



## 12/10 U9 DDP Boys, Shooting

**Category:** Tactical: Attacking principles

**Difficulty:** Beginner | Start Time: 10-Dec-2014 05:30h

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Individual-Adult Member

### Description

Working on combinations that lead to shooting. Stressing the importance of bringing the ball back from a 1v1 situation in a corner.

### SSG (15 mins)

**Set up:** Use cones or pugs to create small sided field

**Instructions:** 4v4 or 5v5 small sided games. Minimal or no coaching

**Coaching points:**

\*Coach some of the factors that we will be working on



### Technical training (25 mins)

**Set up:** As shown in pairs, about 10y apart.

**Instructions:** Do the following moves when you reach the top cone:

\*Step-over

\*U-turn

\*Pull back

Make sure you do the exercise with both feet

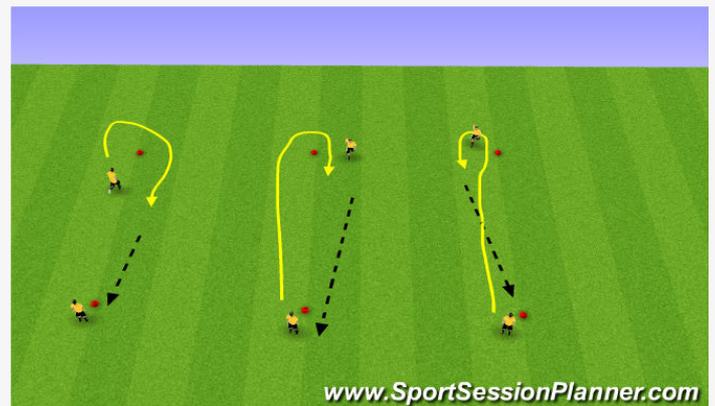
**Coaching points:**

\*Doing the correct move

\*Try to do it with pace and make sure the move is fluid

\*Correct passing technique

\*On toes when receiving



### Expanded game (30 mins)

**Set up:** Use 2 goals as shown. Set up an equal amount of players on both sides of the drill, to ensure continuity.

**Instructions:** As shown above, there are 3 stations (A, B & C).

Player 1 dribbles to player B, as to simulate a 1v1. Before player A gets to player B, he passes to player C. A then goes around B and gets the ball back from C. Then he dribbles to the cones, picks one of the 3 moves worked on, and sets up player C for a shot. Player A, becomes B, B becomes C, and C goes around the goal to the opposite line. Make sure to work both feet.

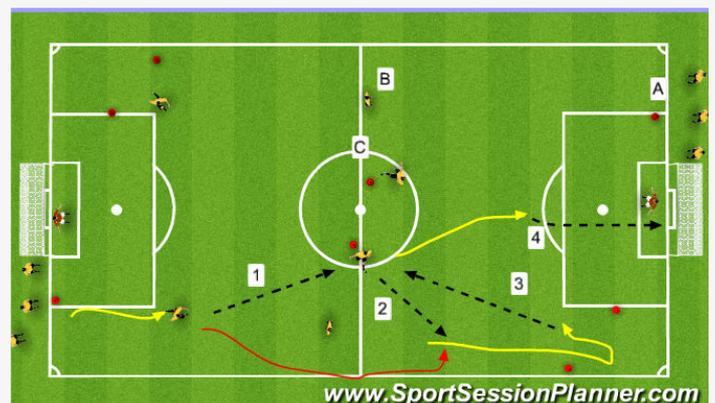
**Coaching points:**

\*Good technique, dribbling at pace

\*Good passing techniques, playing 2 touch and into space

\*Picking the correct move to bring the ball back to center.

\*Finishing on goal



## 6v6 SSG (15 mins)

6v6 game to end session. Coach all points above.

