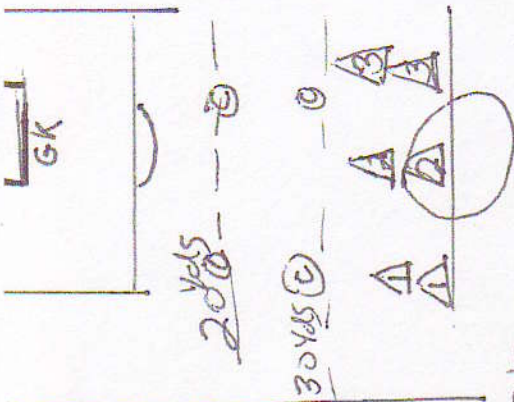


U-10 PRACTICE #11 - LONG DISTANCE SHOOTING AND LONG KICKS GOALKEEPER TRAINING



WARM UP - PLAYERS START JUST IN FRONT OF

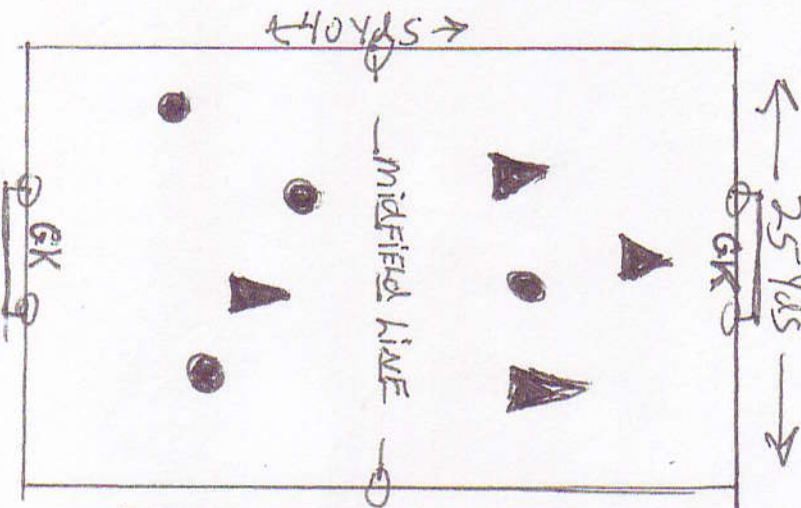
- MID-FIELD, 3 LINES WITH 2 PLAYERS EACH.
- EACH LINE HAS A BALL (2 LINES CAN BE USED)
- COACH CALLS A NUMBER - LINES 1, 2, OR 3.
- PLAYER DRIBBLES PAST 30 YD LINE (MARKED BY 2 CONES) AND SHOOTS BEFORE THE 20 YD. LINE.

COACHING POINTS : TEACH LONG KICKING TECHNIQUE

- USE SHOE LACES WHEN KICKING
- FULL LEG EXTENSION & BRING LEG UP TO FINISH

20 MIN - EXERCISE #1

EXERCISE #2 - BIG SHOT - 20+ MIN.



- USE WIDTH OF FIELD. MARK MIDFIELD LINE WITH CONES AND MARK GOALS - 6 YDS. WITH CONES.

- 4 V 4 GAME WITH GOALKEEPERS
- 1 "SWIFFER" AND 3 DEFENDERS IN EACH HALF.

- DEFENDERS CAN SHOOT ANY TIME, BUT ONLY FROM THEIR HALF.
- GK MUST START ALL KICKOFFS AND REPLAYS WITH BALL IN HANDS.
- SWIFFER PLAYS TO SCORE ON DEFLECTIONS AND "CRASHES" THE NET.

- ROTATE GOALKEEPERS

GOALKEEPER TRAINING IN BOTH EXERCISE #1 AND #2

- TEACH HAND POSITION.
- GORILLA SHAPE WITH GUNSLINGER POSITION FOR HANDS.
- FOOT POSITION AND LATERAL MOVEMENT "EVEREADY POSITION".
- TEACH "PUNCHING THE BALL" OUT OR OVER THE NET.
- SIDE DIVING AND WRAPPING UP THE BALL.

SCRIMMAGE - GAME CONDITION - 45 MIN.

RESTRICTION : SHOOTING IS ONLY ALLOWED FROM OUTSIDE PENALTY AREA - ALL GOALS FROM INSIDE PENALTY AREA ARE DISALLOWED.

- COACH LONG KICKING TECHNIQUES.
- COACH GOALKEEPING HAND POSITION, BODY SHAPE & FOOTWORK.
- TEACH ATTACKERS TO FOLLOW UP SHOTS AND "CRASH THE NET" TO SCORE ON DEFLECTIONS OR REBOUNDS.