

ICA



Player Homework



The international Coaches Association
www.TheICA.com

Player Homework



Introduction

Help your players to practice alone.

This manual has been designed to provide variety of challenging and realistic practices to help your players practice on their own. The program will assist in improving each player's individual technical performance through repetition.

It is the responsibility of every player to improve their own individual techniques, for if they cannot perform them accurately without opposition, there is hardly any reason to believe that with the introduction of one or more opponents, it will lead to technical improvements. The importance of practicing individually should never be underestimated, as the repetitive practicing of technique, following correct instructions with a realistic environment, will undoubtedly reap vast rewards.

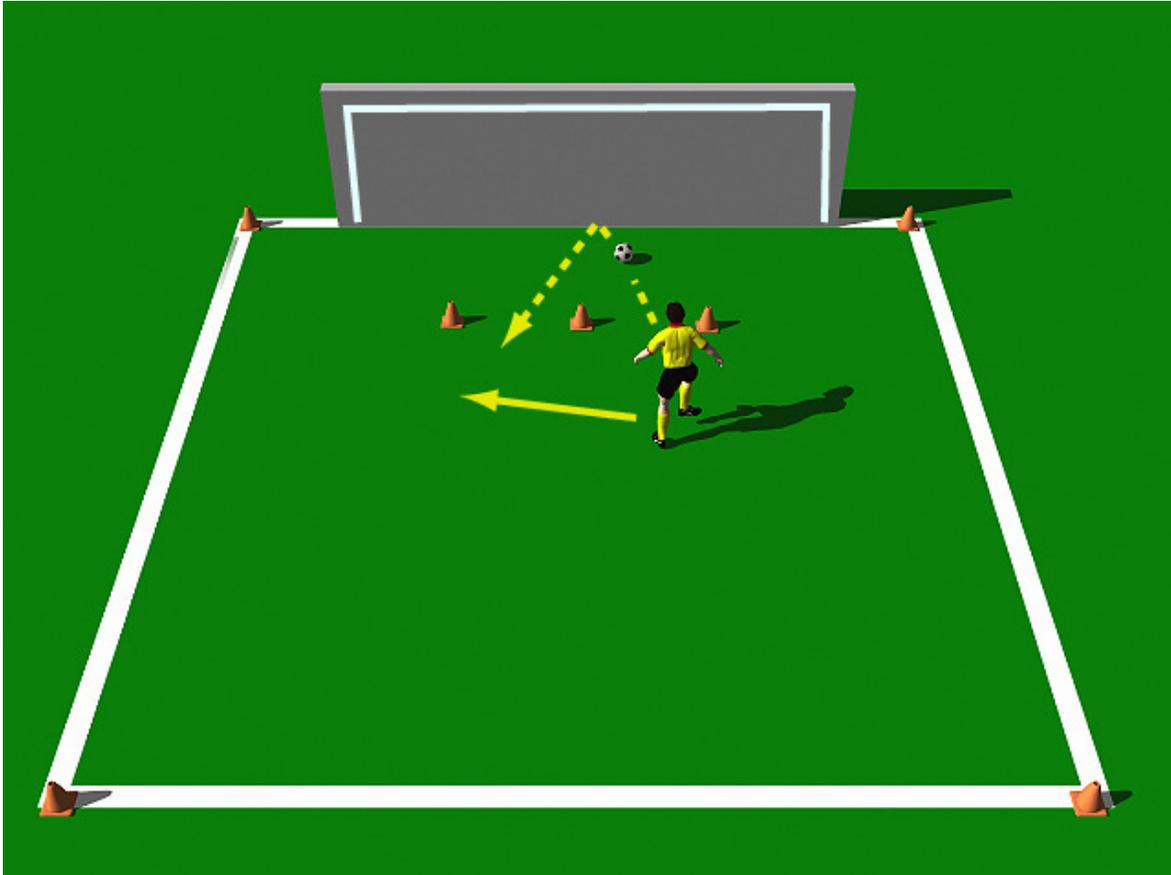
The biggest factor discouraging players from practicing alone is boredom. For a player to be motivated they must first be given a challenge and secondly a variety of realistic practices. With this in mind this program was developed to give players at all levels a challenge upon their ability, and most importantly, a variety of practices in realistic situations.

On performing these practices the player must keep in mind that although most of these practices are performed in a gymnasium, with imagination they can be transferred to the side of a house or a garage wall, with a multitude of objects substituting the cones. Each player must adopt a positive and determined frame of mind towards each practice. A determined approach to each practice will set high standards to aim for. Progress is not achieved by working within one's limits "as one does not climb higher by looking down". In these practices the player is the coach, and the only limit is on the lack of motivation from that coach.

Passing

The Wall Pass

The "Wall Pass" can be one of the most devastating methods of beating opponents in any area of the field. It is based on the idea of playing a ball against a wall at an angle and receiving the ball back roughly at the same angle. With a player replacing the wall, the technique is now used to beat an opponent.



Practice

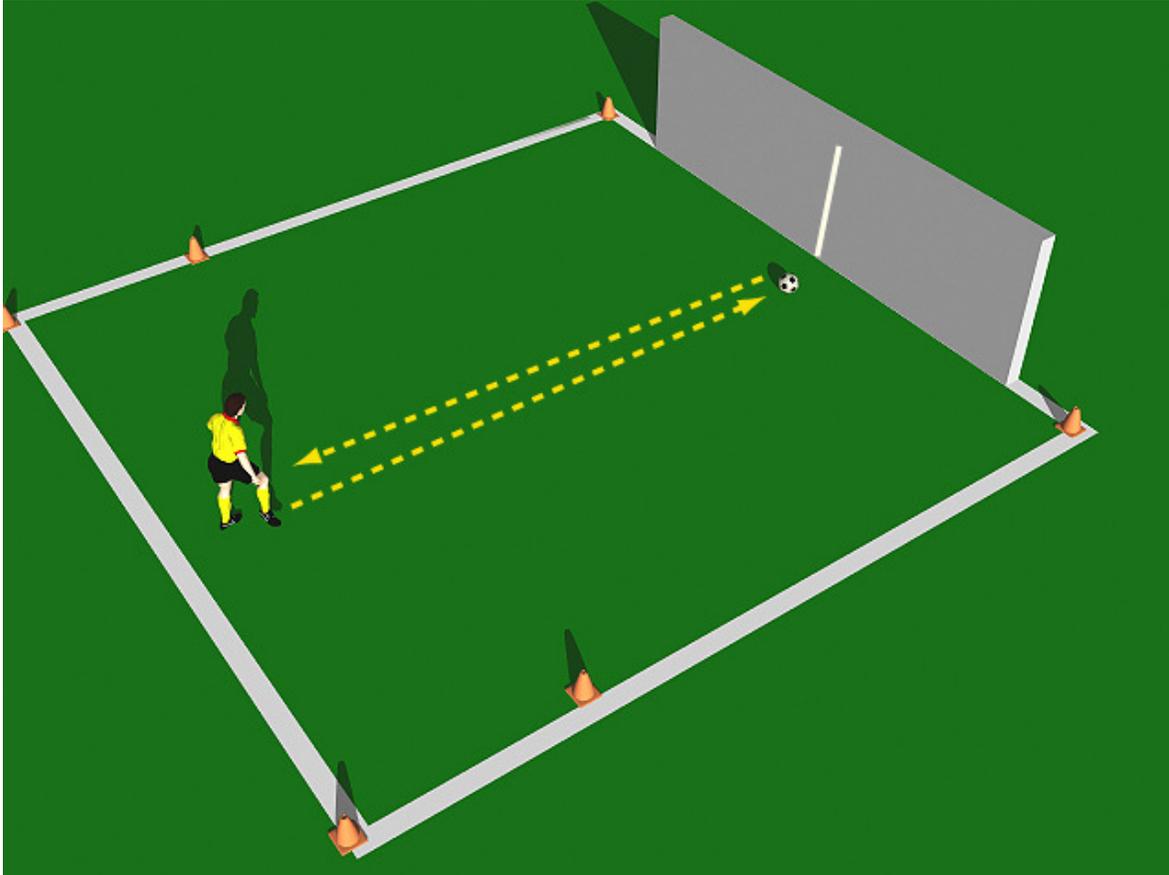
Start with the ball at the first cone and work along the length of the cones executing a wall pass on each cone, on reaching the last cone reverse and repeat the same practice, only now using the other foot to pass the ball.

What you need to know

- Release the ball about 2 yards from the cone, as the cone is a substitute for a defender, if the pass is made too close then the defender will intercept it.
- The most efficient surface to achieve this pass is with the instep, this also make it easier for the pass to be disguised.
- Once the ball has been released you should accelerate and sprint into the space behind the cone to receive the ball back from the wall.

The Push Pass

The Push Pass is undoubtedly the most reliable form of passing the ball on the ground over short distances with accuracy, because of the large surface of the shoe presented to the ball.



Practice

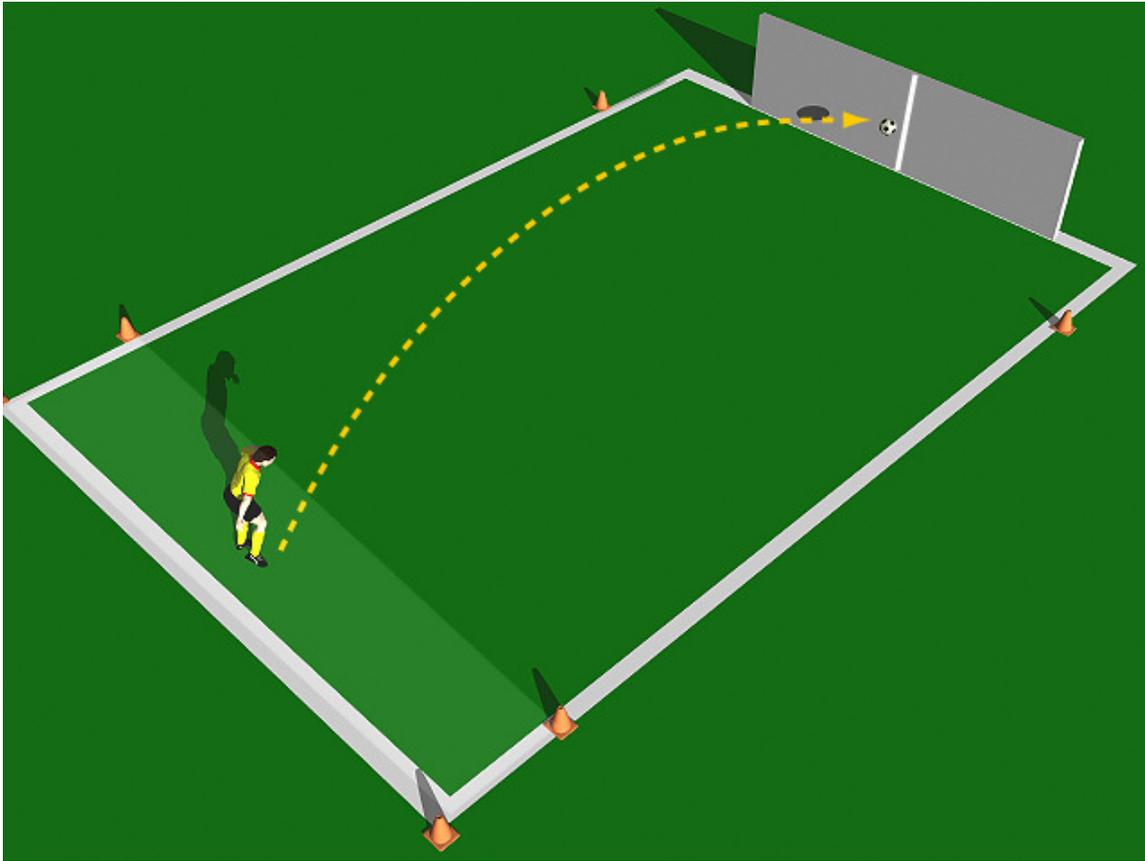
From the "base-line" between the two cones, pass the ball firmly off the wall. Aim at the line marked on the wall to improve accuracy, then control the rebound efficiently and restart. Vary this practice by first controlling the ball before passing then progress to first time passing.

