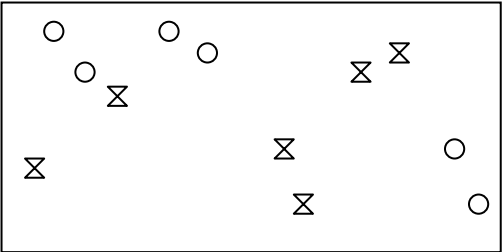
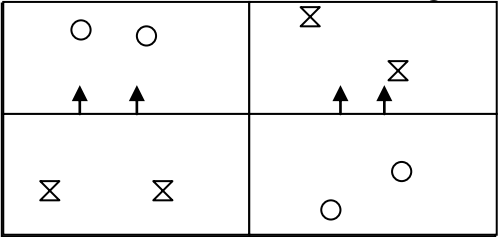
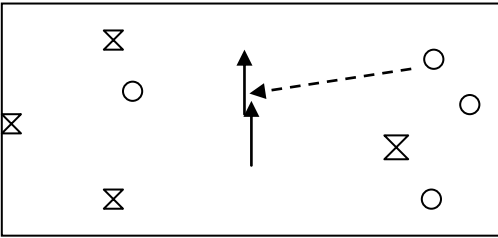
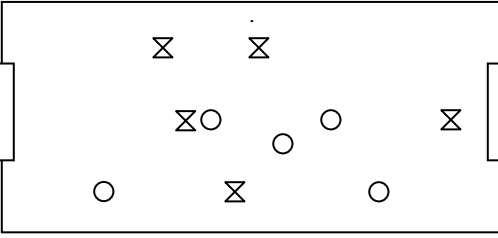


# Shooting

## U10 intro to shooting

<p>• <b>Fundamentals ( Warm up)</b></p> 	<p style="text-align: center;"><b><u>Organization</u></b></p> <p><b>Dribbling and Shooting</b></p> <ul style="list-style-type: none"> <li>• 30 x 30</li> <li>• 3 Groups</li> <li>• Players dribble and shoot at GKs</li> <li>• Pass-shot, Power-shot</li> </ul>	<p style="text-align: center;"><b><u>Coaching Points</u></b></p> <ul style="list-style-type: none"> <li>• Prep Touch</li> <li>• Body composition- muscles firm, foot next to ball, nose over ball, balanced</li> <li>• Follow through – step after ball</li> <li>• Accuracy of shot</li> </ul>
<p style="text-align: center;"><b>Match Related Activity</b></p> 	<p style="text-align: center;"><b>Shooting between Flags</b></p> <ul style="list-style-type: none"> <li>• Square grid (10 x 20)</li> <li>• Groups of 4</li> <li>• Players work on shooting patterns</li> <li>• Pass-prep touch-shot</li> <li>• Pass-turn-shot</li> </ul>	<ul style="list-style-type: none"> <li>• Prep touch out from feet</li> <li>• Technique of shot</li> <li>• Accuracy of shot</li> </ul>
<p style="text-align: center;"><b>Match Related Activity</b></p>  <p style="text-align: center;">Coach with supply of balls</p>	<p style="text-align: center;"><b>Keep away-shooting</b></p> <ul style="list-style-type: none"> <li>• 20x 30</li> <li>• 3v1+1v3 to goal</li> <li>• Rotate Defenders</li> <li>• Move to 4v2+2v4 with restriction of all players need to be in same half</li> <li>• Add GKs if needed</li> </ul>	<ul style="list-style-type: none"> <li>• Find quality shooting opportunities</li> <li>• Prep touch</li> <li>• Technique of shot</li> <li>• Accuracy of shot</li> <li>• Shot selection (pass or power)</li> </ul>
<p style="text-align: center;"><b>Game Condition Activity</b></p> 	<p style="text-align: center;"><b>Game</b></p> <ul style="list-style-type: none"> <li>• 40x60.</li> <li>• 6v6 + Gks</li> </ul>	<ul style="list-style-type: none"> <li>• Observe the players comfort level on the ball</li> <li>• Finding quality shooting opportunities</li> <li>• Shot Selection</li> </ul>