



Cooperative Training Program Weekly Session Plan

Quakers Hill – Age Group: U11's – Week 8

Focus: Shooting

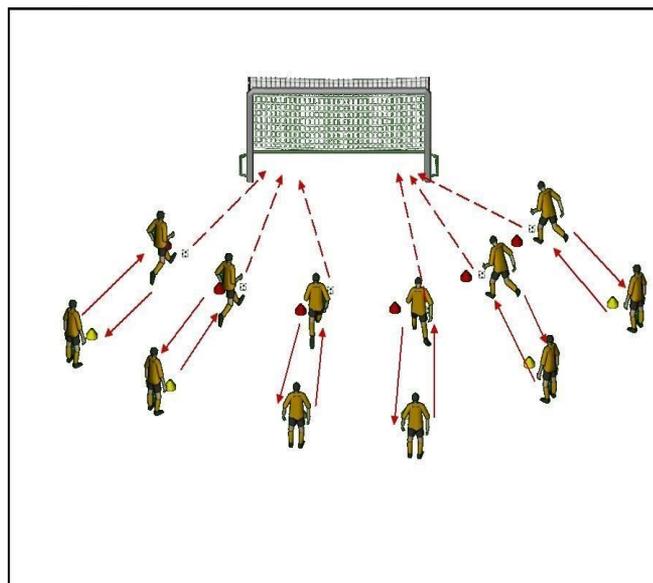
All shoot in goal

Set up a semicircle with cones or pancakes in front of the goal at 10m distance. Position each player next to a cone with a ball (on the ground) facing the goal from every angle.

Players will shoot all at the same time, then collect their balls, reposition it back on their spot and get ready for the next shot.

Coaching points:

- ✓ Non-kicking foot plants next to the ball, kicking leg sharp knee bend, toes pointed ankle locked and contact centre of the ball, follow through.
- ✓ Different shooting technique can be applied: Laces, inside, outside, lifted drive.
- ✓ Ensure both feet are used to shoot.



Dribble and shoot

Players will start one side, dribble through the channel, take their final touch 10m away from the goal in front of them and take a shot at goal. They will collect the ball and head towards the opposite goal, dribbling along the channel on the other side.

Coaching Points:

- ✓ Dribbling / Running with the ball technique
- ✓ Last touch and final steps before taking a shot (to position and balance their bodies correctly).

Progression 1

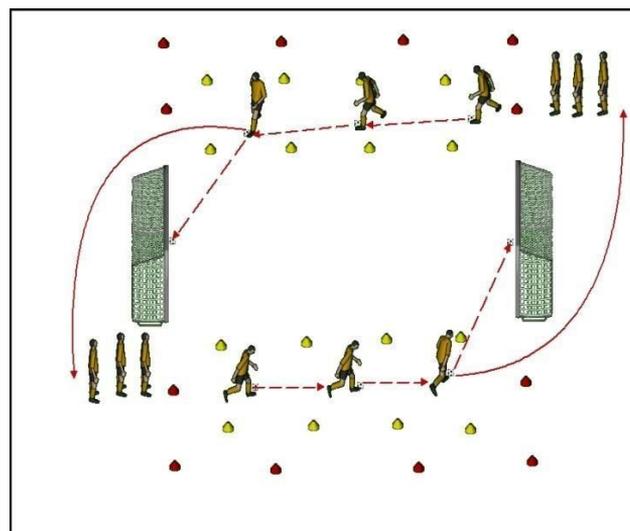
- ✓ Weaker foot only to shoot

Progression 2

- ✓ Inside bend into furthest corner away from goalkeeper

Progression 3

- ✓ Feeder at the end pass ball into them to serve for volley/header



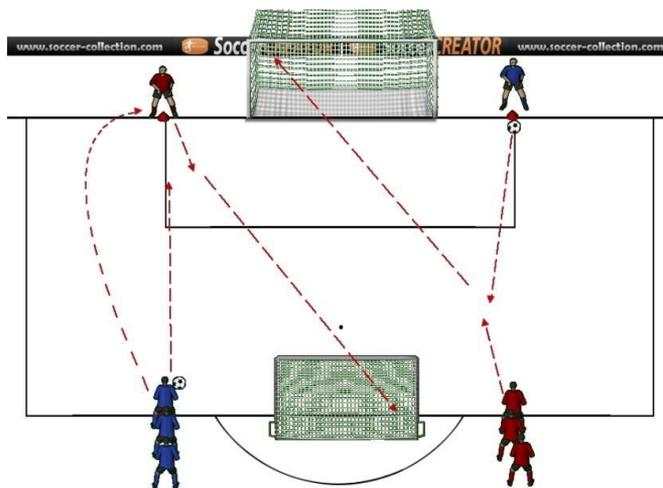


Shooting pressured:

Set-up in a penalty box, using 2 large goals either side. 4 cones for players to divide onto evenly. The ball is passed across to the opposite player who takes a touch before striking the ball with their laces into the goal. The other side shoot into the opposite goal. Once the shot is taken, they follow their pass to the "serving line". This can be progressed to following the pass to put the player shooting under pressure, switching to use weaker foot only. All shooting variations can be applied.

Coaching Points:

- ✓ Inside foot pass
- ✓ Striking the ball with laces
- ✓ Defender shut-down fast
- ✓ Soft first touch towards goal



Restarts – Corners & Goal kicks (Attack)

Gameplay must be stopped once the ball leaves the field of play through one of the sidelines or the goal line. A Corner is awarded to a team if the ball is kicked or deflected over the goal-line by the defending team. Therefore the ball must be placed at the corner of the field to be passed into the field by the attacking team. A Goalkick is awarded after an attacking team takes a shot or the ball is deflected and the ball leaves the field over the goal-line.

Coaching points:

- ✓ Ensure all players have an equal share of corners and goalkicks.
- ✓ Always ask players to use the inside of their foot when performing a corner or goalkick.
- ✓ Emphasise the need to pass to a player who is in a freespace.
- ✓ Ask outfield players to move into a free space near the goal to receive a pass from the corner to shoot.
- ✓ 1 player from the attacking team must be back to cover any counter attacks.