What you need to know

- Approach the ball at a slight angle.
- Place your non-kicking foot along side the ball, not too close that it will prevent the natural swinging motion of the kicking leg.
- The ankle of the kicking foot must be firm.
- Use a slight drawback of the kicking foot.
- Strike the ball with the inside of the kicking foot through the horizontal mid-line of the ball.
- The head should be kept steady and eye's fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- The follow through is in the direction of the intended target.

The Chip Pass

The great advantage of the Chip Pass is that it gains height steeply over a relatively short distance. It is therefore possible to play over the heads of opponents who are only 4 and 5 yards away from the ball. When executed correctly the ball should land with a back-spin, thus it is possible to stop the ball in small spaces.



Practice

From the "base-line" between the two cones, chip the ball to the line marked across the wall. Vary the practice by a stationary and moving ball. Once you have "chipped" the ball follow it up with a supporting run, be alert to the rebound and secure possession as economically as possible, then jog back to the base-line and restart. A high level of concentration and a realistic approach to this practice are essential to develop an effective chipping technique.

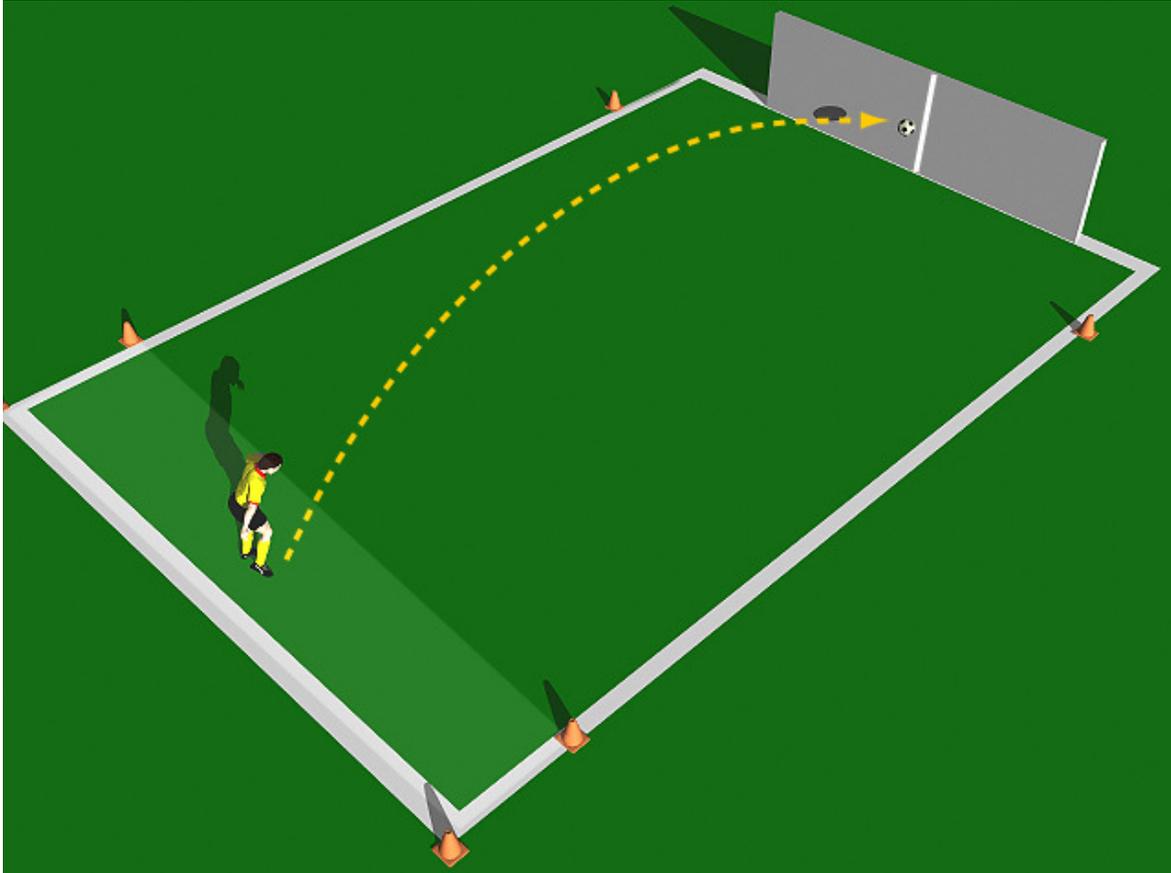
What you need to know

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady with eye's fixed firmly on the ball.
- Plant the non-kicking foot along side and slightly in front of the ball.
- The head and upper body should be over the ball.
- Withdrawal with the kicking leg is predominantly from the knee and not the hip.
- Contact on the ball should be made through the underside and center of the ball.
- Using a stabbing action from the knee and not the hip, strike down onto the underside of the ball, as to impart a vicious backspin on the ball.

- The more powerful the stabbing action of the kicking foot down onto the ball, the more rapidly the ball will climb with a quality backspin.
- The backspin of the ball is necessary to allow the ball to stop within a short distance, on making contact with the ground.

The Lofted Pass

The Lofted Pass is intended to pass the ball over an opponent or number of opponent's heads. It is invaluable on quick and sudden break forward when attacking. There are occasions when the only way in which to exploit space behind the opponents is to loft the ball, therefore this technique is essential in your passing armory.



Practice

From the "base-line" between the two cones, use a Lofted Pass to hit the line marked on the wall, which substitutes as a receiving player. Be alert to all rebounds and control them as quickly and efficiently as possible. This can be easier by making a supportive run after passing the ball. After controlling the ball, jog back to the base line and repeat practice.

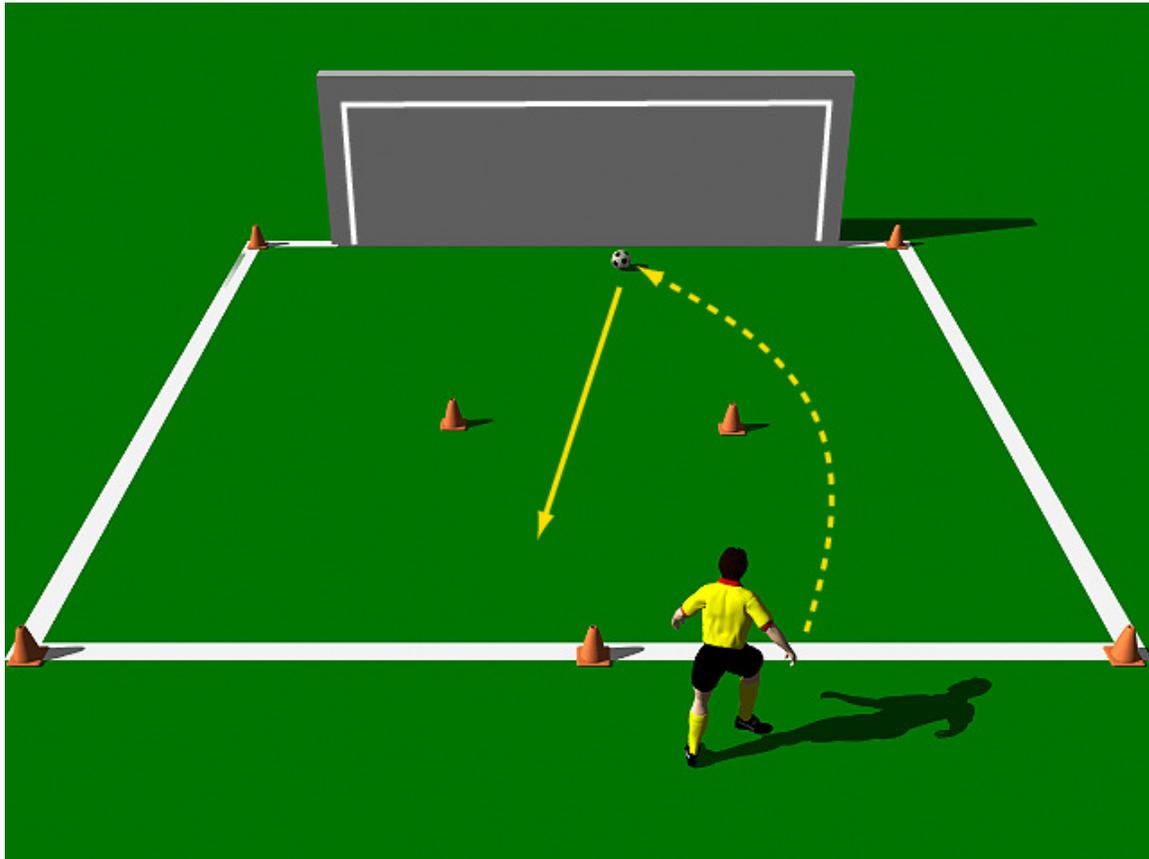
What you need to know

- Approach the ball at an angle. This will assist in the natural swinging motion of the kicking leg. The head should be kept steady and eyes fixed firmly on the ball.
- The last stride on the approach to the ball should be the longest. This will increase the length of the back swing from the kicking leg.
- Plant the non-kicking foot along side and slightly behind the ball. Do not position the non-kicking foot too close to the ball as to interfere with the natural swinging motion of the kicking leg.
- Contact with the kicking foot on the ball is made with the instep.
- The ball should be struck through the center and on the under side of the ball, where the ball rests on the surface of the ground.

- Withdrawal from the kicking leg comes from the hip as well as the knee for extra power and distance.
- The follow through is long and continues through the ball into the direction of the intended target. There is hardly any backspin on the ball, thus allowing the ball to roll as it makes contact with the ground.

The Bent Pass

Having the ability to bend an intended pass is essential in all players passing armory. The Bent Pass causes the ball to bend in its flight, thus giving the advantage of being able to bend the ball around an opponent. The Bent Pass may also be used over long distances and is therefore a valuable technique for shooting, as a goalkeeper must constantly adjust his position to get behind the path of the ball.



Practice

From the "base-line" try to swerve the ball around the outside of the cone which substitutes as a defender. Bend the ball with good pace against the wall. Control the rebound, then turn to bend the ball around the other cone. Use both the outside and inside of the foot for all round versatility.

