


# U9

## Week 7 Training Curriculum

Topic: **Control/Receiving/  
Shooting**



<p><b>10-15min Warm-Up:</b></p> <p>Road Kill</p>	<p><b>Objective:</b></p> <p>Cone out a 20yd x60yd playing area. All players without balls line up at one end of the road and attempt to run to the other end of the road. Coaches <i>gently</i> kicks balls at the players. If they get hit, then they join the coaches to get the other players.</p> <p>Coaches initial game and restart each time all remaining players safety make it to the end of the road. All shots towards running players need to be below the hips or else it doesn't count if hit.</p> <p>Winner of game starts as a shooter.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't stress proper shooting yet during this drill. Allow players to enjoy shooting the ball.</li> <li>• <i>Encourage/Challenge</i> players keep their head up when running avoid being hit.</li> </ul>
<p><b>10-15min Individual-Based Activity:</b></p> <p>Partner Shooting - Gates</p>	<p><b>Objective:</b></p> <p>Divide players into 1v1 groups with a 6yd gate in between. Players take turns shooting a ball through the gate.</p> <p>Start with players relatively close to the gates for the first 10 shots. Then progress to moving further away at 3 different locations.</p>  <p><b>Proper Shooting Techniques:</b></p> <ol style="list-style-type: none"> <li>1) Strike the ball with inner laces – NOT toes.</li> <li>2) Good body balance and remain upright after ball contact.</li> <li>3) Position non-kicking foot next to or slightly ahead of the ball.</li> <li>4) Follow through with their shot by taking a few steps forward.</li> <li>5) Take no more than 3-4 steps back prior to shooting.</li> </ol>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Players should following proper shooting techniques.</li> <li>• <i>Encourage/Challenge</i> players not to overpower the ball – proper technique is more important than distance.</li> <li>• <i>Encourage/Challenge</i> players to properly receive the ball on the other end.</li> </ul>
<p><b>25-30min Small-Sided Game:</b></p> <p>4v4 or 5v5 with or without goal keepers</p>	<p><b>Objective:</b></p> <p>Set up 2 teams to scrimmage. <i>All restarts should be game related – proper throw-ins, goal kicks, corner kicks, etc.</i></p> <p>Encourage players to spread out and use the entire field. This will put them in the best position to receive a pass from a teammate.</p> <p><b>Passing/Receiving Variation:</b> After several minutes of play, restrict players to goals scored off passes only.</p> <p><i>Very important – coaches must remain off the field and limit instruction at this time. Let the players play!</i></p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>• Don't make kids sit out. If an odd number, play 3v4 or 4v5 and adjust teams for equality.</li> <li>• Keep play continuous. Force players to quickly get the ball into play – <b>1,2,3 Rule</b> for restarts.</li> <li>• <i>Encourage/Challenge</i> players to dribble and pass and not simply kick the ball away when no opposing player is applying pressure.</li> </ul>
<p><b>OR</b></p>		
<p>Team 1v1 Numbers to Goal</p>	<p>Make 2 teams (A &amp; B) that sit <i>near each other</i> out of play behind the coach. Give each player a number on the team that corresponds to a numbered player on the other team. Coach throws out a ball and calls out a number, such as #2, and both opposing #2 players (2A &amp; 2B) run to get the ball. Players compete for the ball and attempt to score. Players return to their team and await another number called.</p> <p>Note: Try to even teams/players based on abilities. If teams are uneven, give two teammates the same number and have them alternate turns.</p>	<ul style="list-style-type: none"> <li>• Players should be in control of ball and very close to their feet at all times.</li> <li>• <i>Encourage/Challenge</i> players to keep their head up and protect the ball while dribbling.</li> <li>• <i>Encourage/Challenge</i> players to shoot at various spots on the field.</li> </ul>