

**JUNIOR FOOTBALL PROGRAM**



## “Making friends with the ball”

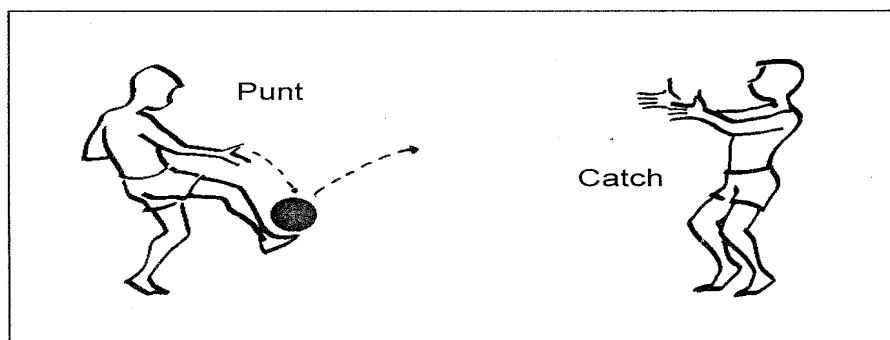
A set of 18 basic skills and exercises which will assist young players to better enjoy the game.

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# 1. KICKING, BY THE GOALKEEPER

**THE CHALLENGE:** 10 attempts in succession (5 with right foot, 5 with left foot)

**Recommended distance:** Level 1 - Beginners, Level 2 - 4 metres, Level 3 - 6 metres, Level 4 - 10 metres, Level 5 - 14 metres.



### Reasons for learning this skill

When the goalkeeper gains possession of the ball (in the hands), his/her role is to distribute the ball with accuracy to a team mate who is in a good position to begin the teams first phase of attack against the opposition's defence. One of the more effective means to perform this chore is to punt the ball. Other methods are to drop kick and throw. In the event that there is no team mate in a good position to distribute the ball, the goalkeeper will generally be instructed by his/her coach to kick the ball up field as far as he can kick. The goalkeeper's role is to turn defence into attack.

### Organisation by coach or parent

Two players, one size 3 ball, 2 cones and a tape measure.

N.B. To avoid injuries, players should warm up and stretch properly, before starting any exercises.

### Task to practice - the challenge

The player is required to punt (kick) the ball into the arms of another player or person who is positioned a set distance away. The challenge is to perform the task 5 times with each foot (left and right) in succession. The receiver must be able to catch the ball without moving. If the successive routine is broken the player must start again. As well as

technique awareness, emphasis should also be on accuracy over the 10 attempts.

### Coaching hints - things to look for

- coach the player to hold the ball securely with both hands to eliminate any accidental dropping of the ball;
- if from a standing position, stride forward to give momentum, balance and space before kicking;
- punt the ball by dropping the ball in front of the desired kicking leg and at the same time step up to approx. 60cm behind where the ball would bounce and, before it bounces, kick the ball up and forward projecting it high and long;
- approach the ball from directly behind;
- a long last stride will provide good balance comfortably behind where the ball would have normally bounced;
- point non kicking foot toward target with body weight resting on sole, knee slightly bent;
- the knee of the kicking leg is well bent throughout execution, swung well back from the hip and continues forward toward the target through the centre of the ball and finishes in the air - balance is on non kicking foot;
- the toe of the kicking foot is pointed down with ankle muscles flexed (locked);
- contact the ball through the middle with the

instep (bootlaces) of the foot in the direction of the target;

- the goalkeeper should lean back, follow through, strike through centre lower part of the ball to propel the ball up;
- the arms will assist balance;
- head is steady and down even after the ball has been struck;
- eyes are focused on the ball until kicked;
- power comes from whipping the lower part of the leg through the ball about one foot off the ground;
- if the transfer of weight is correct upon striking the ball, the non kicking foot should lift off the ground with the momentum of the follow through;
- the player should land balanced on one spot after kicking.

### Additional skills practice

- Drop kick (half volley) - kicking the ball just after it has hit the ground by stepping up beside the ball after dropping it.
- Throwing the ball to team mates either by an over arm action for long throws or under arm for short throws.
- Goal kicks.

### Progressive training practice

Set up a training grid 40 metres long by 30 metres with one goalkeeper, 4 defenders and 2 attackers. The object is for the attackers to stop the defenders from kicking the ball to a 4th defender on the 40 metre line. The 4th defender should always play the ball back to the keeper whose role is to distribute the ball to any of the 3 defenders. Coach distribution by the keeper. Also try a game of forcing back and a game of Aussie Rules.

### A COACH'S PERSPECTIVE

*"In the relationship with players almost all the coach's time will be spent on transferring knowledge to players and making sure they know what is expected of them."*