

Instep kicking

The majority of goals in soccer are scored with the instep kick. It is the most powerful shot in soccer and the most spectacular. Even the goalkeeper needs instep-kicking practice to put the ball back into play. This segment gives an overview of the basic steps to effective instep kicking.

BASIC POINTS COVERED:

1. To place the ball low, lean the upper body forward as the ball is kicked.
2. To place the ball high, lean the upper body back when the ball is kicked.
3. Keep ankles firm and the foot stretched downward when kicking.
4. To curve the direction of the ball, kick with the inside or outside of the instep.

TRAINING EXERCISES:

1. Players practice instep kicking one at a time using a stationary ball and taking a direct free kick at the goalkeeper.
2. A defender player is placed between the kicker and the goalkeeper to act as a one-man "wall." Players practice kicking around the wall using the inside or outside of their instep.
3. Using one offensive player and one goalkeeper, the players practice dribbling before shooting for the goal with both the left and right foot.
4. Another offensive player is added who kicks in from the wing to the striker. The striker collects the ball and shoots as one defender guards the goal line.
5. A defender is added to challenge the two offensive team members.
6. One offensive player dribbles taking the defender with him shielding him from actual ball contact. At the last moment he stops the ball dead with the bottom of the foot. The striker then comes from behind to shoot for the goal.
7. One of the offensive players dribbles drawing the defender along with the ball. The striker then takes the ball over, turns and shoots for the goal.
8. Instep kicking skills are practiced in a real game situation.