

# Shooting-U11/12



## Station 1—Warm-up against wall & with partner

**Organization:** all players with a ball, strike it against the wall.

### **Coaching points:**

- Strike with laces in middle of ball
- Keep feet moving to adjust
- Body over the ball
- Toe down, ankle locked
- Both feet

### **Progression**

\*Add a partner. One passes or rolls the ball to partner to strike back. Switch roles.

\*3 players form a triangle with 2 balls. Center player strikes back to each side working on both feet.

\*Have the players in front of the goal. Send ball from behind them, so they have to adjust to shoot.

## Station 2—1 v 1 or 2 v 1 for shot

**Organization:** Attacker has the ball at his/her feet to take on the defender 1 v 1 for a shot on goal. 15 yd. Grid before the goal. Beat the defender out of grid for a shot.

### **Coaching points:**

- Take the player on—go to goal
- Make a move or combine with a partner
- Shoot when even or behind the defender

### **Progression**

\*Add another player for 2 v 1 to combine with. 2 v 1 may create more chances to shoot.

\*Have attacker with back to goal. Play ball in, so he/she must turn to shoot.

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## Station 3 - 2 v 2 v 2

**Organization:** 3 Teams of two players. All groups play together and all try to score at either goal. Coach sends balls in quickly so there are lots of scoring opportunities. Teams count the number of goals made.

### **Coaching points**

- Decision—shoot early or pass to partner for a better shot
- Play quickly—high pressure
- Good, quality shots. Keep it low.

## Station 4 - *Steal the Bacon*

**Organization:** Coach divides the team into two groups and assigns a number to each player. Teams line up along opposite sidelines. Coach calls a number and those players come out to play against each other in the middle. Players on the outside act as a wall and can be used for passes. Middle players can score at either goal. Coach can call as many numbers as he/she likes in a turn.

### **Coaching points**

- Decision—when to shoot (even or behind)
- Play quickly
- Use other players to keep possession of ball
- Good, quality shot

### **Progression (s)**

Call all numbers and teams can play 5 v 5 in the area. (Transition to a game.)