



# Colorado United U11-U15 Academy Program

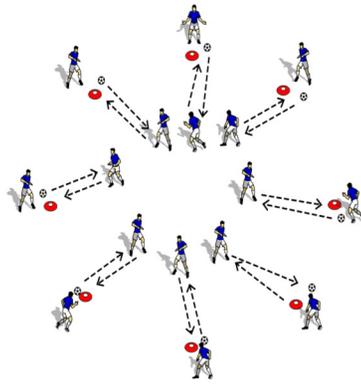


Session Date:	Week 3	Time:	75 mins	Age Group:	U11-U15
Session Theme:	Shooting and Finishing				

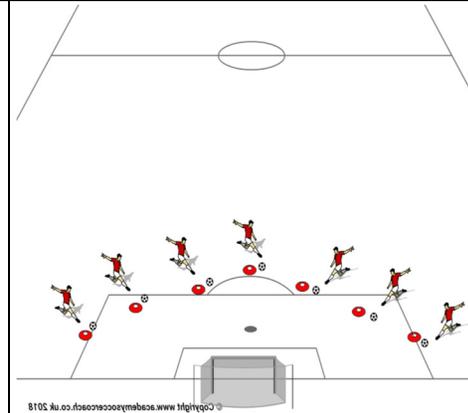
Whole: First and Last 15 minutes

Objective: 2 points for scoring off of a cross and 3 using combination to score.

Using half the field, split the team in half, one side defends the big goal, one defends two small 2-3 yard goals on the half-way line. If you have odd numbers use a neutral player so both sides have a numbers up scenario when in possession.



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Teaching Shooting Technique :

1. First touch is towards the goal and to the side of your shooting foot.
2. Big hop to plant next to the ball, try not have stutter steps.
3. Lock the ankle so the toes are pointing down.
4. Always look at the ball as you are striking, ball could move.
5. Keep your body leaning forward over the ball and head down.
6. Shooting leg goes all the way back to go forward.
7. Land on the shooting foot.

Skills Circle

15 minutes.

Half the team on the inside of the circle and half the team on the outside. Players on the outside have the ball. Players on the inside move around the circle receiving a pass from the outside. After a minute inside goes to outside and vice versa. After each group performs the technical touch move onto the next one. Here are the skills for each round : one touch, two touch (inside of the foot to the inside of the foot, right to left, left to right), volley, thigh volley, chest volley and headers.

Half circle of cones facing the cones.

Each player has a ball.

Go through the shooting technique steps one by one.

Spend as much time necessary to correct each player's technique.

Start with the weak foot then progress to the strong foot.

Two separate groups working opposite each other. One side goes at a time.

1. Player on the end line passes to the player half way up the 18 yd box.
2. That player then passes to the shooter.
3. The shoot takes a set up touch and shoots for the fall post.
4. Players follow their pass, and once they shoot they go to the other line.

Green is taking a right footed shot and red is taking a left footed shot.

Created by Josh Beaty