

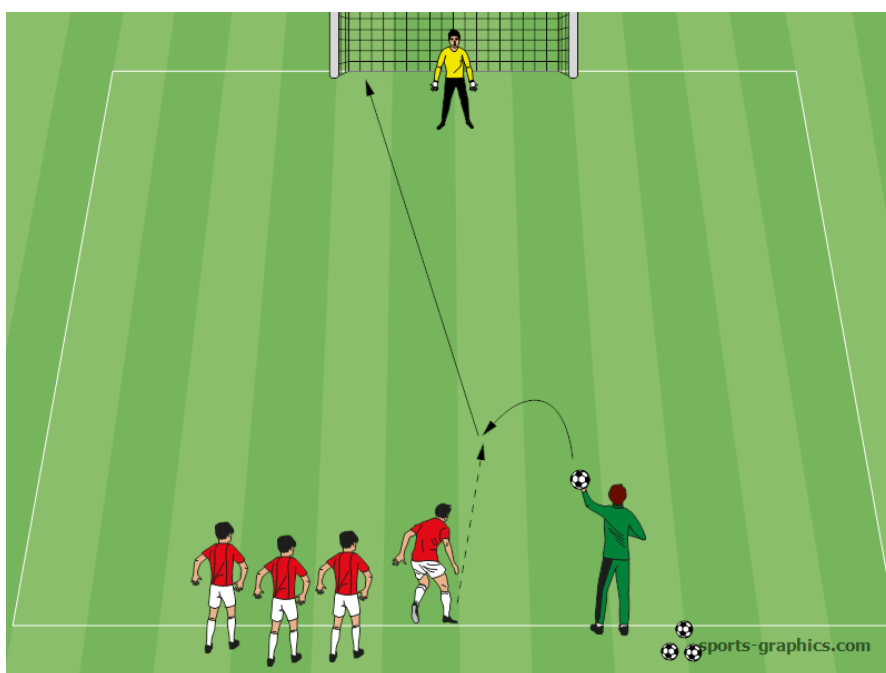
STRIKING THE BALL FROM BEHIND

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Players set up in front of goal with a goalkeeper (if available and appropriate). Coach or server stands to the side of the players with a supply of balls. Coach/server throws a looping ball in front of the first player. The first player will run onto the ball and strike first time towards goal. Once the player has struck the ball, they join the rest of the players and the second player will go. Repeat from both sides to encourage striking the ball with the less dominant foot. Adjust distance to increase the difficulty when appropriate.

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

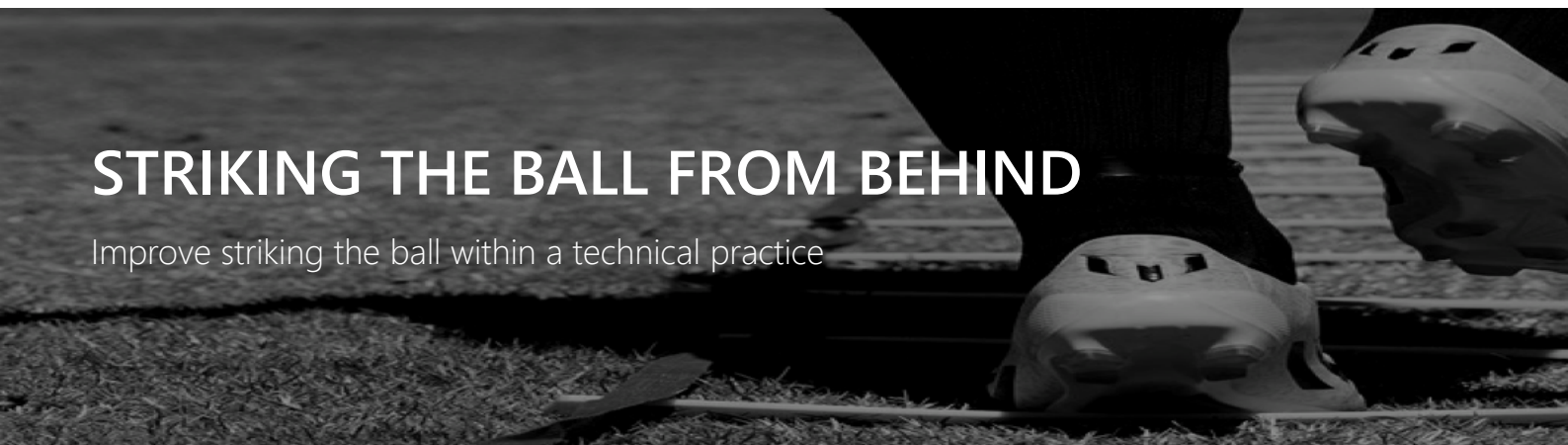
- Develop consistency with the accuracy as well as the feel of what the ball will do.
- Improve consistency in finishing on goal.
- Improve the technique of striking the ball correctly.
- To develop correct kicking technique using the instep, progressing from a stationary ball to a moving ball, and how that changes the approach before contact.

KEY FACTORS

- Accuracy before power
- Be positive
- Head up
- Quality of the finish
- Rebounds
- Repetition
- Shooting 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.
- Shooting technique (decision and execution).



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