

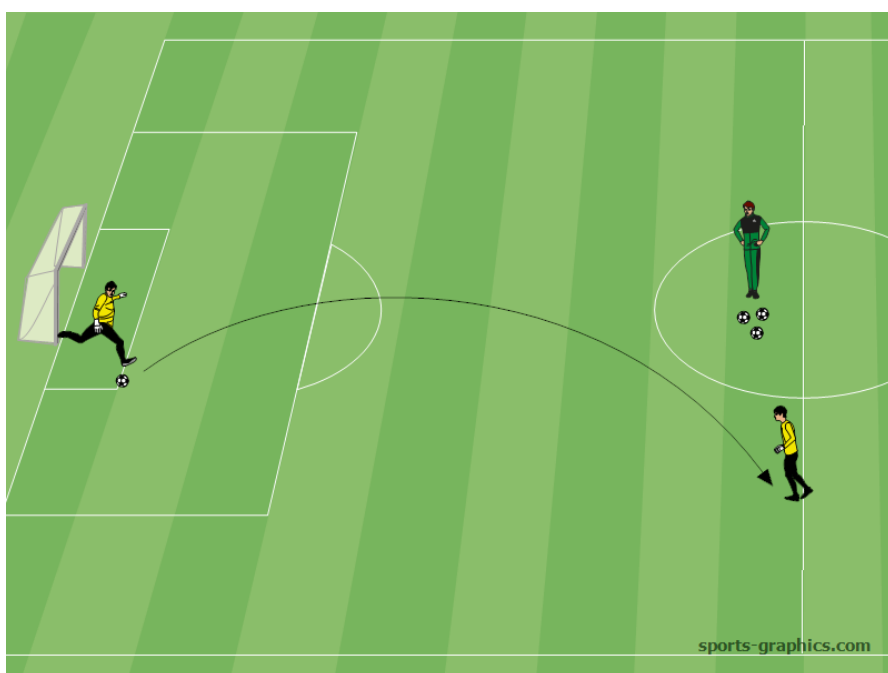
KICKING LONG FROM THE GROUND

Develop kicking techniques

TECHNICAL

Goalkeeping

Distribution



This basic practice is designed solely on improving the technical execution of kicking the ball from the ground such as for a goal-kick or free kick deep in the defending third of the pitch.

Set up using half a pitch. Distances can be adjusted where required.

Arrange two goalkeepers as per the diagram. The players practice their 'dead ball kicks' to each other using the correct technique.

- Approach at a slight angle
- Run-up evenly- not too long/too short
- Place non-striking foot next to ball
- Point toe of non-striking foot toward target
- Strike ball with the instep
- Kicking foot angled outward to get under the ball

- Non kicking foot planted slightly behind the ball and aimed at the target
- Keep head still and knee over ball
- Strike through the lower half of ball
- Follow through and stay balanced

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Accuracy of distribution.
- Improve distribution.
- Improve kicking technique.

KEY FACTORS

- Aim at target with standing foot
- Approach at a slight angle
- Ensure a good quality pass (accuracy, weight and timing)
- Good/correct technique
- Keep head and knee over ball
- Kicking foot to follow through to target

FOCUS AREAS

- Correct technical aspects where necessary.
- Demonstrate the correct technique.
- Is the ball distribution accurate and is the technique selection correct?
- Observe the quality of technique.

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