



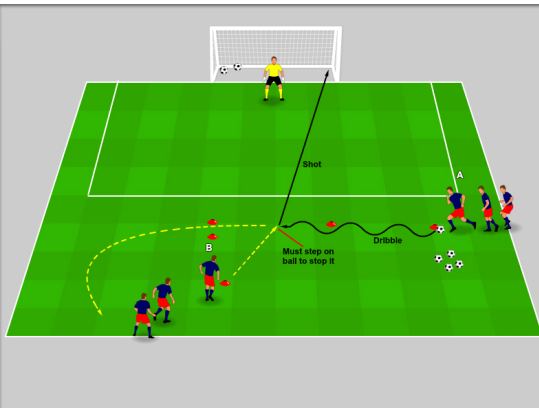
**Coach:** Ryan Gardner  
**Club:** Kingston United  
**Role:** Development Coach  
**Qualf:** USSF 'E' (Canada)

**Date:** 30/May/2016  
**Time:** 18h 00m  
**Duration:** 00:30 min  
**Age/Level:** U11 - U14

**Session** Shooting  
**Objective:**

## U11/12 Week 5

### Ryan's Shooting pt 1



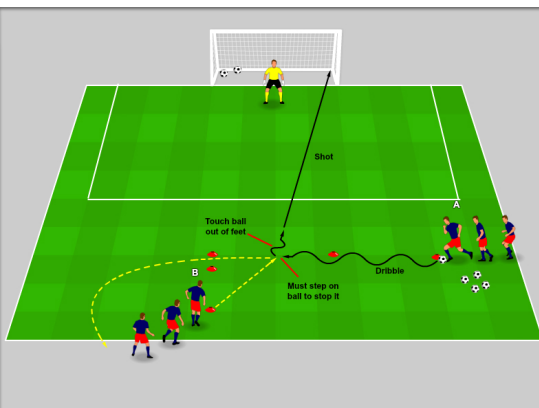
#### Description:

Set up shooting area as shown 12-15 yards from goal depending on skill of players. Player A dribbles and stops ball with the bottom of their foot between the cones. Player A stepping on the ball is the trigger for Player B to run forward and shoot. Player A must then run through the small gate before joining the shooting line. After Player B shoots, he collects the ball and joins line A. Keep the small lines moving quickly to avoid players just standing around.

#### Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through

### Ryan's Shooting pt 2



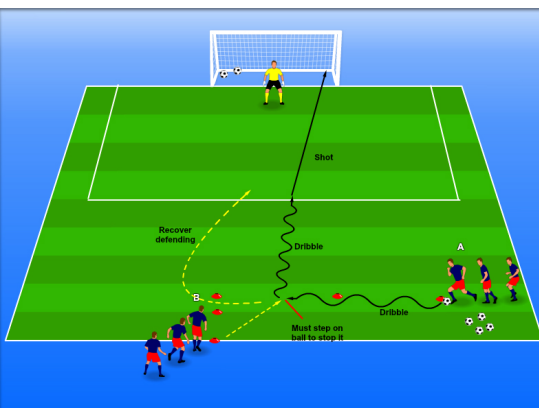
#### Description:

Set up shooting area as shown 15-20 yards from goal depending on skill of players. Player A dribbles and stops ball with the bottom of their foot between the cones. Player A stepping on the ball is the trigger for Player B to run forward, take a touch forward and shoot the moving ball. Player A must then run through the small gate before joining the shooting line. After Player B shoots, he collects the ball and joins line A. Keep the small lines moving quickly to avoid players just standing around

#### Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through

### Ryan's Shooting pt 3



#### Description:

Set up shooting area as shown 25-30 yards from goal depending on skill of players. Player A dribbles and stops ball with the bottom of their foot between the cones. Player A stepping on the ball is the trigger for Player B to run forward, dribble as much as they like and shoot the moving ball. Once stopping the ball, Player A must then run through the small and try to catch and defend Player B. After Player B shoots, he collects the ball and joins line A. Keep the small lines moving quickly to avoid players just standing around

#### Coaching Points:

1. Accuracy & Attitude
2. Head down/Eye on the ball
3. Part of foot & ball
4. Follow through