

Shooting the Ball

There will be three main factors that you'll need to focus on when shooting a soccer ball from the ground: the position of your supporting leg, the position of your body and the way you strike the ball.

Position of the supporting leg – The placement of your supporting leg is extremely important when determining the accuracy of your shot. Together with the position of your body (which we will cover below), your supporting leg will determine the height of your shot. Actually, to a large extent, the position of your body is in turn determined by your supporting leg, so make sure you get this one done correctly.

Position of the upper body – There's a correlation between the position of your upper body and that of your supporting leg when determining how high a soccer ball will go.

The further away the leg is from the ball, the more your body will be forced to lean back, in order to allow your shooting leg to extend and hit the ball. This produces shots that take altitude easily and are usually not recommended.

In order to keep shots low and powerful, force your upper body slightly forward when taking a shot, but make sure you still leave enough room for your shooting leg to extend.

Ball striking – A ground shot can be taken by using the inside, outside, instep or front of the foot (the heel isn't usually considered in this category, since back heels have a special status in soccer shooting).

Using the inside of your foot, you can imprint the ball with a curly trajectory that can often confuse goalkeepers, or avoid obstacles, such as the opposing team's wall at a free kick. Using the inside of your foot, you have the best control over the ball and its trajectory, but your shots won't be at full power.

Using the outside of your foot when shooting a soccer ball is rarely used since you lack the control and power over the ball that an inside or instep shot would give you.

Mastering soccer shooting with your instep is very important, since this part of your foot will give you the most power to transfer into your shots.

By striking the ball with your instep, you can perform the full body motion and leg extension to give your shot maximum power, unlike striking it with another part of your foot that has you trading power for accuracy. But don't get me wrong, instep shots can be powerful and accurate at the same time.

As long as you don't lean forward too much and keep the ball flying at a reasonable height, the opposing team's goalkeeper will have a hard time. So with instep soccer shooting, accuracy translates into "hitting the goal surface" basically. The power of the shot will do the rest from there.

Volleys require a bit more focus than ground shots, since shooting the ball from mid air requires some extra balance, eye-foot coordination and perfect timing of your moves.

It's very important to judge the trajectory of the ball correctly, position yourself as needed and start the shooting leg extension at the right time to meet with the ball. The depth of your swing will determine the volley's power and the position of your body can also correct shots that would otherwise gain too

much

height.

<http://www.youtube.com/watch?v=WovDeOPd3oM>

<http://www.youtube.com/watch?v=EQNy7INqtkY>

Simple Shooting Drill	
<p>Description: This is a good drill to start off a shooting practice. The "finisher" passes the ball over to a distributor who sets it up for a finish. The ball must be struck outside of the penalty box.</p> <p>Explanation: In the beginning of the drill, the player taking the shot must be required to control the ball before finishing. When the players get comfortable enough, make it a requirement to finish with a single touch. This provides a smooth progression from technical execution to performance demands.</p>	<p>Task: finish from outside the box</p> <p>Purpose: technique, composure</p> <p>Complexity: simple</p>

Shooting Soccer Drills: Go For Goal

Soccer players form two lines on each side of the coach who is standing about twenty yards from the goal. The coach kicks the ball toward the goal (about half the distance) while each player takes a turn (alternating from each line) racing to the ball and shooting. This drill may be played with or without a goalie, and is designed to teach a good first touch on the ball and proper soccer shooting technique. Sometimes, coaches may elect to have a player from each line compete against one another to win the ball and shoot.

Shooting Soccer Drills: Hit the Cone

Set up cones in a line four feet apart and line up two players facing one another on each opposing side of each cone. So for each cone, there should be two players facing each other with the cone in between them 20-25 yards away. Players take turns shooting at the cone in between them. If the cone is missed, their partner should try and trap the ball and take his or her shot at the cone. Have players do this shooting drill in one minute intervals to see who can knock down the most cones in that time period.

Shooting Soccer Drills: Pass & Shoot

Set up two cones as a goal or use a regular soccer goal and have players form two equal lines about thirty yards in front of the goal. Choose a goalkeeper to defend the goal. Have one line of players take turns passing the ball out in front of the goal (about half way), while a player from the second line runs out, traps the ball and shoots. After each pair goes, they then return to the back of the opposite line. The goalie rolls the ball back to the passing line. You can use more than one ball to keep the lines flowing.

Shooting Soccer Drills: Shoot against the Goalie

In this shooting drill, teams of two have a ball and four cones. The cones are to be set up ten yards apart as a goal at each end of the drill area. Each player takes turns being the goalie and shooting. Players may shoot a stationary ball, or work on dribbling up and shooting. Also, the goalie can roll the ball to the shooter to practice one-touch shots.

Shooting Soccer Drills: Quick Shot

In this shooting drill have several teams of three soccer players take turns playing goalie, offense and

defense. A goal is made up of simply two cones with the goalie in front, a defender in front of the goalie and the offensive player trying to score. Players take turns shooting and defending the goal. If the goalie stops the shot, he simply rolls it out to the offensive player and play resumes again. Switch the players often.

