

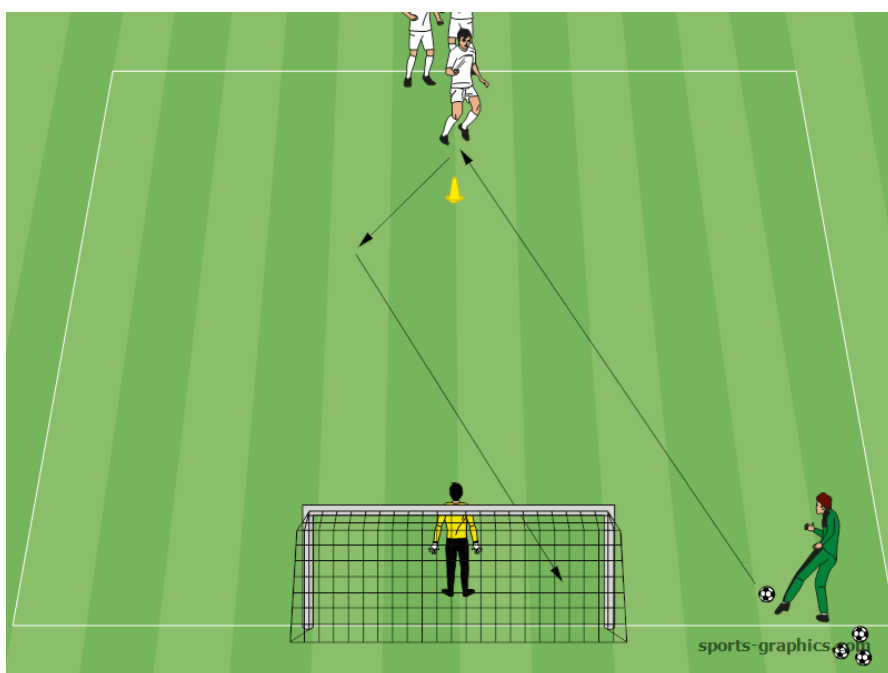
TOUCH TO STRIKE THE BALL

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Set up players behind a cone in front of goal with a goalkeeper if available. In this example, the coach with a supply of balls serves to the working players. Coach/server plays a ball into the working player who takes a touch past the cone and finishes with the laces. Ensure the quality of the pass to the players to effectively practice striking the ball. Encourage focus on technique of first touch and striking the ball. Repeat from both sides. Adjust distance from goal to increase difficulty.

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.
- 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
- Technique

FOCUS AREAS

- Always hitting the target with shot.
- Assessment, decision and execution of strike at goal.
- Encourage use of both feet.
- End product - hit the target.
- Ensure that each player adjusts their running speed to allow for good technical execution.
- Ensure that players are coming towards the ball to receive.
- Focus on good technique and demonstrate as much as possible.
- 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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