



“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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5. SHOOTING FOR GOAL

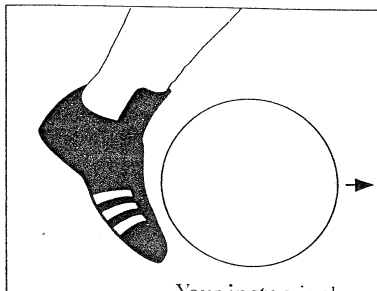
THE CHALLENGE :

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

Recommended distance: Level 1 - Beginners, Level 2 - 6 metres, Level 3 - 10 metres, Level 4 - 16 metres, Level 5 - 20 metres.

Reasons for learning this skill

Anywhere on the field a player may be required to kick a stationary or near stationary. A player must have the ability to kick long balls with accuracy. Most long distance kicks are performed with the instep of the foot. Whether it is to pass to a team mate or to shoot for goal or simply to clear the ball from defence. Long free kicks, goal kicks, penalty kicks, crosses from the flanks, comers are other instances when the instep is used. The skill is also used by defenders to clear the ball from danger - long and wide. The instep kick is used to gain greater power and better elevation. It is the player's main attacking weapon.



Your instep is the area over your laces. It doesn't include your toes.

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 stationary ball, using the instep of the foot, into the arms of a receiver, positioned at a set distance (metres) - 3 times each foot in succession.

Coaching hints - things to look for

When using the instep of the foot:

- approach the ball from a slight angle;
- change your running gait (stride) if necessary to allow 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;
- 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;
- kicking foot toe is pointed down with ankle muscles flexed (locked);
- contact the ball through the middle with the instep of the foot (bootlaces of the boot) in the direction of the target;
 - lean back, follow through, strike through centre lower part of the ball to propel the ball up;

- arms assist balance;
- head is steady and down even after the ball has been struck;
- eyes focused on the ball;
- power comes from whipping the lower part of the leg through the ball.

A COACH'S PERSPECTIVE

"If you accept a coaching job you must have more drive within yourself than your most dedicated player."

Additional skills practice

- Rolling ball.
- Ball kicked when the player is running whilst dribbling.
- Crossing the ball from the flanks.

Progressive training practice

Set up a grid where players are shooting at goals with different deliveries and different angles. Also set plays (free kicks) can be practised as well as goal kicks.

