

Soccer Coach Canada Practice Plans



U-10 Shooting Practice Plan

Coaches Tip: Teach proper shooting technique: 1. Take a look at your target. 2. Head down-eye on the ball. 3. Plant non-striking foot next to the ball. 4. Approach ball slightly from the side. 5. Strike ball with your laces. 6. Keep the knee of the kicking leg over the ball. 6. Follow through.

Warm Up: Shoot and Catch

Objective: Warm up, work on shooting technique and accuracy, goalkeeper warm-up

Set up: 3 teams of 4, each with a goalkeeper, 3 goals side by side. A cone 15' from goal and another cone about 50' from goal.

Rules: Player at front of line shoots to the goal and ball must be caught by keeper. Keep shooting until ball is caught. After ball is caught player receives ball back from goalkeeper and dribbles around cone 50' away and returns to team line. As soon as all players have accomplished this they sit down. First team to finish wins. Repeat 3 times at least.

Game: Shoot For Freedom (U-10 to U-16)

Objective: Improve shooting accuracy

Set up: Divide your team into two teams of 6. Designate a goalkeeper for each team. Set up 2 stationary shooting areas with cones 10' from the goal and 20' from the goal. Also set a cone where the player must stand behind (approx 20' from goal) to await for the ball to be rolled out to them by the coach.

How to play: The 1st player on each team will take the first and second shots and for the third shot a coach will roll a ball out to the player to "one-time" towards the goal. Each player has 10 seconds to shoot all 3 balls from the time the coach yells "go".

- If a player scores no goals they go directly to their Team Jail
- If a player scores one goal they remain in the game and go to the back of the line
- If a player scores two goals one player from your Team Jail is released and can rejoin the game.
- If a player scores three goals all players in your Team Jail are released and can rejoin the game.

Summary: A winner is determined if all of one of the team's players are in Jail at the same time or after 15 minutes the team with the fewest players in Jail is the winner.

Scrimmage: Play 4 vs 4 without goalkeepers. 40' x 30' area. As soon as you cross midfield you have 3 touches before you must take a shot at the net.

Cool Down: Jog around the pitch and finish with stretches-head to toe.