

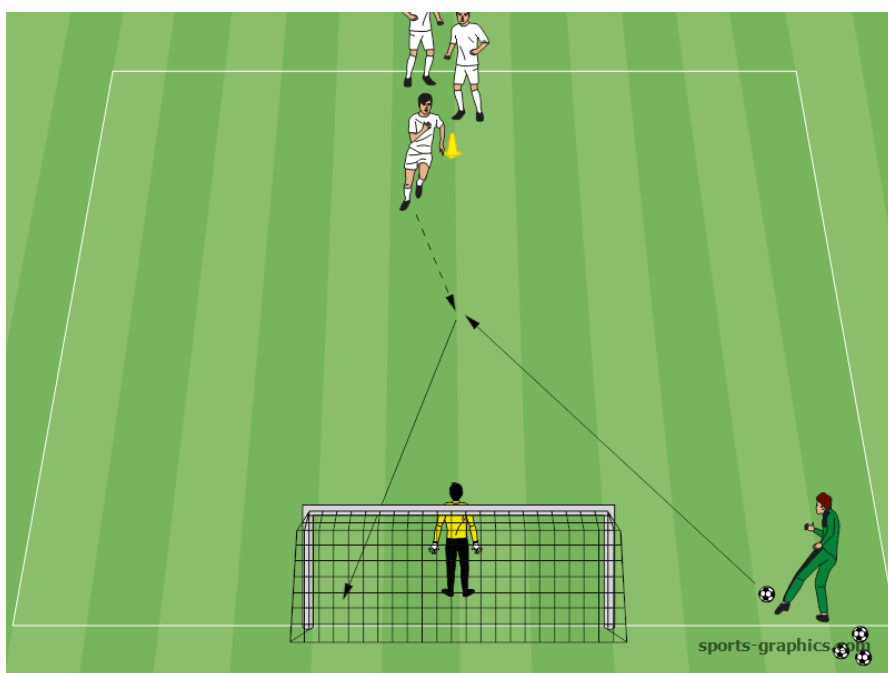
BASIC STRIKING THE BALL

Improve striking the ball within a technical practice

TECHNICAL

Shooting

Striking the Ball



Arrange players in front of goal with a goalkeeper if available and appropriate. Coach or server positions to the side of the goal with a quantity of balls. Ensure server can deliver a good quality pass. Server plays a ball into the path of the running player who finishes first time, using the laces. 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 the technique of striking the ball correctly.

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.
- Attacker to assess position of GK.
- 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.
- Focus on good technique and demonstrate as much as possible.
- How often does the player hit the target?
- Listen for the sound of a ball being struck correctly. This is a very over-looked cue. A well struck ball in any sport has a distinct sound to it. It is a very good way to get feedback on how a player is doing and once they recognise it, it is a powerful motivational tool that does not require intervention.
- Restrict the goalkeeper to stay on the goal line. As skills increase, add more goalkeeping pressure.
- 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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