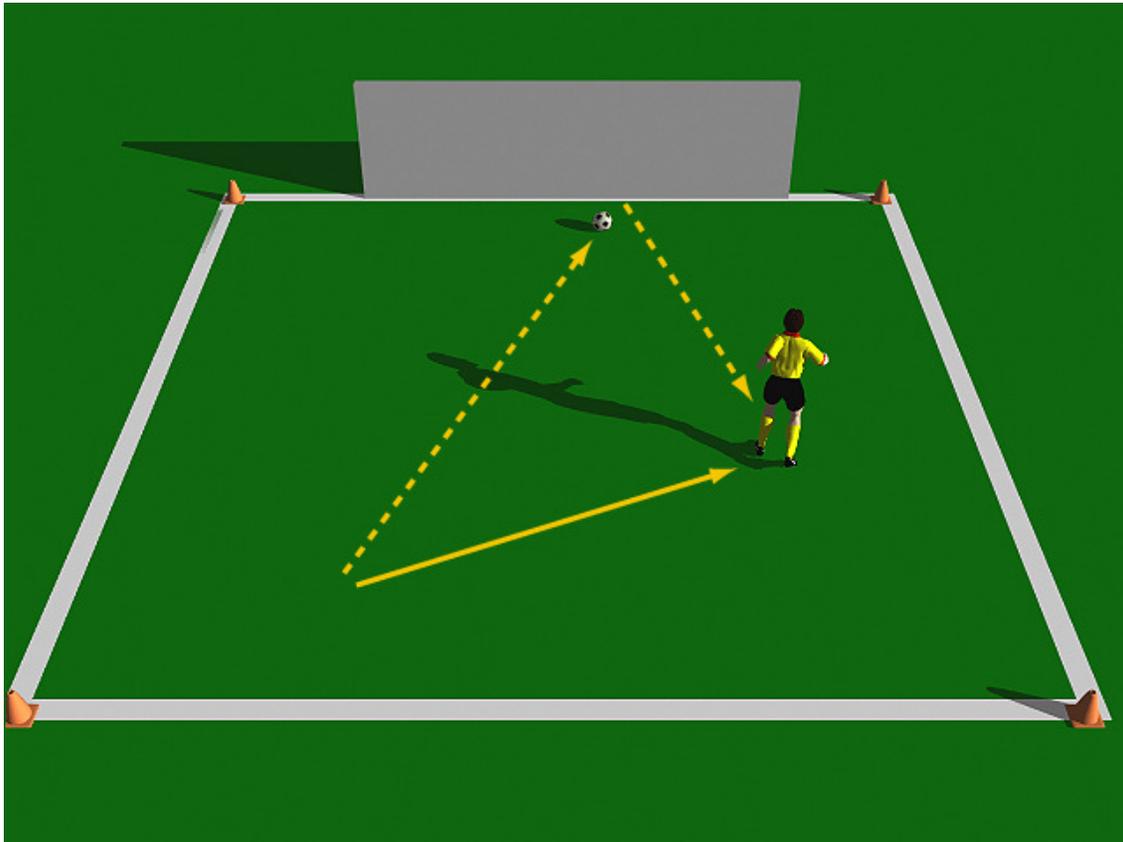
What you need to know

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- Plant the non-kicking foot approximately 10 inches away to the side of the ball.
- Contact with the kicking foot is made with the instep.
- The point of contact on the ball should be slightly below the horizontal mid-line and to the side of the ball. If contact is made too close to the center of the ball, then the ball will not spin. Too little contact on the ball will result in the ball being sliced.

Ball Control

Moving into the line of the flight of the ball

Moving into the balls path is the most crucial factor in ball control, without doing this the player will undoubtedly miss the ball. A goalkeeper moves his body behind the flight of the ball when stopping a shot and the same principle applies to outfield players. Quick footwork is important to avoid reaching at for the ball and being caught off balance. The more proficient a players is in this respect, the wider the server can pass the ball.



Practice

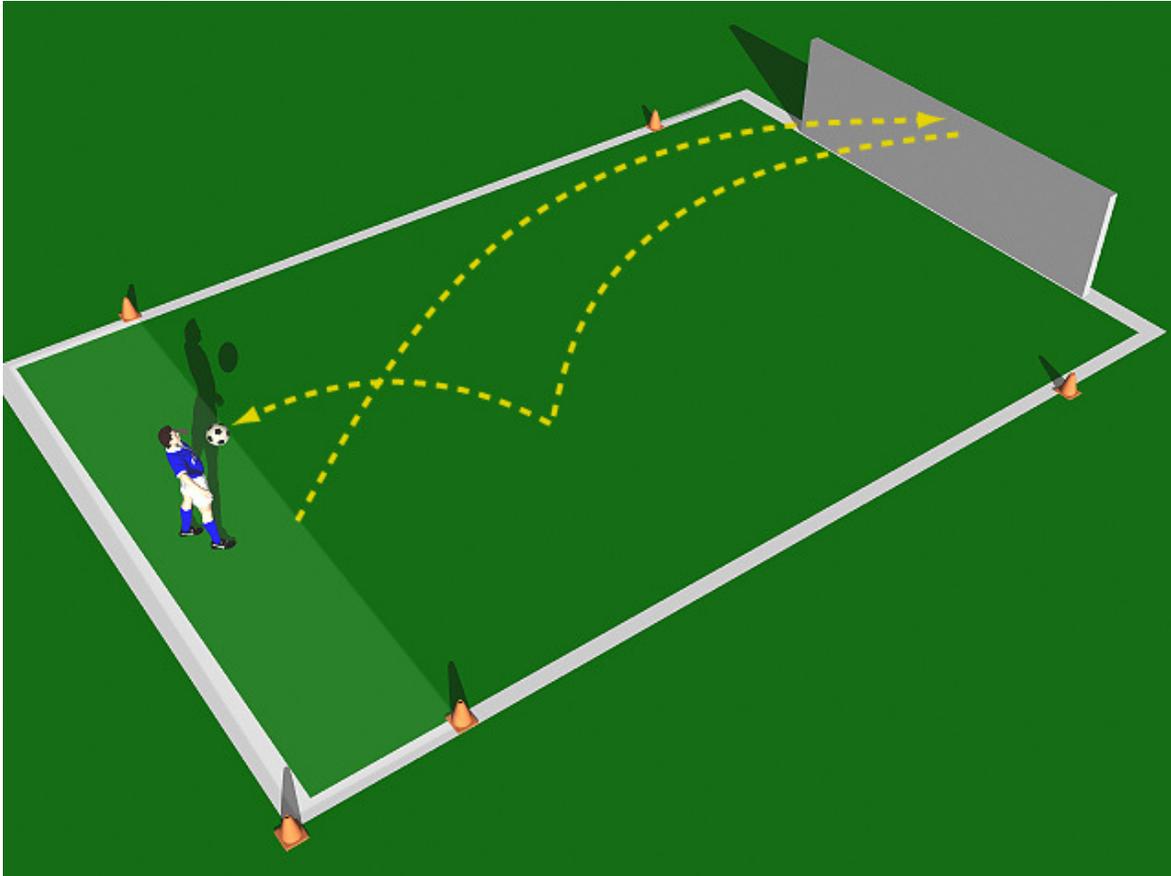
From the "base-line" between the two cones, strike the ball at various angles off the wall. On the rebound move forward into the path of the ball with optimum speed. Control the ball efficiently and repeat practice. Vary the speed of the and height of which you strike the ball off the wall, to allow for realistic service.

What you need to know

- Observe the speed and direction of the ball.
- Move into the path of the ball early with maximum speed.
- Move towards the ball.

Cushion Control

When using the cushion control the controlling surface is withdrawn on impact, rather like a boxer riding a punch. Withdrawing the surface has the affect of "cushioning" or absorbing the speed of the ball.



Practice

From the area marked off by the cones, firmly strike the ball towards the wall. You must then control the ball as efficiently as possible on the rebound and in the area marked by the cones. Control all rebounds using the "Cushion Control" technique. When controlling the ball do not allow it to run out of the marked area. Vary the type of service you play against the wall so that the rebounds vary in height and speed.

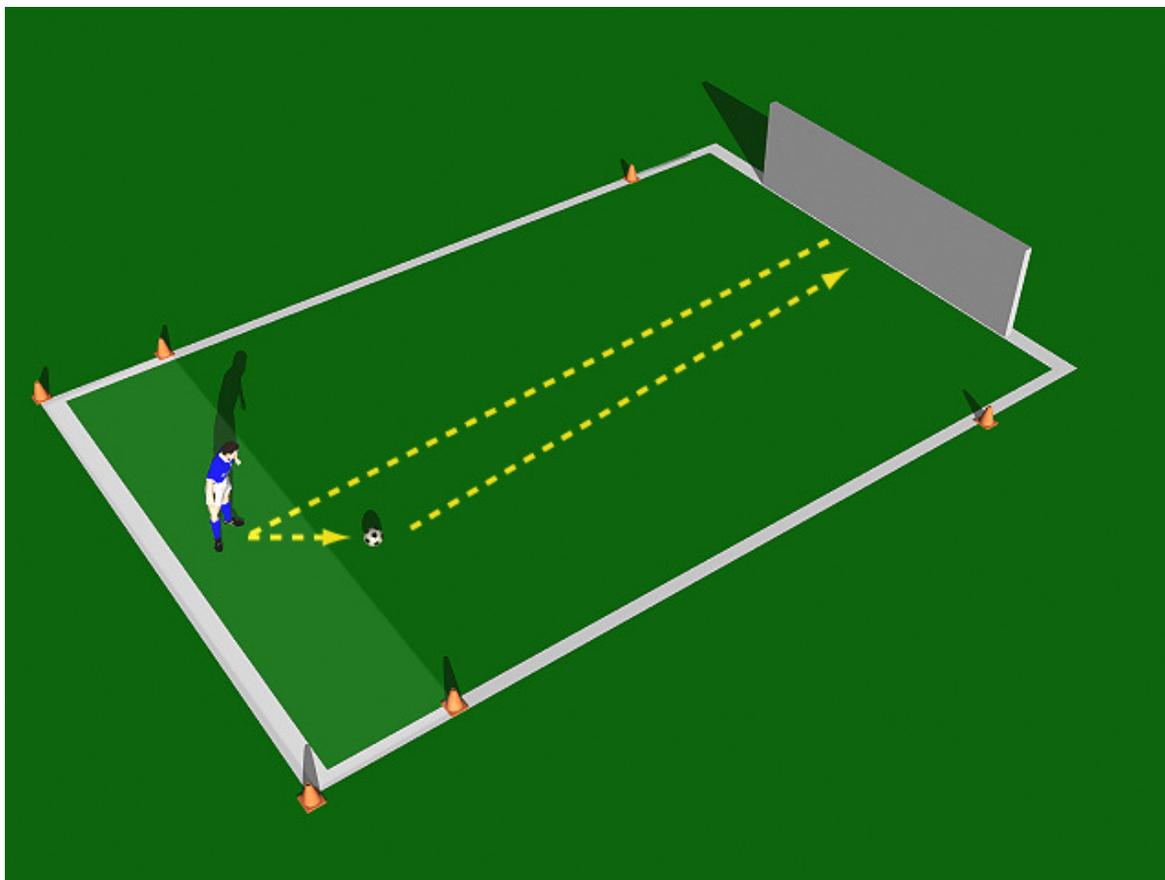
What you need to know

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Decide by the flight of the ball which controlling surface to select (head, chest, thighs or feet).
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Offer the controlling surface of the head, chest, thighs or feet.

- Immediately withdraw the surface on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the surface is not withdrawn quickly enough, the ball will bounce away from the player.
- In a well-executed cushion control the ball should lie close to the controlling surface.

Wedge Control

When using the cushion control the controlling surface is withdrawn on impact, rather like a boxer riding a punch. Withdrawing the surface has the affect of "cushioning" or absorbing the speed of the ball.



Practice

From the area marked off by the cones, firmly strike the ball towards the wall. You must then control the ball as efficiently as possible on the rebound and in the area marked by the cones. Control all rebounds using the "Cushion Control" technique. When controlling the ball do not allow it to run out of the marked area. Vary the type of service you play against the wall so that the rebounds vary in height and speed.

