



“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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3. KICKING A MOVING BALL

THE CHALLENGE : 20 attempts in succession (10 with right foot, 10 with left foot)

Recommended distance: Level 1 - Beginners, Level 2 - 6 metres, Level 3 - 8 metres, Level 4 -10 metres, Level 5 -12 metres.

Reasons for learning this skill

Anywhere on the field a player may be required to pass a moving ball particularly one rolling towards the player, which is required to be kicked with the first touch either to pass to a team mate or to shoot

Task to practice - the challenge

Kick a rolling ball, using the inside of foot (left/right alternatively), along the ground, back to the server, positioned at a set distance (metres), with accuracy - 10 times each foot in succession. (Also try control

- kicking foot ankle muscles 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

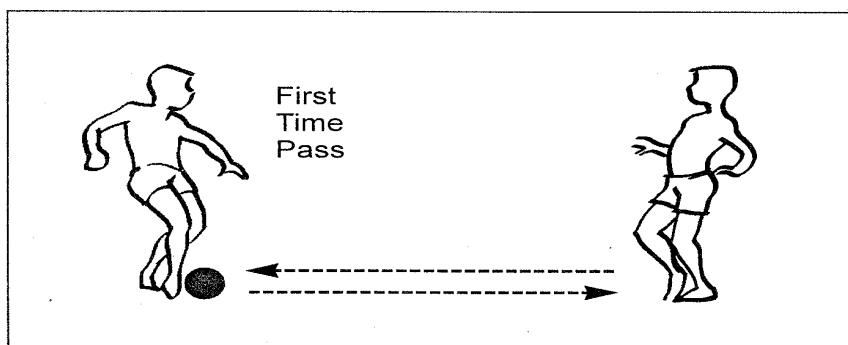
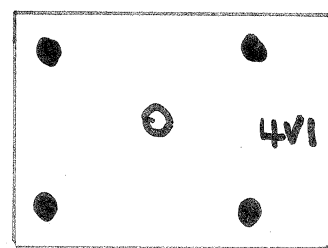
- Ball rolling across from the left and from the right.
- Ball rolling away from the player.
- Ball pass to a third player.
- Ball passed to the server who has sprinted to another position.
- Ball passed when player is on the run.

Progressive training practice

Set up a one touch small game. This will only be able to maintained for several minutes because of the difficulty. Coach use of inside of the foot, direction of pass, weight of pass, positional play off the ball. Also try 6v1, 5v1, 4v1

A COACH'S PERSPECTIVE

"A coach's primary aim is to make sure that the players don't get any worse than when he/she started."



for goal. A player must learn to ascertain the speed of an oncoming ball and quickly position his body accordingly - to enable the ball to be played. Good soccer is played quickly at one touch pace along the ground and is played the way the player is facing. Players must be conscious of this requirement and continually adjust their position to facilitate good play.

Organisation by coach or parent

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

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

with inside of foot and kick the ball back using the same foot.)

Coaching hints - things to look for

When using the inside of the foot:

- get behind the flight of the ball as much as possible;
- approach the ball straight on;
- take a long last stride to provide good balance comfortably beside the ball, allowing for the roll of the ball;
- 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;