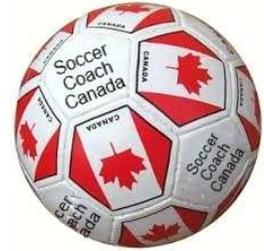


Soccer Coach Canada Practice Plans



U-12 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.

Dynamic Stretching: Lunges, open lunges, high knees, 3 steps and touch toes. Do all of these exercises while progressing 20' forwards and then back.

Warm Up: Hit the Crossbar

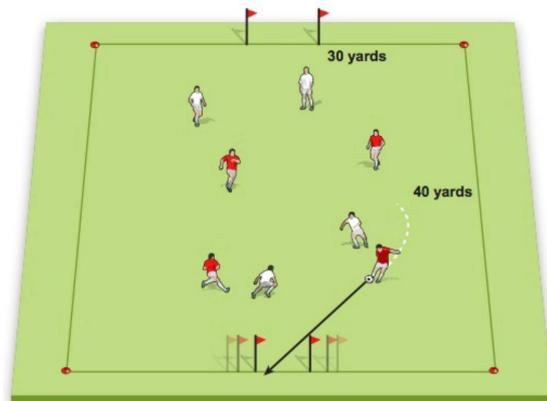
Objective: Warm up, work on shooting technique and accuracy-focussing on target

Set up: Partner up with one ball. Divide team so half are using one goal and the other half using the other goal. One player stands with ball 30' in front of goal and their partner 30' behind goal.

Rules: Each team has 5 minutes to score as many points as possible. Every time a player strikes the crossbar they receive 1 point. After 5 minutes the team with the most points wins.

Summary: With all of the ball chasing and shooting the players will be nicely warmed up after 5 minutes.

Game: The Shrinking Net (U-8 to U-14)



Objective: Improve shooting accuracy.

Creates a close-down to the wire scrimmage.

Set up: play 4v4 up to 7v7 on a normal small-sided pitch about (about 30 yards wide by 40 yards long for 12 year olds) with pole or cone goals at both ends.!

How to play: when a team scores, the goal they are shooting at shrinks (by moving the poles or cones) about 1'.

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.