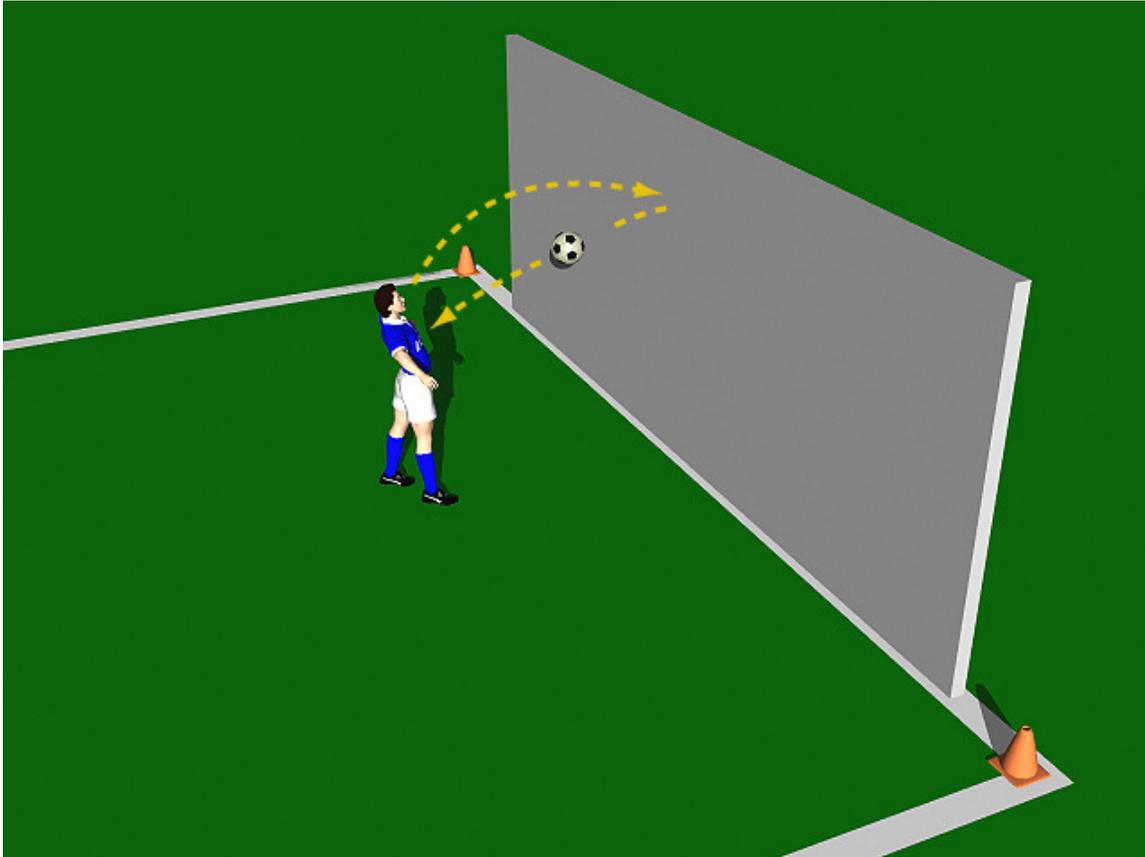
What you need to know

- Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- Decide by the flight of the ball which controlling surface to select (head, chest, thighs or feet).
- Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- Offer the controlling surface of the head, chest, thighs or feet.

- Immediately withdraw the surface on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the surface is not withdrawn quickly enough, the ball will bounce away from the player.
- In a well-executed cushion control the ball should lie close to the controlling surface.

Aerial Control

Aerial Control means the controlling of any pass, which is received in the air. There are four main categories; controlling the ball with the head, chest, thighs or feet. Not all passes are going to be played to you on the ground as many times the ball is lofted, chipped or volleyed towards you in the air. It is important that you are efficient in controlling the ball with all of these surfaces to be a complete player.



Practice

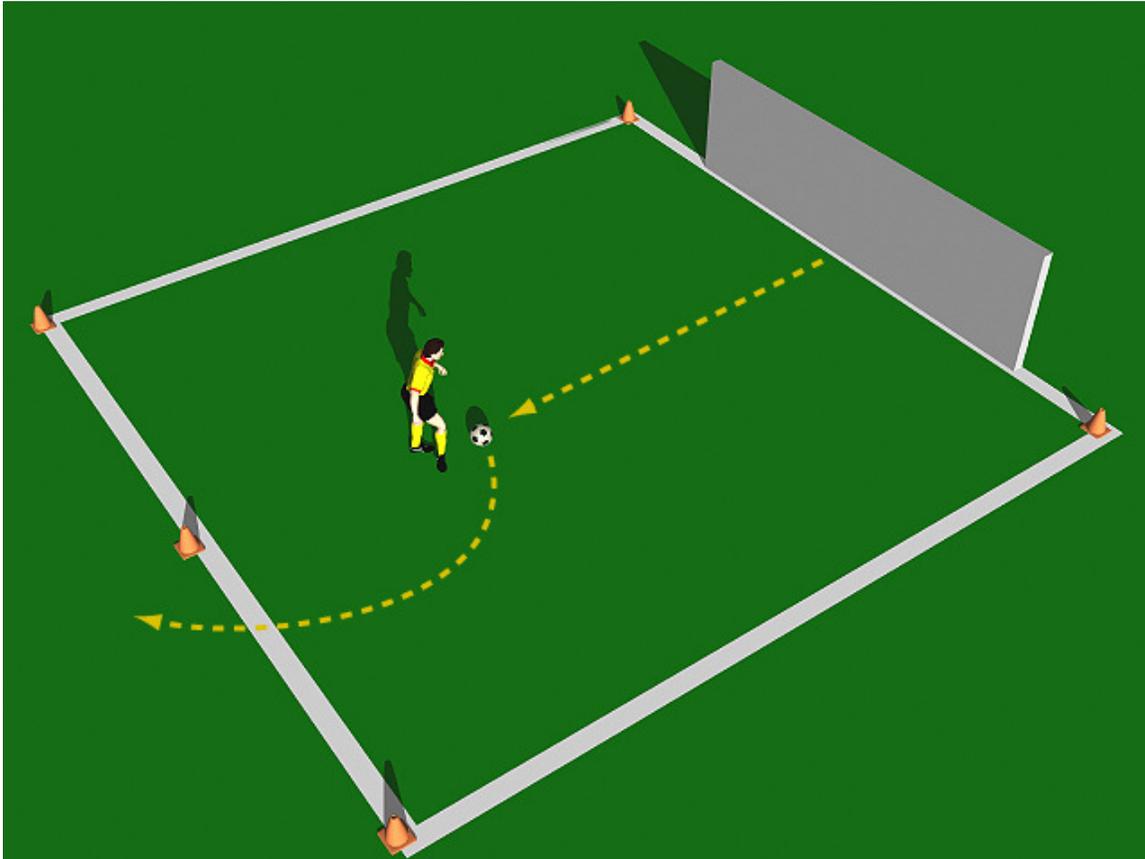
Start by throwing the ball off the wall. On the rebound select the best controlling surface to use (head, chest, thighs or feet) control the ball using one touch and play the ball back off the wall and in the air on your second touch. Keep this sequence going for as long as you possible using a variety of controlling surfaces. The ball must be kept constantly off the ground. You can add variety by controlling the ball with your first touch and keeping the ball up for three or four touches before playing it back towards the wall.

What you need to know

- Keep your eye's on the ball and head steady.
- Move into and under the flight of the ball.
- Select the controlling surface early.
- Cushion control is necessary in this practice to be able to take the pace off the ball.
- Offer controlling surface and withdraw on impact, relax at and keep your wrists open, this will help relax the muscles in the upper body.

Control and Turning with the Ball

There will be many times during the course of a game when you will receive a ball in space. Since it is the object of the team in possession to attack, you want to play the ball forward as quickly as possible. If you receive the ball with your back to an opponent's goal when in space it will in effect reduce your vision for forward passes and also take more touches to get the ball in forward positions. It is much more efficient when in space to control the ball on a "half turned" position with your body positioned sideways to the goal. This will in turn increase your overall vision and needs fewer touches to play forward balls.



Practice

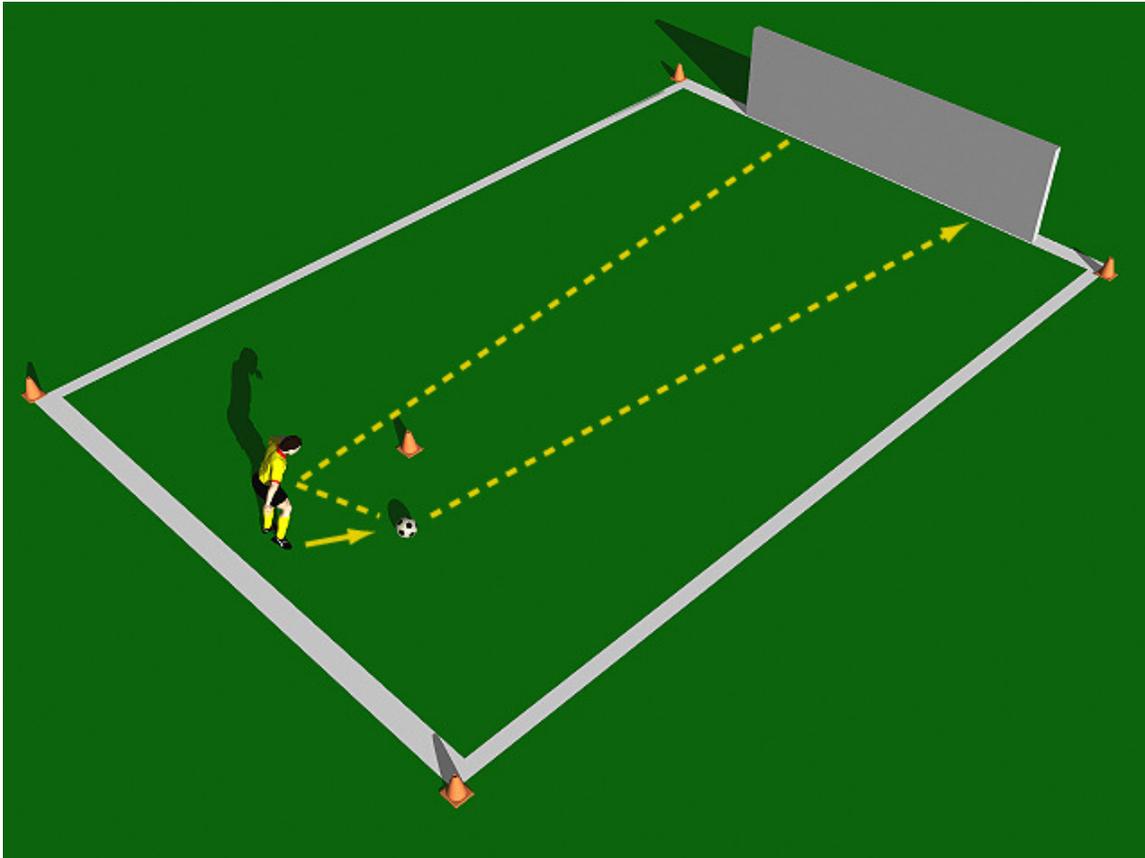
From the "base-line" between the two cones, strike the ball firmly off the wall along the ground. Move forward towards the ball and control the ball using a "half turned" position. After controlling the ball, dribble around the forward cone and repeat practice.

What you need to know

- Move forward into the flight of the ball.
- Position your body "sideways" when receiving the ball.
- Control the ball with the inside of the foot and withdraw on impact.
- Spin on your back foot and turn with the ball facing forward.
- Once turned, practice getting your head up and looking around to see passing, shooting and dribbling options as you would do in a game.

Controlling to Shooting

In the attacking third of the field it is highly likely that once you receive a pass an opponent will quickly pressure you. The demand upon quality control is higher in and around the penalty area than anywhere else on the field. It is essential that players must possess the ability to control the ball away from oncoming defenders to create shooting opportunities.



Practice

From the “base-line” between the two cones, strike a ball firmly at the goal. Control the rebound, playing the first touch into a space either side of the center cone, which represents the defender. Follow the ball quickly and finish with a strike at goal. Repeat the exercise on the rebound. Place accuracy as your priority when shooting. Consideration must also be made on your controlling touch, do not play the ball too far away from you and keep the ball within the marked area.

What you need to know

- Move quickly into the flight of the ball.
- Select your controlling surface early, foot, thigh, chest or head.
- Use the “Wedge Control” technique to redirect the ball away from the body into space.
- Follow the ball quickly and select shooting technique to be used.
- Maintain accuracy when shooting as your main priority.
- Have a positive attitude and try to score on each attempt.

