite side. The person behind the goal will receive the ball and dribble it back. The person that shoots will then follow his shot and be ready to receive next.

Changes: Start out shooting with the inside of your foot, then move into laces but focus on all low shots on the ground. Rather than going across, go straight, and create a race out of it. First team to get 10 goals wins. If we have keepers put them in and make the goal bigger.

Coaching Points: Body positioning, and what part of the foot we are striking with. Focus on a locked ankle and a good follow through. Follow shots as soon as it leaves our foot.

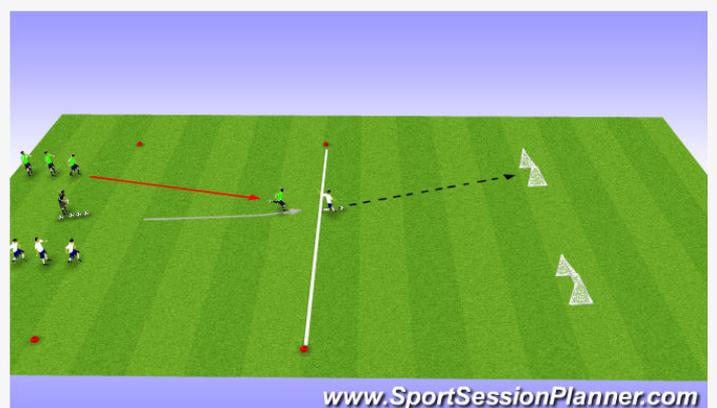


Exercise 1 (15 mins)

Set Up: 2 Goals about 25-30 yards away. Two lines opposite of the goals. Coach with all the balls between the two lines. Defensive line is 3-5 yards behind the start of the offensive group "Advantage Dog Wars". Coach tosses the ball out, white team start on offense, the player must receive it dribble into the shooting area and take the first available shoot.

Changes: If you have a GK pull out the mini goals and go to only one goal in the middle.

Coaching Points: Speed of our dribble, quickness of our shot, and our ability to hit the target.



Exercise 2 (15 mins)

Set Up: 20x30 yard grid. Set 2 small goals on one side, or set up one full size goal with a GK. Players will play in a grid 20x20 about 10 yards away from the goals. Play 3v3 or 4v4, create 3-4 teams. The coach will toss a ball in play, if a team can create 3 passes or if one player beats another 1v1 that team can then shoot. If that team scores they stay, if they miss they switch and hope off. Coaching Points: Take your open opportunities to shoot. Dont be afraid to take on a player, to create a shooting chance. Dont fear missing.

