

MTYS Coaches Clinic – Week 3

Kicking/Shooting/Striking for Distance

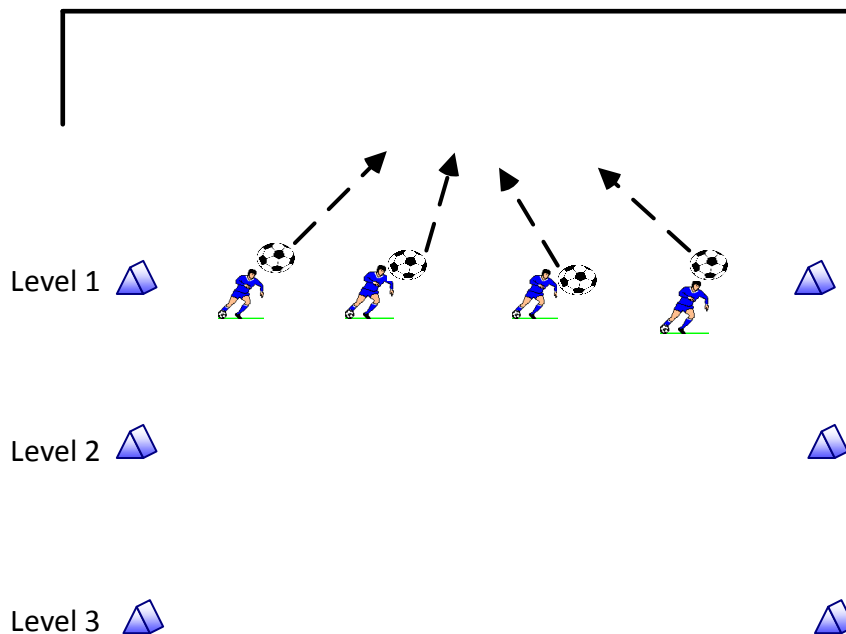
Passing is considered the fastest way to move the ball around the field – in a controlled fashion. Shooting, Striking, kicking are skills required for moving the ball at distance with power or for scoring on goal.

Kicking with different surfaces of the foot are used for different scenarios and produce different results – striking hard with laces produces low, powerful shots, kicking on the lower half of the ball with the inside wedge of your foot produces height and distance, etc. There are a number of simple games that create the opportunity for players to gain a large number of repetitions and learn the techniques needed for different types of striking the ball.

Activity 1 – Levels / Nets

All players start with a ball and are lined up horizontally in front of the goal. Two cones will mark the “Levels” at either side from which players will shoot the ball into the goal. Each player goes in turn (not at same time) and tries to score. After all players finish a Level, they retrieve their balls and line up at next level and repeat. Continue through all levels for the duration of the training exercise. Encourage striking on the lower part of the ball with the wedge part of the foot in order to get lift, approach at an angle that allows the kicking foot to use power from the hips, and follow through. Also, leaning back instead of forward allows a player to use leverage to get lift on the ball. Older players attempt to hit the back of the net in the air, younger players just attempt to hit the net.