Heading

Ball Juggling with the Head

Overall confidence is a product of knowing your abilities. To have confidence in performing a skill is knowing that you have mastered the technique involved. The quickest method to develop your individual technique is through repetition of performance. Ball juggling using the head produces the confidence to control Aerial balls with your head within a game situation.



Practice

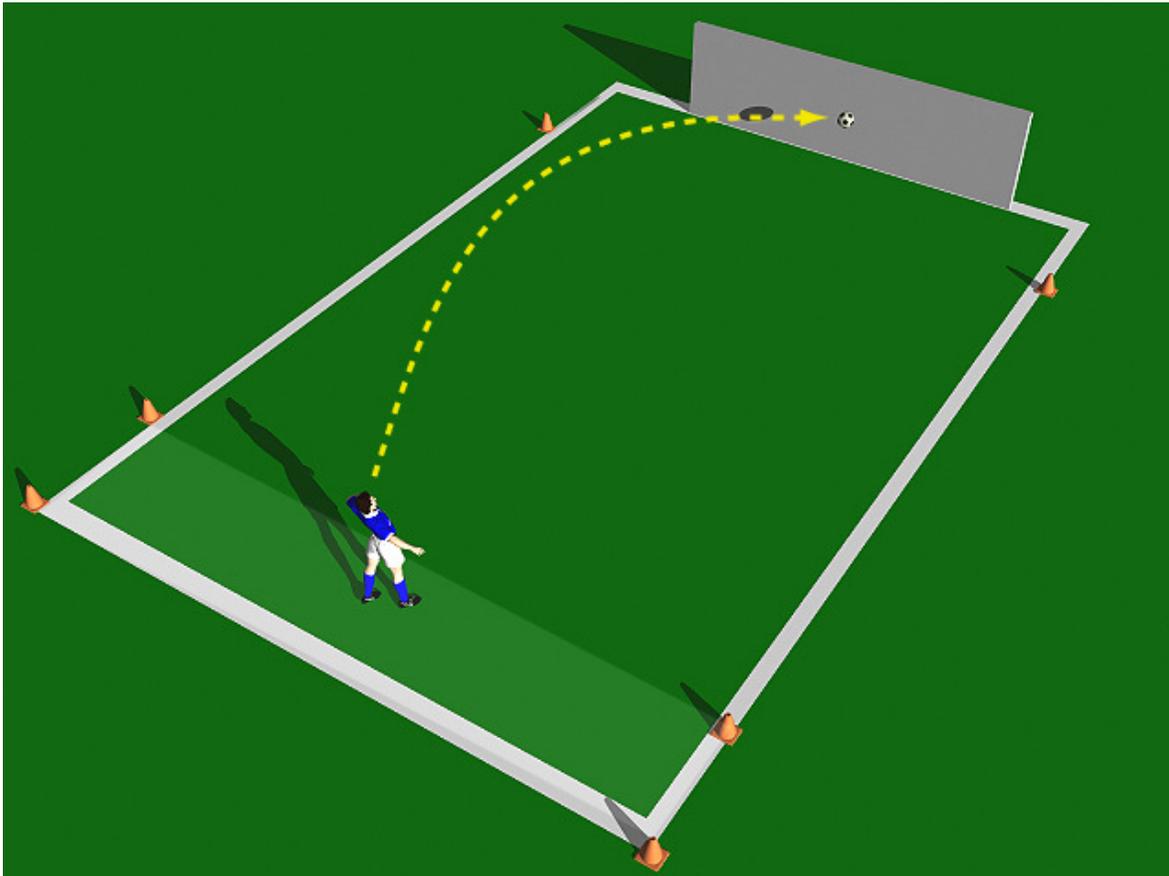
Commence the practice by throwing the ball up into the air and keeping the ball in the air as many times as possible using your head. It is important that you stay in the marked off area 10 yards by 10 yards. If the ball runs out of this area then you must restart the practice. Mental concentration is essential to make this practice profitable. Each player should set targets to aim for.

What you need to know

- Your eyes should be looking at the ball at all times.
- Feet must be separated to obtain a good stance for balance and control.
- Adjust your body constantly to keep under the path of the ball.
- Use the surface of the forehead, with the head tilted backwards.

Heading for Distance

For a defender, the penalty area is the area, above all others, where there are no prizes for coming second. It is essential therefore; those defenders are first to the ball and attack the ball. When heading, defenders will usually have the advantage of the ball coming towards them. Determination and courage are important qualities to possess when heading for distance. Having reached the ball first, the defender must head the ball high, long and wide to give his defense time to reorganize and adjust.



Practice

To determine your average heading distance stands against the wall and heads the ball outwards towards the two cones. Where ever the ball bounces acts as your base line. For this practice. Move the cones to this spot and work from that line. From the cones, throw the ball slightly forward and up into the air. On it's descent head the ball high and long towards the wall. The higher the ball hits the wall the more powerful your heading will become. Be alert to all rebounds and control them efficiently. Jog back to the base line and repeat practice. An aggressive frame of mind is vital.

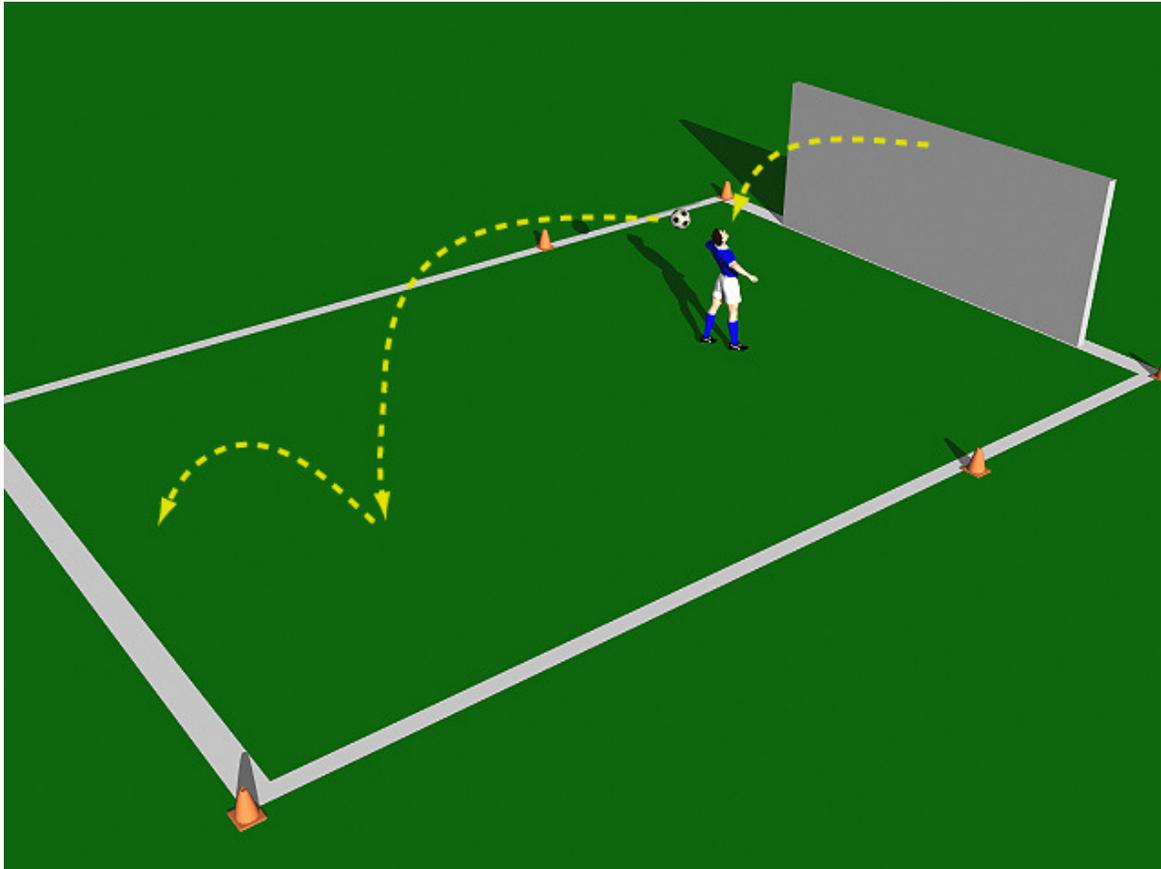
What you need to know

- Contact is made with the center of the forehead. As the forehead is the hardest and flattest part of the skull, it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and below the horizontal mid-line of the ball. This will direct the ball upwards. The header must be aggressive.
- On the approach to the ball, the player must slightly arch the back and tighten the neck muscles.

- Immediately on making contact with the ball, the player should quickly swing the upper body and make contact on the ball with the center of the forehead. Further power can be achieved by pulling the arms back when making contact with the ball.
- When heading for distance, the ball should be headed high, long and wide.

Heading backwards or Flick-on's

Heading the ball "backwards", or "Flick-on's" as it's sometimes referred to, may be used by an attacker to make a surprised attempt on goal when he is standing with his back to goal. Similarly, a defender dealing with a high ball may decide to head the ball backward to a teammate or the goalkeeper.



Practice

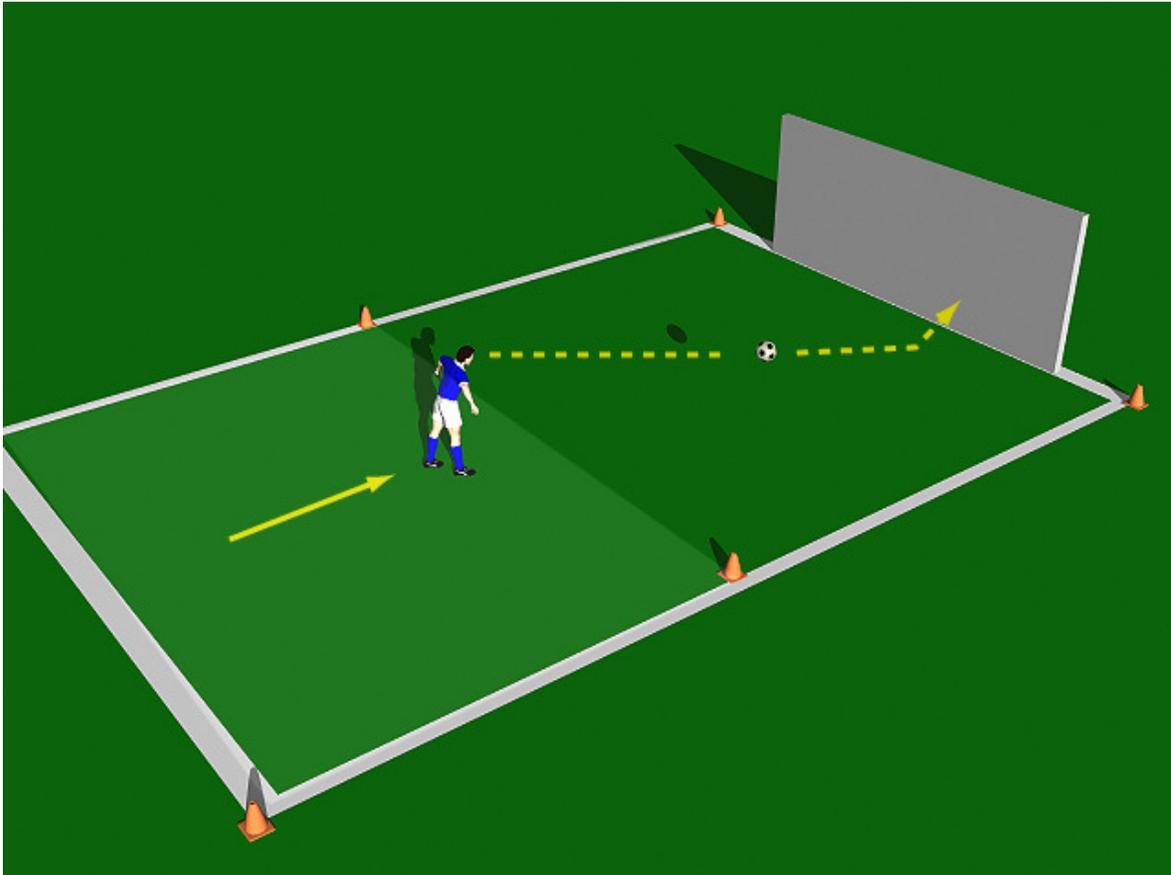
From the "base-line" and in between the two cones, throw a high and firm ball off the wall. On the rebound, attack the ball at its highest point using a one-footed take-off. Deflect the ball into the space behind you then turn quickly to secure possession using the feet. Jog backs to the base line and repeat the exercise. An aggressive and determined mind set is vital.