Shooting Soccer Drills: Pass & Shoot

Mark out a 30 yard x 30 yard square with cones and goals (or two cones) at each end. Two equal teams compete in trying to complete four passes before being allowed to shoot at their opponent's goal. If they lose possession, the passing count begins again.

Shooting Soccer Drills: Cones & Shoot

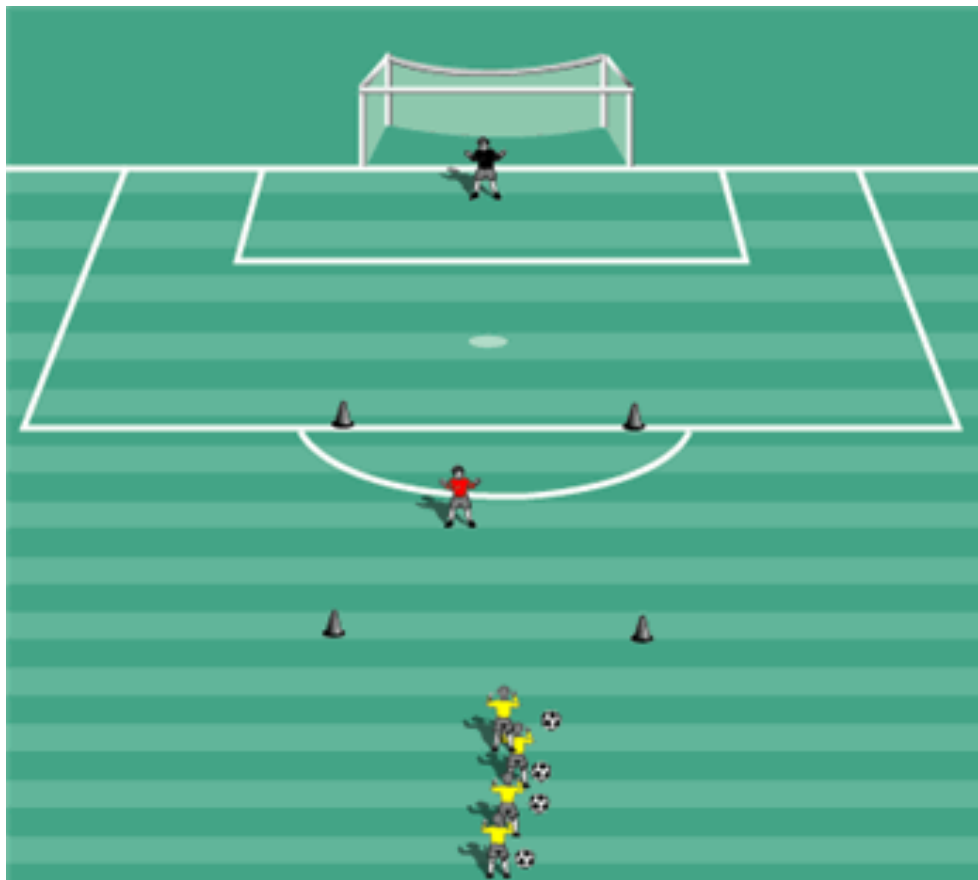
Two lines of players take turns dribbling the soccer ball through two thirty-yard lines of cones, and then shooting at the goal at the end. Players try and dribble quickly through the cones and score before the next player begins dribbling through the cones.

Shooting Soccer Drills: Cone Kick Down

This soccer drill is played just like a soccer game, but instead of shooting at goals the soccer players on each team shoot at five cones set up in place of the goals at each goal line. Played with no goalies, the first team to knock down all five cones wins the game.

This activity would involve between 5-8 field players and one keeper. In the very beginning, it would seem there would be too much waiting in line but you will quickly see the players have to sprint to get back before it's their turn again.

Start with a 10 x 10 area on the top of the 18. One player starts in this area, a keeper is in goal and the rest of the players are in a line 10 yards from the top of the area



The first player in line dribbles at speed into the area and must beat the defender and get a shot hit. They can shoot at any point once they enter the grid so they can shoot past the defender or dribble past the defender and then shoot.

If the player with the ball shoots and scores, they get one point and get the ball and go to the back of the line. If they shoot and the shot is on goal but the keeper makes the save no points are awarded but the shooter gets the ball and goes to the back of the line. If the player shoots but it doesn't go on goal, the defender gets the ball and goes to the back of the line and the player who shot and missed becomes the defender. If the defender prevents the shot (by winning the ball or by slowing the attacker down) the defender wins a point and gets the ball.

As soon as a shot is hit, the next attacker starts so it's a very fast moving activity. It's best if there is a coach to determine who is the defender and who gets the point because there are no breaks in this game and you don't want the players arguing whether a shot was on goal or not, or whether a point should be awarded or not.

This is a five minute game (or it can last as long as you would like) and the player with the most points wins (realize it is possible for a player to win the game without ever scoring a goal by winning balls defensively).