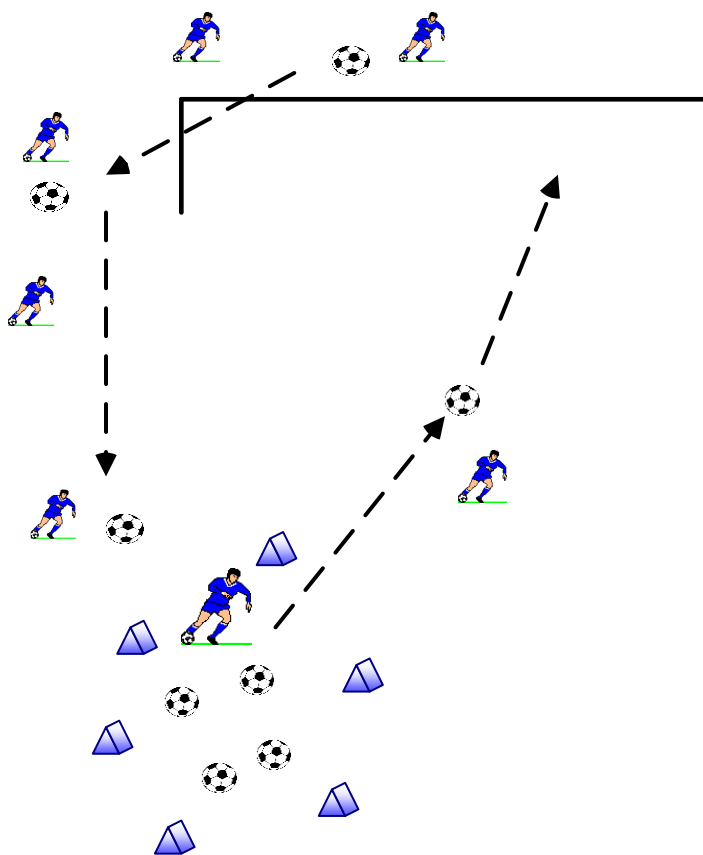
Progression: After several rounds of all players completing all rounds, play a knock out round. If a player fails to hit the net or hit the net in the air, the player is out and goes behind the net. If another player kicks a ball over then net and it is caught in the air by a player, that player can re-enter the game.



Activity 2 – Ball Factory

Ball factory is a good warm up for younger players (4 thru 8) that allows for rapid player movement, shooting and keeps all players involved. ***** Ball factory requires that the lower back part of the netting can be lifted to retrieve balls while shooting occurs at the front side***** Divide your players into two teams. Have one set of players lined up behind the coach and the other set are lined up behind and to the side of the net – forming a chain of players back to the coach.

The coach serves balls forward towards the box, while the players runs forward to shoot. After each shot, the player runs back to line and the net player goes in rapid succession. While one team is shooting, the other team is retrieving balls and moving them from player to player back to the coach. You can allow players to use hands or to pass the balls along the chain. Allow teams to switch roles after about 3-4 minutes. Striking with laces down or wedge is fine for stressing technique in this activity.



Activity 3 – Shooting Line

Divide into two teams. Set a line of balls a relative distance from the goal – based on how far players can shoot. One team begins shooting while the other team has a goalkeeper to try and save shots. Non shooting team places remaining players behind the net. Players spring from a gate, shoot on goal and then sprint back to tag next player. The next player sprints and shoots after being tagged. Once balls run out, teams trade places. A team can also “steal” the round from another team if a player shoots a ball over and the opposite team catches it in the air. If a team steals a round, they finish the round and then go again for the next round. The team with the most goals at the end wins.



Activity 4– Power and Finesse

This activity is a shooting game to teach/train two different types of shooting/finishing – Power shot and (softer) Finesse shot. Divide the team in two – select a GK for each team.

Coach has a supply of balls to the side of the goal while players are placed at opposite ends at the top of the Goal box. The coach serves two balls for the first player in line from one team - one farther from goal, the other (on a delay) closer to goal. The player must shoot the first shot using laces for power, then quickly address the second ball with the inside foot for a finesse shot. Rules are set for the following scenarios

- If a player makes both shots, he/she get to challenge an opposition player. The opposition player must make both shots or they are out of the game.
- If a player makes one shot, they stand off to the side. If the next opposition player makes two shots, the first player is out.
- If a player makes no shots, they are out.

Players may wait behind the net until someone hits a ball over the net - if they catch it in the air, they are back in the game.

Striking the ball for power involves the use of the laces while pointing toe down and keep shoulders over the top of the ball. This keeps the ball on lower trajectory and less likely to go over net. Placement of power shot is not overly stressed in this game due to lesser accuracy of power shots. Accuracy is illustrated in the finesse shot - Finesse shot is always with the inside of the foot and should be placed in either corner of the net.

