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National Youth Certificate Course

Lesson Plan

Topic: Shooting

Age: U12

Activity Name	Description	Diagram	Purpose/Coaching Points
1			
Warm up/fundamental	One goalkeeper, two strikers and one portable goal (cones). A1 strikes the ball at the keeper. Keeper then roles the ball to A2 and A2 then strikes the ball at the keeper. Add competition.	^ A1* GK A2 ^	• Angle of approach • Hips towards targets • Keep shots low • Accuracy before power
2			
One v One	One v one to two goals with goalkeepers in each goal. Play 1 v 1 until the ball is out of bounds, or a goal is scored. Grid is 20 yards long by 15 yards wide.	^ ^ GK* 1 v 1 GK ^ ^	• Preparation touch • Take shot early • Accuracy before power • Decision on foot surface
3			
Two v Two with Two Goalkeepers	Same rules as above.	^ ^ GK* 2 v 2 GK ^ ^	• Decision making early • When to pass, dribble or shoot • Preparation touch
4			
Four v Four with Two Goalkeepers	As above. Grid size is 30 yards long by 20 yards wide. Winning team stays on the field, play to two goals or play for three minutes.	^ ^ GK 4 v 4 GK ^ ^	• Decision making • Early shots • Preparation touch

5			
Scrimmage: Play according to US Youth Soccer rules for U12.	Play an in-squad match to allow the players opportunities to practice shooting under match pressure.	US Youth Soccer U12 regulation field and goal.	Observe the players technical and tactical decisions concerning their shots on goal.
6 COOL DOWN	Allow enough time at the end of the match for a cool-down.		