

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.

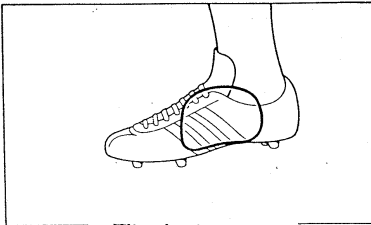
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4. KICKING A BOUNCING BALL

THE CHALLENGE:

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

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



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

A COACH'S PERSPECTIVE

"A coach's job is to get players playing to their ability, to give them opportunity and to help them achieve excellence."

Reasons for learning this skill

Anywhere on the field a player may be required to pass a bouncing ball, particularly one bouncing towards the player which is required to be kicked with the first touch either to pass to a team mate or to shoot for goal. The practice will enhance the eye and foot co-ordination of the player. It is important that players know when the ball is going to bounce and its speed, so that the ball can be passed along the ground to a team mate with the right speed and direction or controlled on the ground if the player is in space. A player must have good eye/foot co-ordination to enhance the ability to pass a bouncing ball to a team mate along the ground. Good soccer is played on the ground. The quicker a bouncing ball can be controlled on the ground the better. 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.

Task to practice - the challenge

Kick a bouncing ball, using the inside of foot, on the second bounce (half volley), along the ground, back to a server, positioned at a set distance (metres) - 10 times each foot in succession.

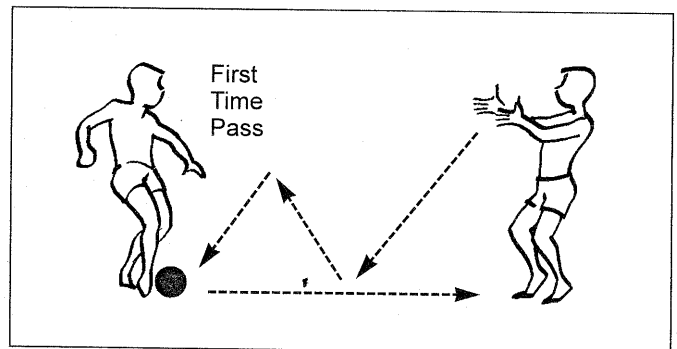
Coaching hints - things to look for
When using the inside of foot:

- a player must be on his/her toes ready to adjust his/her position at all times;
- make every effort to get behind the flight of the ball;
- approach the ball straight on;
- take an adjusting last stride to provide good balance comfortably beside where the ball will bounce;
- 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;
- 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 along the ground;

- arms assist balance, head is steady and over ball;
- eyes focused on the ball.

Additional skills practice

- controlling a bouncing ball



Progressive training practice

Set up a grid where players are in pairs and one player throws (as per a throw in) the ball into the other who kicks it back to the thrower as efficiently as possible.