What you need to know

- Keep your eye's fixed firmly on the ball.
- Move quickly into the flight of the ball.
- Use a one-footed take-off and head the ball at its highest point.
- The ball is deflected with the top of the forehead.
- The head itself is hardly moved with the ball allowed to glance off the forehead. The head should be tilted back.

Heading at Goal

Although, at it's best, soccer is played mainly on the ground, the technique of heading the ball is vital. In the attacking third of the field it becomes harder to find space for passing the ball on the ground because of the number of defenders. Therefore, high balls are undoubtedly going to be played into the penalty area on many occasions.



Practice

From the "base-line" and in between the two cones, hold the ball in your hands and head the ball out of your hands down towards the goal. After an adequate standard has been obtained, vary the practice by now throwing the ball into the air and slightly in front of you. As the ball is coming down, attack the ball and head the ball down towards the goal.

What you need to know

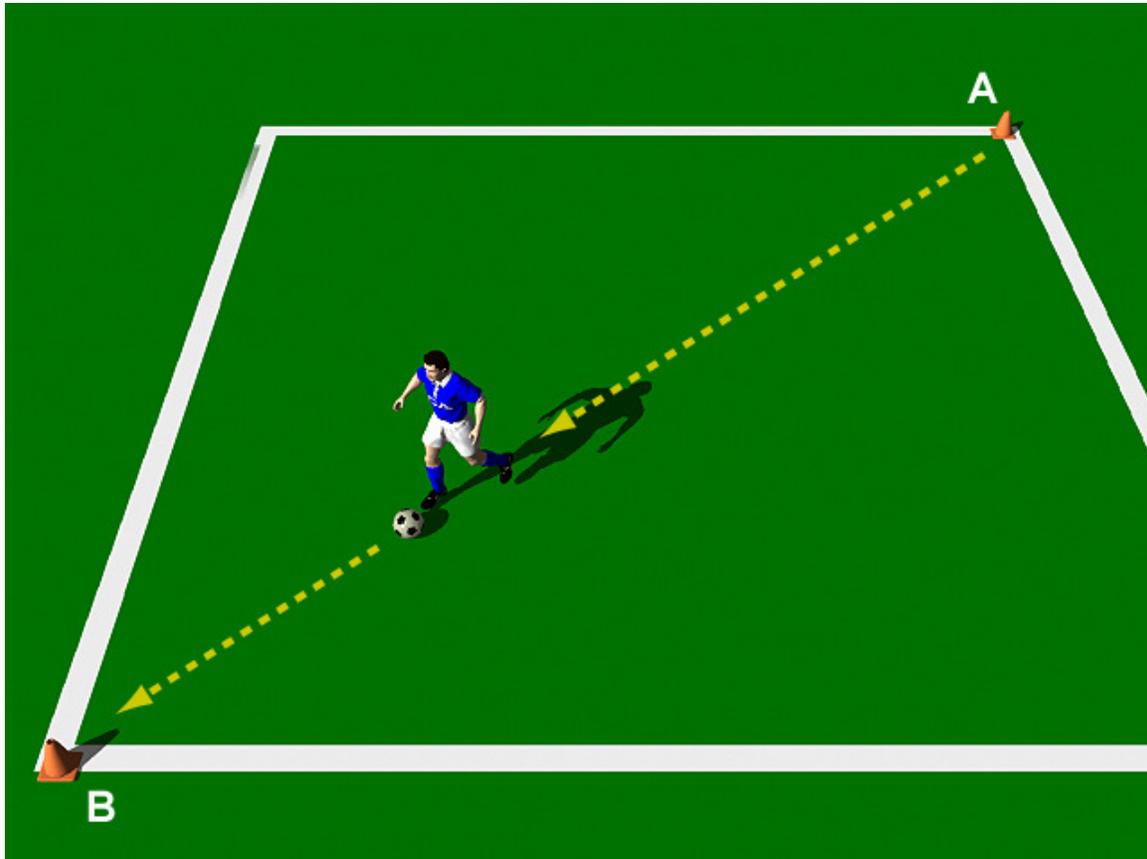
- In attacking heading the timing of the run by the player is of paramount importance. The player should try to time the run so that he meets the flight of the ball as he is attacking the goal. The player should not have to break stride. If the player makes a run to the ball too early, it will often lead to the player heading the ball from a static position, and very often marked by a defender. If the run is too late, the opportunity will undoubtedly be missed.
- Contact is made with the center of the forehead. As the forehead is the hardest and flattest part of the skull, it will lend to a more powerful and accurate header.
- Contact on the ball should be made through the center and above the horizontal mid-line of the ball. This will direct the ball downwards. The run must be late, fast and aggressive.

- On the approach to the ball, the player must slightly arch the back and tighten the neck muscles.
- Immediately on making contact with the ball, the player should quickly swing the upper body and make contact on the ball with the center of the forehead. Further power can be achieved by pulling the arms back when making contact with the ball.
- When heading for goal, the ball should be headed down towards the goal line.

Dribbling

Close Control while Dribbling

Attacking players must strive to become composed and comfortable in dribbling the ball with close control. To possess the quality of close control and “touch” allows the player to manipulate the ball at any time. As the passing possibilities will be reduced dramatically in the attacking third of the field, it is essential to possess the ability of close control to beat oncoming defenders.



Practice

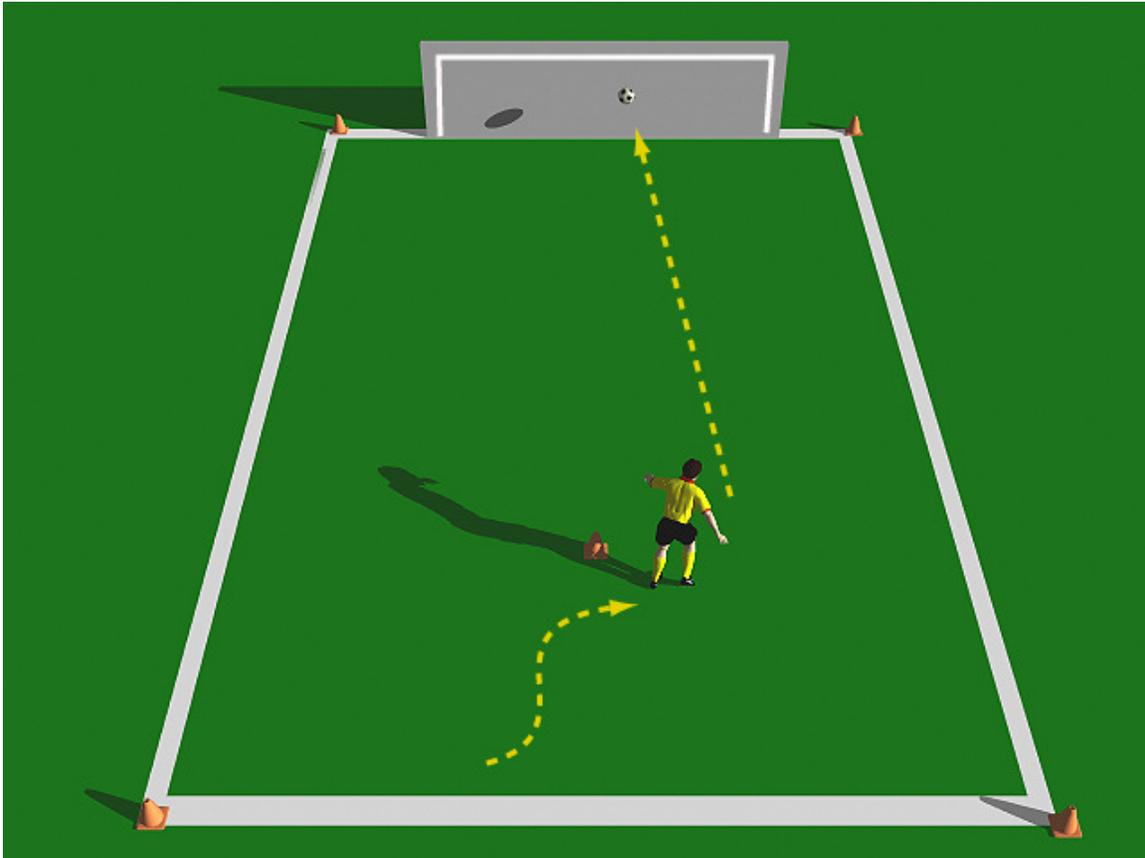
From cone “A” dribble the ball in a straight line to cone “B” opposite. First travel at a medium pace and try to get ten touches on the ball before reaching cone “B”. As the practice progresses increase your pace which will put a higher demand on your control. You may also increase the number of touches on the ball. When reaching the opposite side turn and repeat exercise back to starting cone. Approach this practice with a positive and attacking frame of mind. Vary from straight runs to zig zag runs.

What you need to know

- Keep head up while running to improve vision.
- Concentrate on being relaxed, no tense movements.
- Use both the inside and outside of both right and left foot to improve versatility.

Dribbling to Shoot

As Dribbling is only a “means to an end” which will result in an end product of a pass or shot, it must be said that when in the attacking third of the field a shot at goal must be our first priority from a successful dribble. An attacker must show courage and determination to take risks as the dividends may prove to be profitable.



Practice

Starting from the base-line move forward into the direction of the center cone at medium pace, about two yards from the cone disguise your intentions and play the ball into the space either side of the cone. With an explosive pace follow the ball and finish with a first shot at goal. Be prepared to play the ball to both the right and left side of the center cone and shoot with either foot. Also be alert to all rebounds and control as efficiently as possible, then jog back to the base-line and restart practice.

What you need to know

- The approach to the center cone should be that of moderate speed.
- Take care in not getting too close to the cone before playing the ball into space, as in a game situation cone would be a defender.
- Disguise your intentions of playing the ball on approaching the defender.
- Consideration of the “touch” into space is vital, if you play it too hard a defender would intercept it in a game situation, if you play it too soft it will give the defender time to recover.

Unbalancing the Defender

When dribbling it is important that you must upset your opponents' balance and concentration when he confronts you, to enable you to either pass to a teammate or shoot at goal. It is important to be imaginative in this aspect as the unexpected is the biggest weakness to a defenders concentration.



Practice

From the center of the two cones. Imagine you are confronted by a defender and use bold feints and disguises to move either side and stop the ball completely dead in line with the cone, then return to the center and restart, be prepared to manipulate the ball and use bold body feints. A positive imaginations primary when executing this drill.

