



# PLAY – STRIKING AT GOAL (U9 – U12)

## Focus: Improve players ability to strike at goal

### Explanation

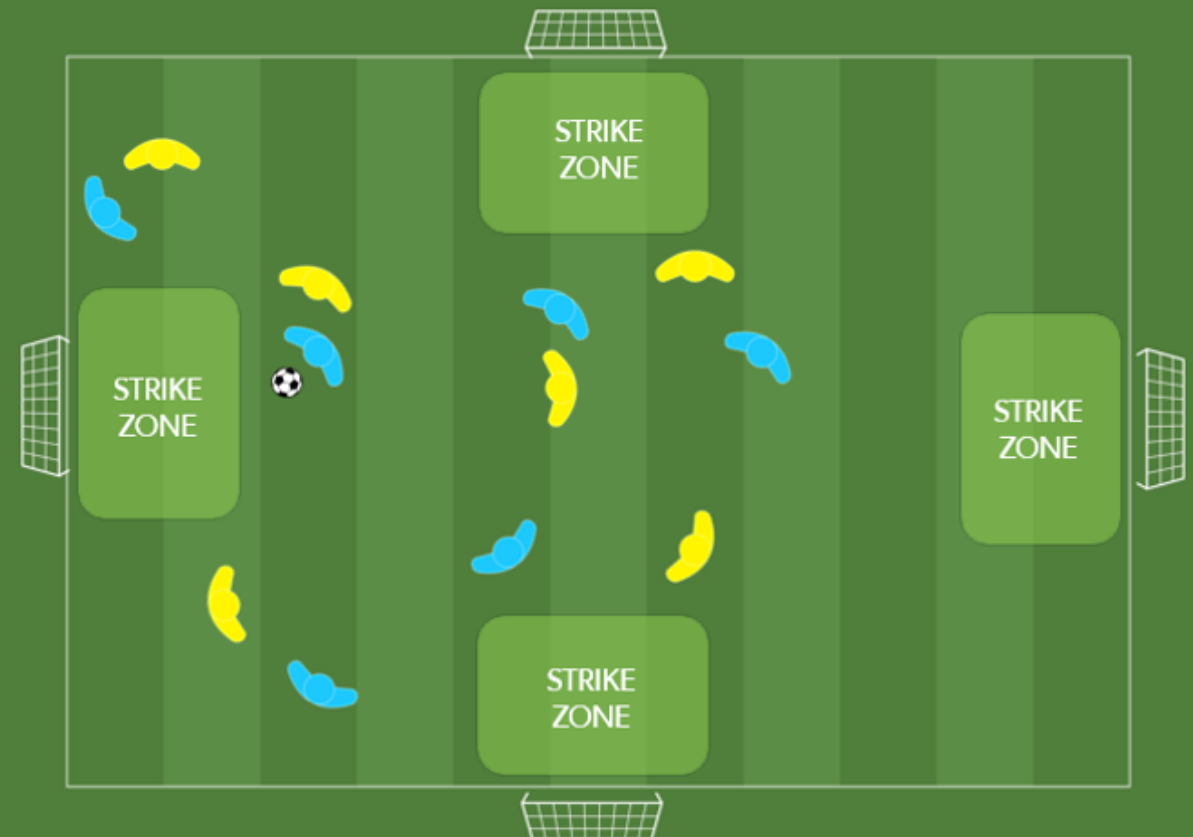
- Have an area set up so that as the players are arriving, they can get straight into a game.
- This set up has four goals, one on each side, two match size (for their age) and two smaller.
- It might start off as 1v1, 2v1, 2v2, 3v2 and build as they all arrive to the practice.
- Once all the players are there, arrange them into two even teams.
- You can score from anywhere, but if you move the ball into the strike zone then you can take a free shot with your second touch. No defending in the strike zone. but the goal must be scored with the first touch in there or it is turned over.
- Once at team has scored in the large goals, they are then trying to score in the small goals.

### Coaching Points

- Take a touch into space to give yourself room to strike the ball.
- Move towards the ball and place your non kicking foot beside it.
- Aim to hit the ball with the top of the foot you are kicking with.
- Watch the ball as you hit it towards the target/goal.
- If you are very close to the goal, then you can use the inside of your foot to pass the ball into the goal.

### SO-CHANGE-IT

- Uneven numbers? Add in a Joker/Secret Agent player.
- If you score from inside the strike zone, then the next goal must be from outside.





# PRACTICE – STRIKING AT GOAL (U9 – U12)

## Focus: Improve players ability to strike at goal

### Explanation

- Using the same area as the Game, remove the small goals at the side.
- Split the players into two groups.
- You can have one, two, or no GKs in this part depending on players and skill.
- There are two variations shown or change it up and plan some of your own.
- 1: Player A plays the ball to player B and makes a run towards the goal. Player B passes the ball into the space they are running into. Player A then receives the ball and strikes at goal.
- 2: Player B passes the ball to player A who runs with the ball towards the goal, sets up their shot and strikes at goal.
- Players rotate rolls each time.
- Swap the GKs every few minutes, or as you choose to manage.

### Coaching Points

- Use the inside of your foot to receive the ball and take your first touch in the direction you want the ball to go.
- Move the ball into space to give yourself room to strike the ball.
- Move towards the ball and place your non kicking foot beside it.
- Aim to hit the ball with the top of the foot you are kicking with.
- Watch the ball as you hit it towards the target/goal.

### SO-CHANGE-IT

- Left foot only, right foot only.
- GKs can be used in this practice play, rotate every few minutes as needed.
- Too much time between turns? Set up two areas or add in more goals.

### Repeat Play

- Return to the first game set up for the last part of your session.
- Add in GKs to the match size goals.
- Remove the small goals to replicate game day set up.
- Has the players ability to strike the ball at the goal improved?

