

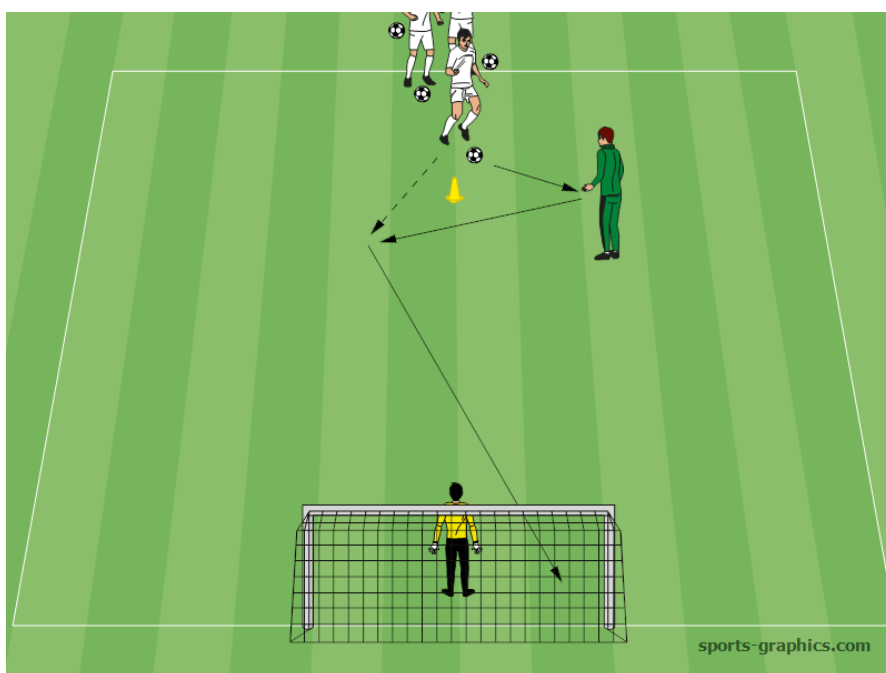
1-2 BOUNCING STRIKE

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Players with a ball each, set up in front of a goal with goalkeeper (if available and appropriate). Coach or server stands to the side.

Player passes or chips ball to server. Server passes or throws a bounce ball into the path of the player to finish first time using laces. Encourage focus to deal with the bouncing ball.

Repeat from both sides. Adjust distances to increase the 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
- 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.
- Focus on good technique and demonstrate as much as possible.
- Range of shooting and finishing skills.

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