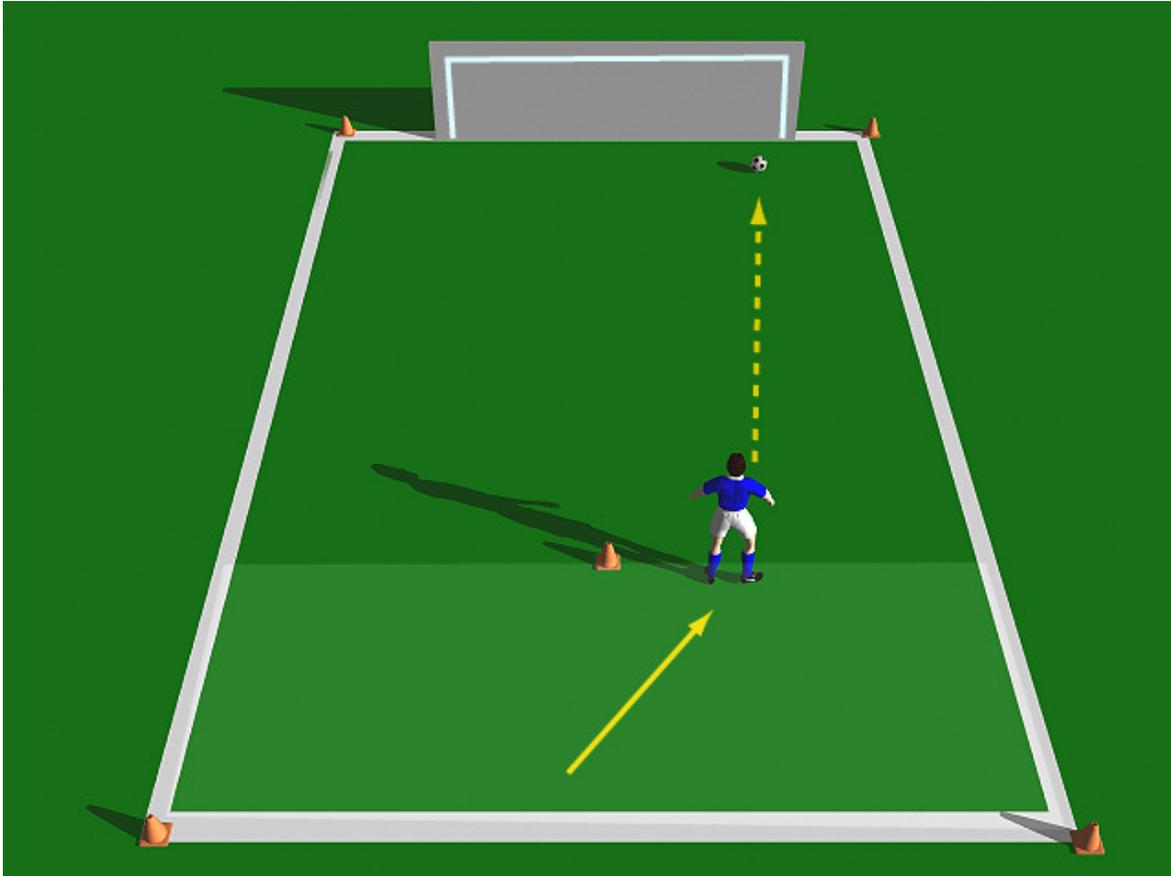
What you need to know

- Move the ball from side to side.
- Practice feinting to play the ball, but taking the foot over it.
- Feint with the upper part of the body while remaining balanced on the soles of your feet.
- If you feint to the "left" then quickly move in the opposite direction after disguising your intentions. If you feint to the "right" then quickly move in the opposite direction after disguising your intentions.
- Use the inside or the sole of the foot to stop the ball directly on the line.

Shooting

Shooting using the inside of the foot

When shooting with the inside of the foot the emphasis is on accuracy and not power. This technique will be used from close range, as it is not a power shot. Composure is needed in match situations to deliberately pick your spot on goal and place the shot where you intend it to go.



Practice

From the center cone dribble the ball forward to the "base-line". From this line you must attempt to execute a low side-footed shot for the corners of the goal, with accuracy being the major consideration, vary the angles in which you approach the goal, with as encouragement to use both feet. Be alert to rebound and control them as economically as possible, then jog back to the base-line and repeat the practice.

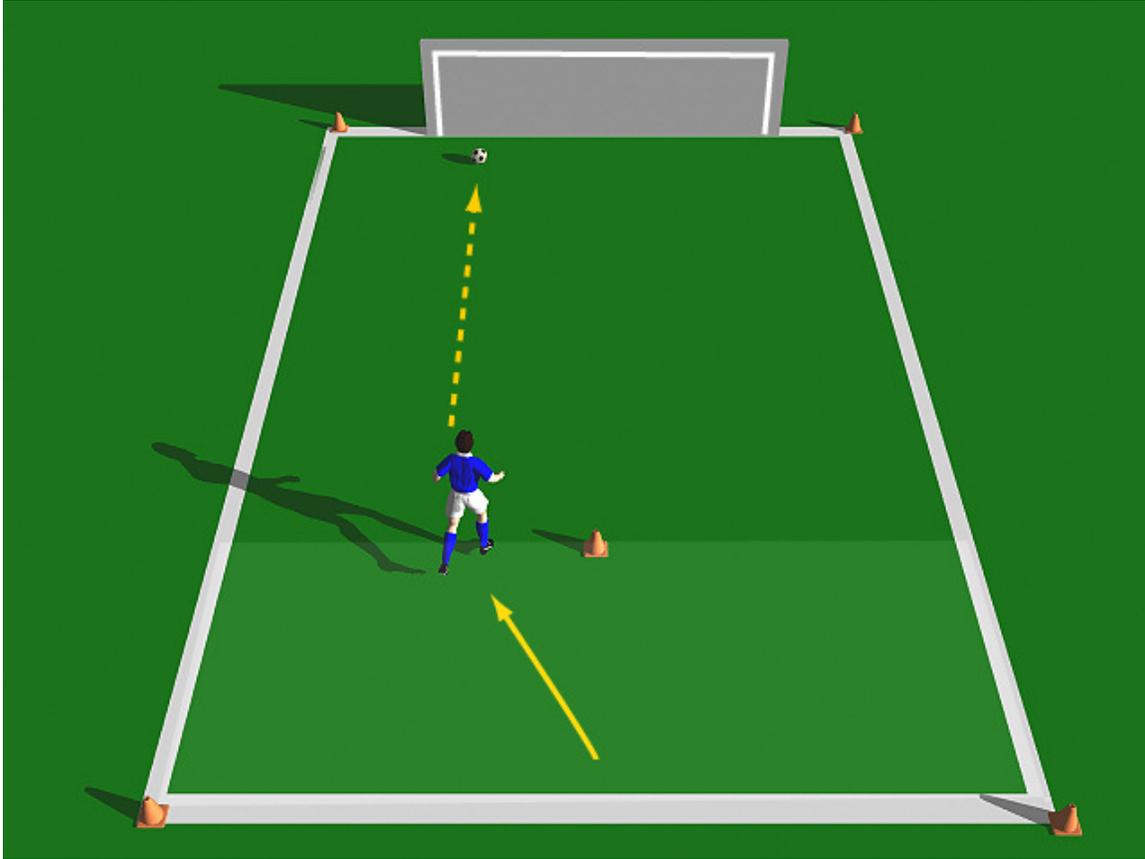
What you need to know

- Your eyes should be looking down and your head kept steady.
- The non-kicking foot should be placed far enough to the side of the ball to allow a free-swinging movement to the shooting leg.
- The kicking foot is turned outward so that the boot makes contact with the ball at right angles to the goal.

- The ankle must be firm.
- In order to keep the ball low; the contact on the boot on the ball must be through the horizontal mid-line of the ball.
- Adopt a positive attitude towards shooting and be determined to score each time.

The Low Driven Shot

This technique has the advantage of being easily disguised, therefore difficult for defenders to predict the shot. It also has the values of power and pace which makes it an essential attribute for long shooting, and it is a technique which can be used when running at high speed without interrupting your stride pattern.



Practice

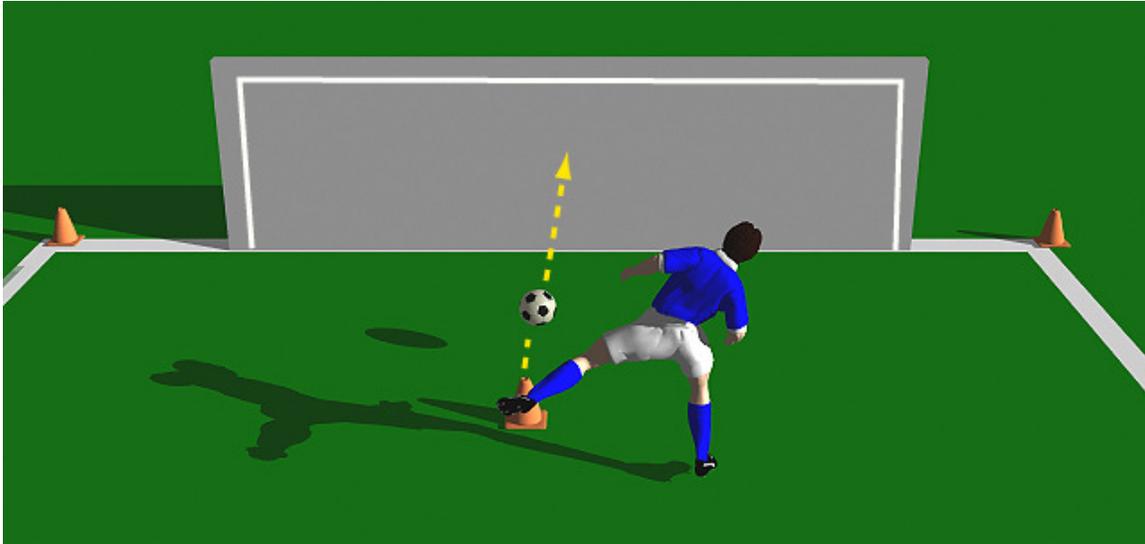
Start from the center cone and push the ball towards the "base-line". Follow the ball quickly and shoot at the goal using the low drive. Accuracy is of paramount importance. Be alert to all rebounds and control efficiently, then jog back to the base-line and repeat practice. Determination to succeed in scoring will produce a positive attitude.

What you need to know

- The approach to the ball is that of a slight angle.
- Your eyes should be looking down at the ball and the head should be steady.
- The non-kicking foot should be alongside the ball; and a few inches away from it, otherwise the kicking foot is likely to contact the ball through the bottom-half and the ball will rise off the ground.
- The toe of the kicking foot must be kept pointing down toward the ground so that the instep makes contact with the ball through the horizontal mid-line. The foot should also make contact through the vertical-line. This will ensure that the ball goes straight.
- A follow-through of the kicking foot is also necessary.

The Side Volley Shot

This type of shot is executed from balls that are moving across the body, the essential feature is that the body is positioned sideways to the line of the ball. The leading shoulder should fall away to allow the kicking leg to swing through smoothly.



