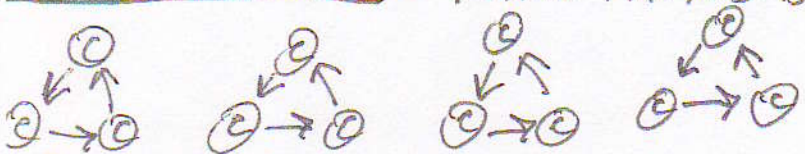


# U-10 - PRACTICE #9 - RECEIVING - FAST SHOOTING - GOALKEEPING

WARM-UP - 10 MIN. - PLACE PLAYERS BY CONES IN TRIANGLE SHAPES.



- RECEIVE WITH INSTEP
- RECEIVE WITH BOTTOM OF FOOT
- RECEIVE WITH OUTSTEP

PLAYERS PASS TO NEXT PLAYER THEN RUN TO NEXT CONE.

## EXERCISE #1 - RECEIVING BALLS IN THE AIR - 15 MIN.

SIDELINE



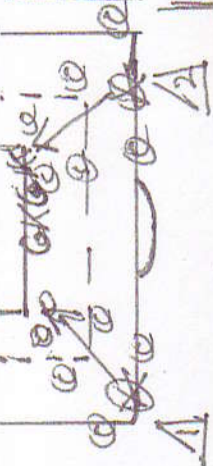
- EACH PLAYER GETS A PARTNER AND SHARES A BALL.
- 5 YDS BETWEEN PLAYERS.

- PARTNER ON SIDELINE THROWS IN TO OTHER PLAYER WHOM RECEIVES BALL CONTROLS BALL AND PASSES BACK TO SIDELINE PLAYER. - ROTATE PLAYERS.
- TEACH GET BODY IN THE "LINE OF FLIGHT" OF THE BALL.

COACH  
CHEST  
THIGH  
FOOT

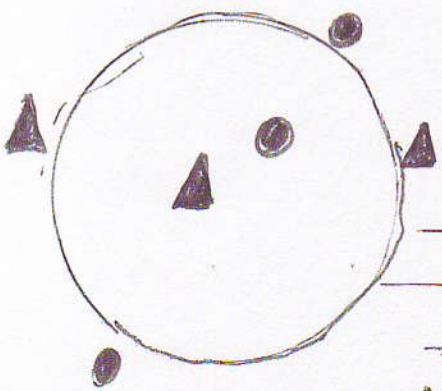
- (2) PROVIDE A SOFT CUSHIONED SURFACE FOR BALL TO "LAND" ON
- (3) GET BALL TO THE GROUND QUICKLY AND CONTROL THE BALL

## EXERCISE #2 - FAST SHOOTING ON ANGLES + GOALKEEPER CLOSING.



- SET UP TWO FUNNEL SHAPED SHOOTING LANES WITH CONES FROM EACH GOALPOST ON 45° ANGLE TO 20 YDS OUT.
- USE 1 GK FOR EACH LANE
- ILLUSTRATE TO ALL PLAYERS HOW GK GETS "BIG" AS THE COME OUT TOWARD 18 YD LINE IN THE CONES.
- ATTACKER SETS UP 3 BALLS. 1 AT EACH PAIR OF CONES.
- ATTACKER STARTS AT GOALPOST, RUNS TO EACH BALL, TURNS AND SHOOTS IMMEDIATELY
- ROTATE TO OPPOSITE SIDE AND ROTATE PLAYERS.
- USE 2 GK AND 4 ATTACKERS - 15 MIN.

## EXERCISE #3 - FAST CUTS - 15 MIN. USES 6 PLAYERS



- THE 2 INSIDE PLAYERS EACH HAVE THE BALL AND MUST MAKE 3 FAST CUTS THEN PASS TO AN OUTSIDE TEAM MATE.
- OUTSIDE PLAYERS MOVE AROUND CIRCLE BY SKIPPING Laterally, ALWAYS FACING INSIDE PLAYER & CALLING FOR BALL.

ROTATE PLAYERS FROM EXERCISE #2 TO #3

## SCRIMMAGE - GAME CONDITION - 30 MINUTES

- TEACH SHOOTING AFTER FIRST TOUCH
- TEACH FAST CUTS AND IMMEDIATE SHOOTING.
- TEACH CHANGE OF ACCELERATION TO BEAT AN OPPOSITION PLAYER AND GET INTO OPEN SPACE.