



# “Making friends with the ball”

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

ENQUIRES : KEVIN BEST 0243 264806

## 2. KICKING, USING INSIDE OF FOOT

### THE CHALLENGE:

6 attempts in succession (3 with right foot, 3 with left foot)

Recommended distance: Level 1 - Beginners, Level 2 -10 metres, Level 3 -12 metres, Level 4 -14 metres, Level 5 -16 metres.

### Reasons for learning this skill

If a player cannot pass the ball accurately it is unlikely that he/she will be effective in higher levels of the game. Anywhere on the field a player may be required to pass a stationary or near stationary ball to a team mate. The player will need to think about how hard he/she will kick the ball and what side of the team mate he/she will place the ball to guarantee possession is maintained. The skill can also be used to shoot for goal and particularly when taking penalty kicks.

### Organisation by coach or parent

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

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

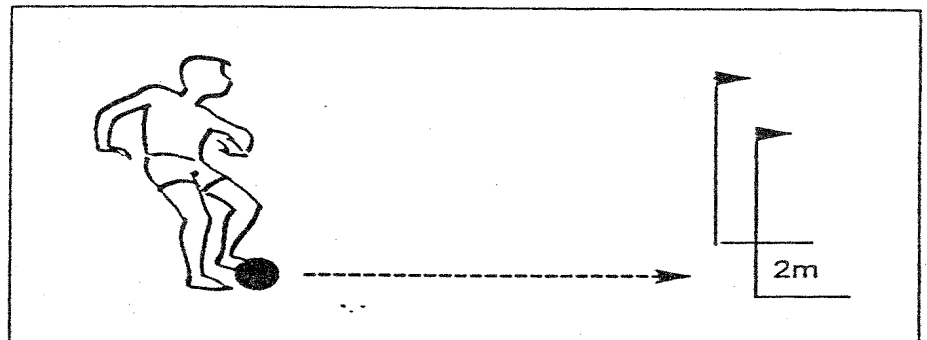
### Task to practice - the challenge

Firmly kick, using the inside of the foot, a stationary ball along the ground through a 2 metre gap (use safety flag posts) positioned at a set distance (metres) - 3 times each foot in succession.

### Coaching hints - things to look for

When using the inside of foot:

- approach the ball straight on;
- take a long last stride to provide good balance comfortably beside the ball, to enhance power;
- point non kicking foot toward target with body weight resting on sole, knee slightly bent;
- kicking leg is turned outward from the hip until the inside of the foot is at right angles to the target, the knee is slightly bent, swung back from the hip;



- swing briskly forward from the hip, continue to swing forward toward the target through the centre of the ball, with the foot finishing in the air;
- the ankle muscles of the kicking foot are flexed (locked);
- the opposite shoulder to the kicking foot should be rotated toward the target leaning forward to keep the ball low;
- arms assist balance, head is steady and over ball;
- eyes focused on the ball

### Additional skills practice

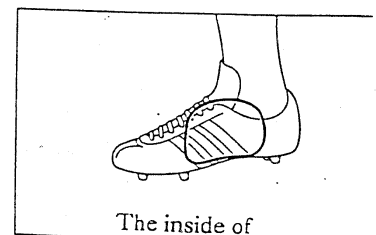
Control the ball with a soft first touch where the ball comes to rest within one step in front of the player who steps up to the ball to kick.

### Progressive training practice

Set up a grid 30 metres by 20 metres with 3 attackers and one defender. The object is for the 3 attackers to keep possession. Coach the use of the inside of the foot, direction of pass, weight of pass, positional play off the ball. Progress to 4v2 and 6v4 with an increase in the grid size. Also practice penalty shots and two touch small game.

### A COACH'S PERSPECTIVE

"Coaches don't make players. They help players make themselves."



The inside of your foot is from your big toe back to your ankle.

