

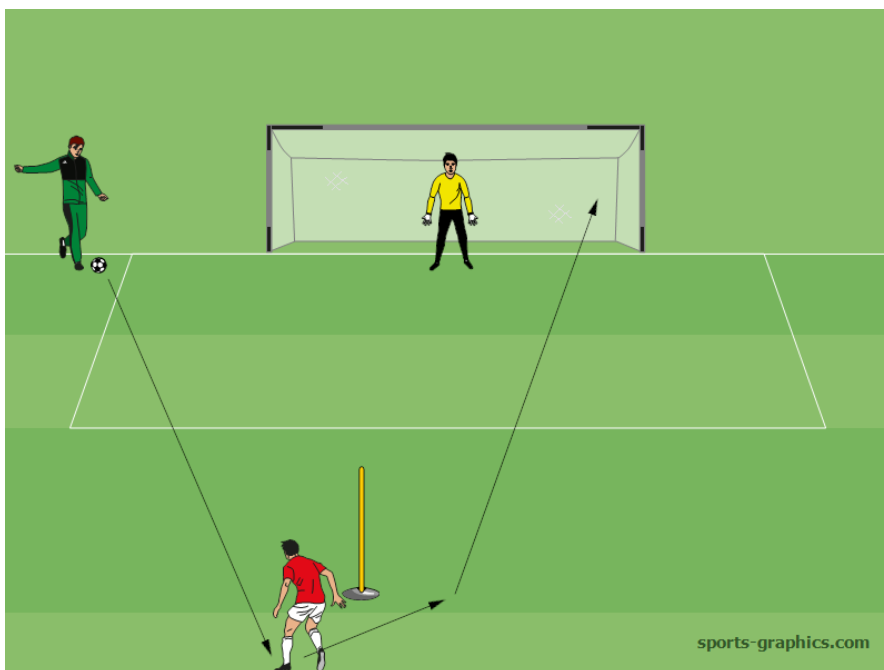
RECEIVE, TOUCH AND STRIKE

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Set up the playing area with a goal and goalkeeper.

Working player starts behind a pole about 15yds from goal.

Arrange coach/server with a supply of balls. The practice begins with the coach/server passing to the working player's near side of the pole.

The working player receives, takes a good first touch past the pole and strikes the ball using the laces.

Ensure the technique when receiving the ball is of quality.

Repeat using both feet.

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

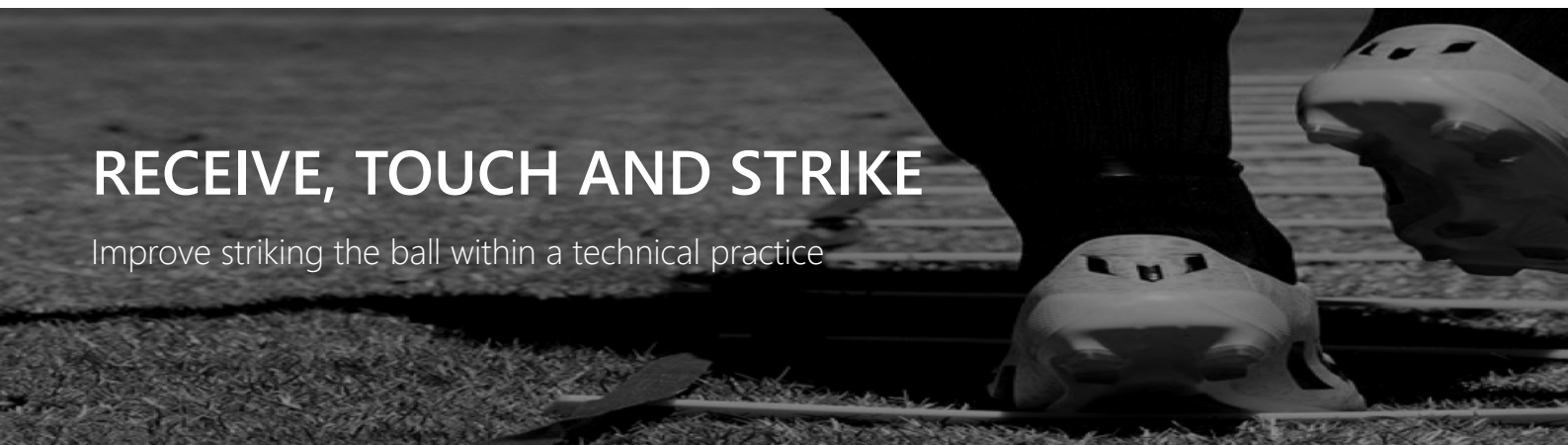
- Develop consistency with the accuracy as well as the feel of what the ball will do.
- Develop first touch to improve the chance of scoring.
- Improve consistency in finishing on goal.
- Improve shooting technique.
- Improve the technique of striking the ball correctly.
- To maintain the proper balance of speed and precision.

KEY FACTORS

- Accuracy before power
- Be positive
- Head up
- Quality of the finish
- Rebounds
- Repetition
- Shooting technique

FOCUS AREAS

- Always hitting the target with shot.
- Assessment, decision and execution of strike at goal.
- Encourage following in for rebounds.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- Good first touch, head up early to make a decision in relation to goalkeepers position.
- Observe how players use the first touch to set up for the shot.
- Range of shooting and finishing skills.
- Vary the distance between the players depending upon age and ability. As this is a fundamental skill it is imperative that the players are coached correctly.



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