

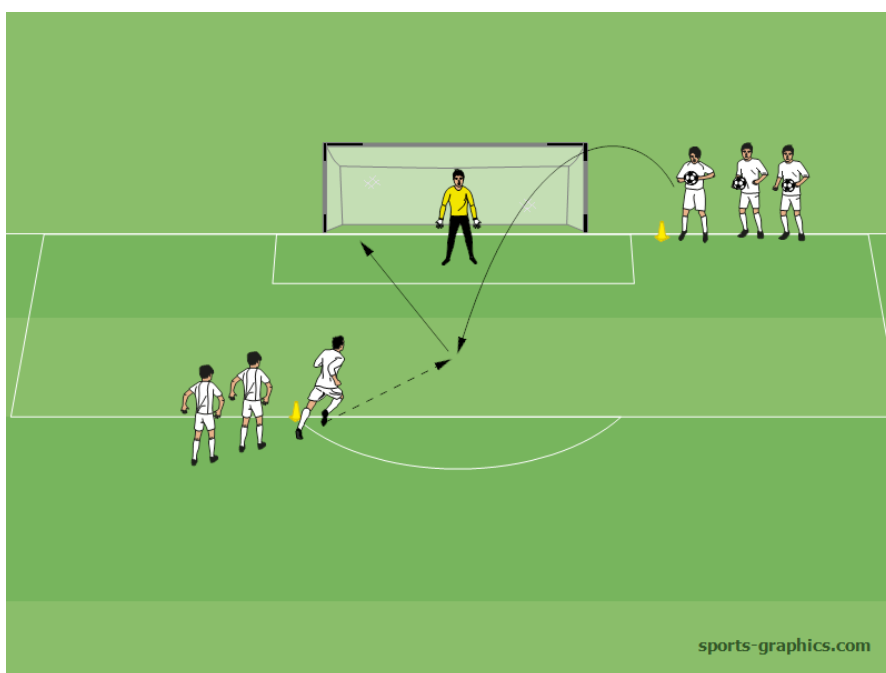
CROSS TO VOLLEY (THROWN SERVE)

Improve technique in order to volley the ball successfully

TECHNICAL

Shooting

Striking the Ball



Arrange players into two lines behind cones as shown within the 18-yard box, plus a goalkeeper in goal.

The service line players have a ball each.

Servers throw an underarm ball to players on the opposite cone.

The server and player shooting at goal then swap places.

Ensure the service is of good quality to develop the technique to volley the ball successfully.

Repeat practice from both sides of goal, swap roles, and encourage players to use 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.
- Improve consistency in finishing on goal.
- Improve shooting technique.

KEY FACTORS

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

FOCUS AREAS

- 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.
- Ensure the players look up, stay on their toes and get in line with the ball.
- Focus on accuracy (placement) and the speed of the finish.
- Focus on good technique and demonstrate as much as possible.

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