Practice

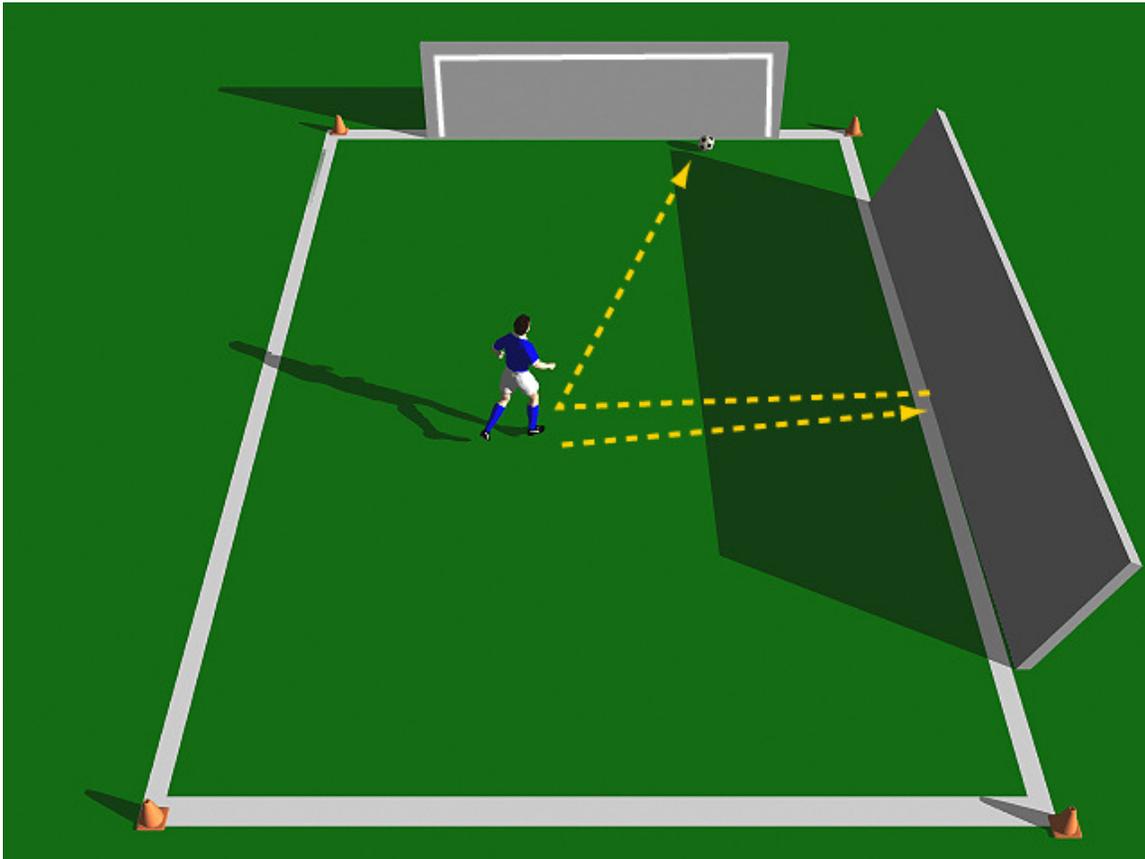
Place the ball on top of a cone. From a side-on position strike the ball at goal with concentration on pure technique and accuracy. After you are satisfied with your standard at hitting a static ball, then throw a ball into the air, striking it at goal after it has bounced once. Be alert to all rebounds and control them as economically as possible. Increase distance from goal to progress practice.

What you need to know

- Adopt a “Side-On” position to the ball.
- Your eyes should be looking at the ball and head should be steady.
- Extend the ankle as the knee is brought through in advance of the foot.
- The kicking leg must be parallel with the ground.
- Contact on the ball must be made through the horizontal mid-line of the ball.
- The body rotates round the non-kicking leg after contact.
- Power is secondary to accuracy and a positive approach is essential.

Shooting a ball moving across you

During the course of a game teams will attack at times from wide positions with a variety of balls being crossed to in and around the penalty area. So as an attacker you must be prepared to strike balls that are moving across your body, if not then many vital shooting opportunities may well be wasted. There is basically two types of shots from this position; balls that are placed inside the goalkeeper's left hand post and balls that are placed inside the goalkeeper's right hand post.



Practice

From the side base-line, drive or throw the ball firmly against the side-wall, on the rebound strike the ball at the goal as it moves across you. Accuracy is to be the important factor in this practice and power is secondary. Be alert to all rebounds and control the ball as efficiently as possible, then jog to the side base-line and restart practice. A variation of playing the ball off both side-walls will improve the technique in both the right and left foot.

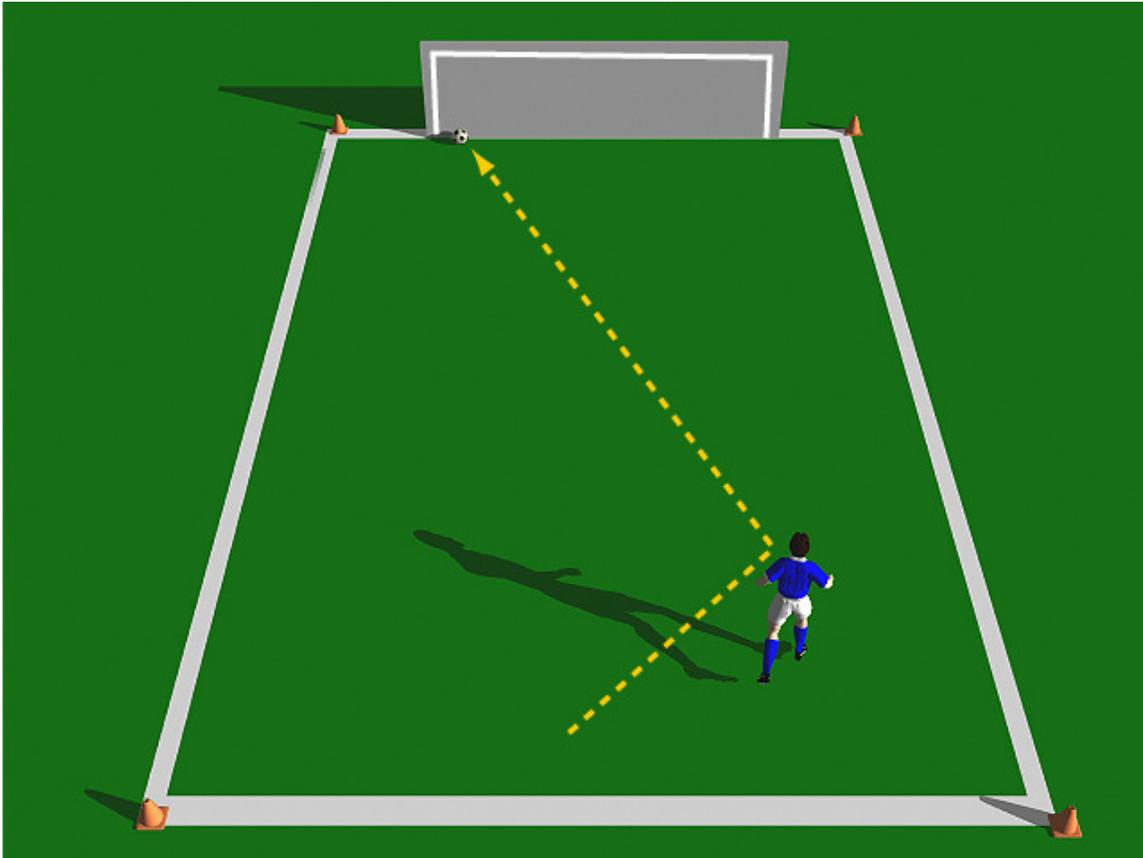
What you need to know

- Shots being placed inside the goalkeeper's left hand post; for this shot is well to the side of the ball but the body is closed to the target with the chest sideways on. The kicking foot can either go through or across the ball, inside to out, to swerve the ball in at the left hand post.
- Shots being placed inside the goalkeeper's right hand post; the non-kicking foot wraps around the ball and "pulls" the ball into the area of the right hand post.
- Concentrate on accuracy.

- Keep the head down and steady for contact on the ball.
- Strike through the middle or top half of the ball to keep it low.

Shooting a ball moving away from you

Shooting chances will occur in the game when the ball is moving away from the attacker, such as a through ball which is played to a forward running in the same forward direction. Shooting is that of passing the ball past the goalkeeper, just like passing the ball past any other opponent. You must show composure and steadiness to achieve a successful technical performance.



Practice

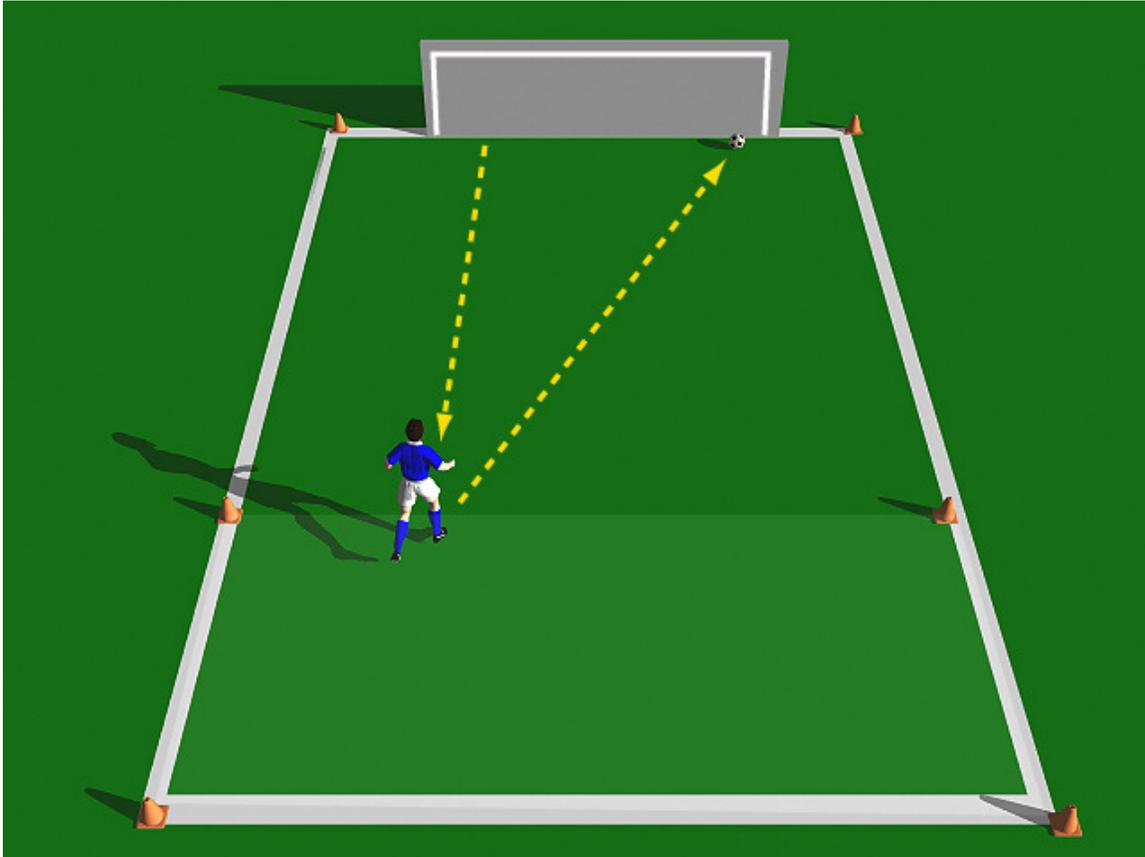
From base-line throw the ball forward into the direction of the goal with a variety of pace, height and angles. Follow the ball quickly and shoot first time at the goal; placing accuracy before power. Be alert to all rebounds and control them efficiently, then jog back to the base-line and repeat drill. Work on striking the ball with both left and right foot.

What you need to know

- Follow the ball quickly to shoot as early as possible.
- Selection of shooting technique must also be achieved quickly and positively, i.e. volley, half volley, drive, etc.
- Observe the target and select a particular spot as accuracy is the vital key.
- Keep the head down and steady for contact on the ball.
- Strike through the mid-line or top half of the ball to keep the shot low.

Shooting a ball moving towards you

There will be situations in a game from a rebound, pullback, lay-off, or a deflection when the opportunity of a shot comes from a ball that is moving towards you. The great danger with this kind of opportunity is that the player may make contact with the bottom half of the ball and send it over the bar. It is therefore important that the attacker should observe the technical point involved in executing these shots.



Practice

From the “base-line” between the two cones, strike the ball firmly towards the opposite wall, approach the oncoming rebound with a positive frame of mind and strike the ball at the goal, placing accuracy before power, be alert and again continue this sequence by striking the rebounds consecutively. Use a variety of shooting techniques i.e. volley drive, swerved, etc.

What you need to know

- Move forward and into the flight of the ball.
- Keep your head steady and down over the ball.
- Place the non-kicking foot well up to the ball.
- Make contact either through the middle or slightly above the mid-line of the ball.
- Concentrate on accuracy.
- Follow-through of kicking foot is essential.