

Shooting Uefa Soccer Training Programme To Improve Shooting For 11 Year Olds

For aspiring young soccer players, mastering the art of shooting is paramount to achieving success on the field. The Shooting UEFA Soccer Training Programme, meticulously designed for 11-year-olds, is an indispensable resource to help them refine their shooting techniques and enhance their overall performance.



Shooting - UEFA "A" soccer training programme to improve shooting for 5 - 8 year olds: Shooting - Soccer Training programme to develop shooting skills # ... training sessions for players aged 9 - 12) by Mike Trusson

★★★★☆ 4 out of 5

Language : English

File size : 5500 KB

Text-to-Speech: Enabled

Print length : 26 pages

Lending : Enabled

Screen Reader: Supported

Paperback : 44 pages

Item Weight : 4.2 ounces

Dimensions : 6 x 0.1 x 9 inches



Understanding the Programme's Structure

The programme consists of a progressive series of drills and exercises, each tailored to specific aspects of shooting. It encompasses the following key elements:

- **Shooting Fundamentals:** Establishing a solid foundation, covering proper body mechanics, ball control, and striking techniques.
- **Accuracy Development:** Enhancing precision and accuracy through target-based drills, improving shot placement.
- **Power Enhancement:** Developing leg strength and explosiveness to generate more powerful shots.
- **Situational Shooting:** Simulating game-like scenarios to improve decision-making and shot selection.

Progressive Drills for Optimal Results

The programme's drills are sequentially arranged to facilitate gradual progress and skill development. Each drill is designed to isolate specific shooting aspects, allowing players to focus on refining individual elements.

Drill 1: Passing and Shooting: Emphasizes ball control and passing accuracy, developing a seamless transition from passing to shooting.

Drill 2: Goalkeeper Shadow Shooting: Introduces the element of an opposing goalkeeper, enhancing shot accuracy and placement under pressure.

Drill 3: Power Shots: Focuses on developing leg strength and explosiveness, enabling players to generate more powerful shots.

Drill 4: First-Time Shooting: Enhances the ability to shoot effectively upon receiving the ball, minimizing reaction time.

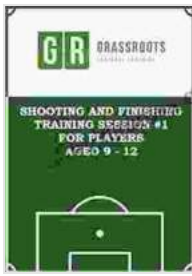
Drill 5: Volleys: Teaches players to shoot accurately and powerfully while the ball is in the air.

Benefits of the UEFA Training Programme

The Shooting UEFA Soccer Training Programme offers numerous benefits for 11-year-old players, including:

- **Improved Shooting Accuracy and Power:** Enhanced technical proficiency and increased power in shots.
- **Enhanced Decision-Making:** Developed ability to make quick and accurate decisions during shooting situations.
- **Increased Confidence:** Boosted self-assurance on the field, knowing they have the skills to execute successful shots.
- **Injury Prevention:** Proper shooting techniques reduce the risk of injuries related to incorrect form or excessive force.
- **Foundation for Future Success:** A solid shooting foundation at this age sets the stage for continued success and development as players progress.

The Shooting UEFA Soccer Training Programme is an invaluable tool for 11-year-old players seeking to elevate their shooting skills to the next level. Through its comprehensive drills and exercises, this programme provides a structured and progressive path to enhance accuracy, power, decision-making, and confidence. By embracing this programme, young soccer players can lay a solid foundation for their future shooting prowess and maximise their potential on the field.



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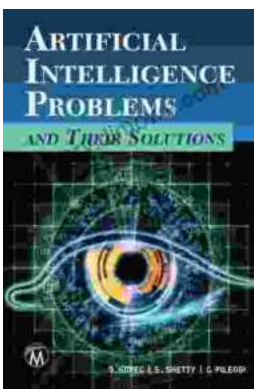
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