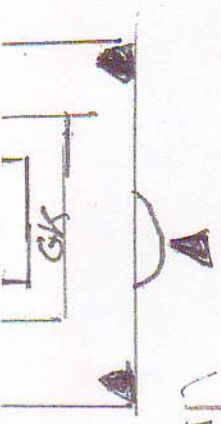


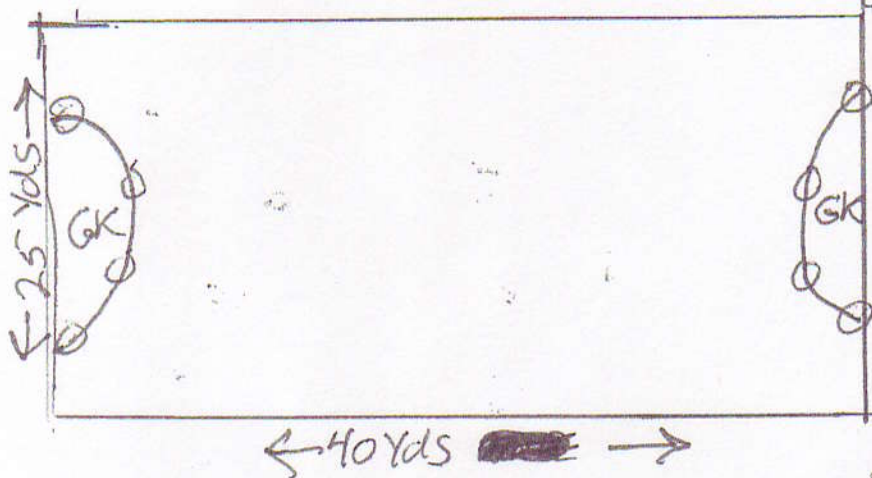
U-10 - PRACTICE #12 - RECEIVING LOFTED BALLS - HIGH SHOTS - GOALKEEPING

EXERCISE #1 - RECEIVING LOFTED BALLS - 20 min

- USE PENALTY AREA - GOALKEEPER - 3 FIELD PLAYERS
- PASS BALL BETWEEN ALL 4 PLAYERS, ALLOWING BALL TO BOUNCE ONLY ONCE BEFORE PASSING
- PRACTICE TECHNIQUE FOR CHEST TRAPS, THIGH, FOOT TRAPS,
- GET BODY INTO "LINE OF FLIGHT OF THE BALL"
- CREATE A SOFT SURFACE TO CUSHION THE BALL
- ONLY THE GOALKEEPER CAN USE HANDS
- ROTATE PLAYERS TO GOALKEEPER POSITION



EXERCISE #2 - CHIP SHOTS - 20 min.



- DESIGN SEMI-CIRCLE 10 YDS WIDE AND 4 YDS DEEP USING CONES
 - GOALKEEPER IN GOAL AREA
 - 3 FIELD PLAYERS PER TEAM
 - GOALS ARE SCORED ONLY BY CHIPPING THE BALL TO GOALKEEPER AND GOALKEEPER MUST CATCH THE BALL IN THE AIR INSIDE THE GOAL ZONE. NO BOUNCES
- COACHING POINTS:

- ATTACKERS MUST TAKE SUPPORT POSITIONS AND TALK TO THE PLAYER WITH THE BALL

- DEFENDERS APPLY PRESSURE TO HURRY THE SHOT & KEEP ON THEIR FEET.
- COACH COVER DEFENDERS TO CUT DOWN ANGLES & FIELD SPACE

SCRIMMAGE - GAME CONDITION

RESTRICTIONS: ALL SCORES MUST BE ON LOFTED BALLS EITHER BOUNCING OR IN THE AIR.

COACHING POINTS:

- TEACH GK TO PUNCH THE BALL OUT OR OVER
- TEACH DEFENSIVE COVER TO CUT OFF FIELD SPACE
- TEACH SHOOTING TECHNIQUES FOR BALLS IN THE AIR.
- COACH KEEPERS TO WRAP UP AND CONTROL BALL
- COACH ATTACKERS TO PLAY REBOUNDS & DEFLECTIONS
- TEACH PRESSURE DEFENDER TO STOP OR PREVENT SHOTS WITH BLOCK TACKLE OR POKE TACKLE