



Interactive Session Plan™



Coach Ryan Puntiri

Session date Week 3

Team/Age Group U12s

Theme Shooting

Time available

1.5 Hours



NOTES

Ball Mastery Warm Up, Shooting Technique: Placement of foot not striking the ball, keeping toe down, lock ankle, preparation touch, follow through: Refer to striking the ball explanation on information page

Sit Down Juggles w/Partner: One player is sitting on the ground with non striking foot extended, and striking foot slightly bent

Partner is standing over their striking foot with a ball in their hand

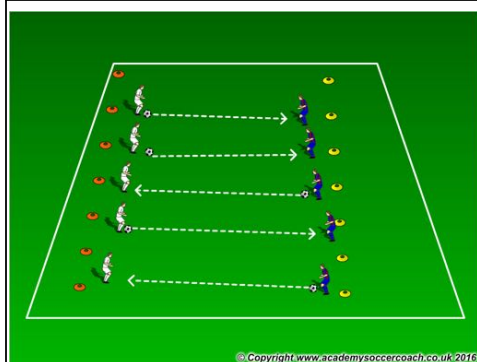
Player with ball drops the ball down softly to the players striking foot

Player on the ground tries to pop the ball up to their hands, keeping their ankle locked

One player does 5 with both feet, then switch

Challenge players to perform sit-down juggles on their own, trying to use both feet

Coaching: Remind players who are popping the ball up to just meet the ball, it is not a hard swing



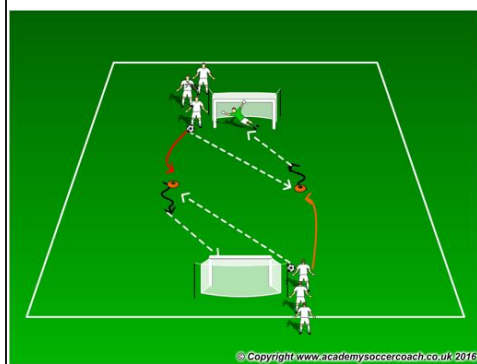
Partner Striking, Preparation Touch (10 Minutes)

Set up a 15X20 yard grid. Players will dribble around freely. When you say preparation, players should take a touch and prepare the ball as if they were going to strike it.

After players have worked on preparation touch, divide the group into pairs, players should be 15-20 yards apart. Have players take a preparation touch and strike the ball to their partner.

Players should receive the ball, then prepare it before they strike it back to their partner. The picture is partner striking. Preparation touch should be worked into dribbling warm-up.

Coaching: Remind players that their preparation touch should be at a 45 degree angle away from their body. In other words not straight in front of them and not totally beside them.

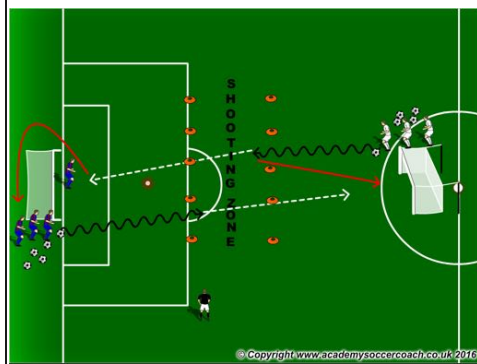


2 Goal Shooting (15 Minutes)

Have 2 goals facing each other about 30-35 yards apart. Players should line up at opposite posts facing each other. Instruct players to take 1 or 2 dribbles and pass the ball across to the oncoming player. Player needs to collect the ball, take a preparation touch and strike on goal, staying at the line they took a shot at.

Progression: Players follow the directions above, but now when they receive it they must turn towards the goal they came from and shoot.

Coaching: Placing cones as a visual guide where to pass the ball really helps players to make the correct pass. This also helps when you move to the progression, as it keeps them from turning and shooting right in front of the goal. Make players go to the cone meet the ball and turn. Challenge players to take a touch to turn, prepare and shoot.



Greatest Game (20 Minutes)

Exact same set up as above. This time walk off 18-20 yards from the goal, make a line straight across. From there walk off 5 more yards and make another line across (shooting zone). After you walk off the 5 yards count off another 18-20 yards and place the goal there.

Start off with one side putting a goalie in the net. Opposite side player now dribbles towards the shooting zone, and once in takes a shot at goal. After they strike the ball, they must retreat and cover the goal they just came from. The player in front of the other line takes off as soon as the oncoming player strike the ball. After they shoot in the shooting zone, they must retreat.

Coaching: Stress to players that when they enter the shooting zone to take a preparation touch and shoot while in the shooting zone

3V3 Continuous See Small Games Session Plan

Scrimmage 6v6