

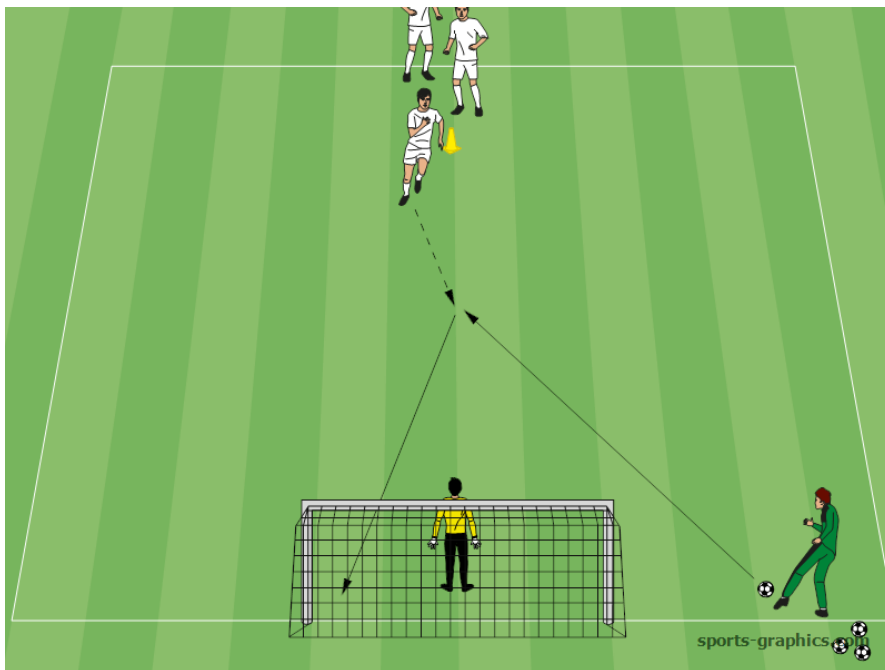
STRIKING THE BOUNCING BALL

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Arrange players at an appropriate distance behind a cone in front of goal. Include a goalkeeper if available.

Arrange no more than six players behind a cone as per the diagram. In this example, Coach serves to ensure the quality of the pass. For the practice to be effective the pass must be accurate.

Alternatively, the players can rotate from shooting to then becoming the server. This preferred option for maximum player involvement, is done by forming two lines of shooting players and servers change roles after each pass/shot.

Ensure players focus on striking the ball and how they run onto the moving ball to finish. The coach or serving player, plays a bouncing ball into the path of the running player to finish first time using the laces and

taking the ball on the half volley. Coach can get players to throw the ball rather than serve it in using their feet to provide better quality.

Repeat from both sides and adjust distances 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 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
- 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 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 good technique and demonstrate as much as possible.
- Shot selection - decision of how to score - power or placement.



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