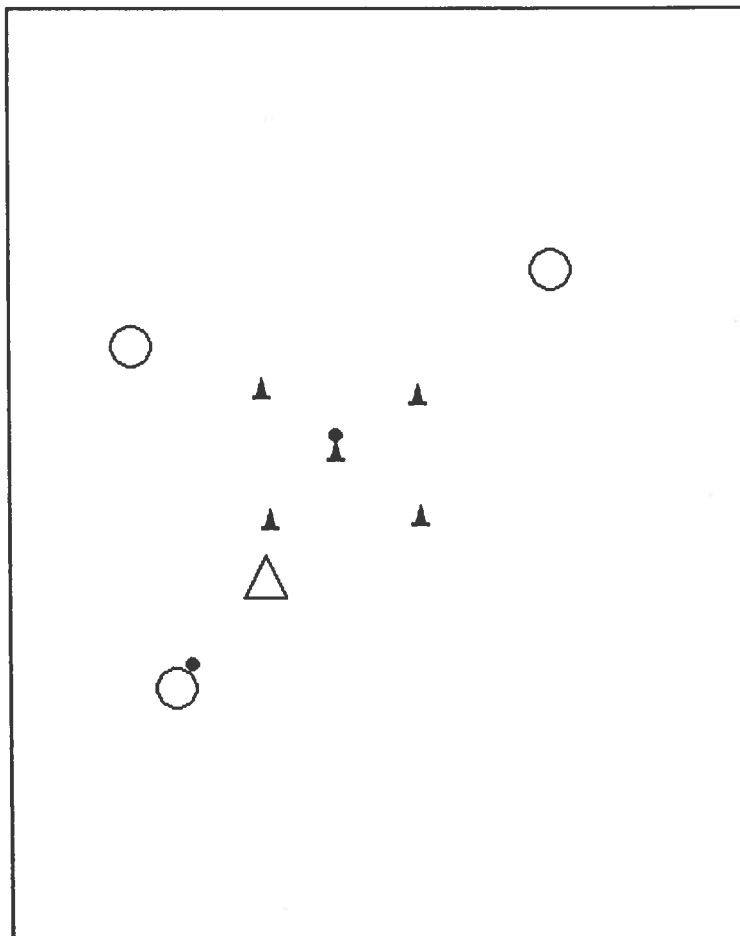


Coaching Soccer 101



3V1 Variation

[Back to Drills](#) or [Home](#)



Setup - Use flat cones and make a 3 yard by 3 yard grid. Put another flat cone in the middle of the grid and place a ball on top of the flat cone.

The Game - 3 attacking players against one defender. The 3 attacking players pass the ball to each other and score by knocking the soccer ball off the cone in the middle. No players are allowed in the grid.

Variations - Depending on the skill level, must complete a set number of passing before a shot. Make grid smaller to defender can defend easier which will force quicker and smarter passing.

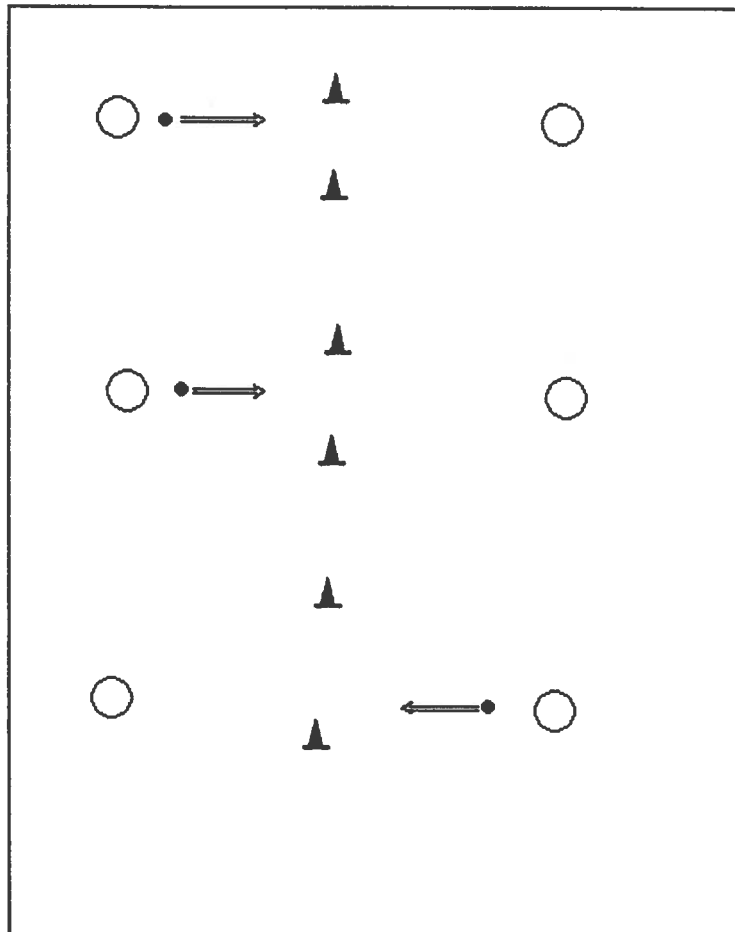
[Back to Drills](#) or [Home](#)

Coaching Soccer 101

A+

PASS THRU GATES

[Back to Drills](#) or [Home](#)



Setup- split group into pairs. Use cones to create gates about three yards apart.

The Game - Each player takes a turn trying to pass the ball between the gates. A point is awarded each time the ball goes through the gates with out touching a cone. Players keep track of their own points

Play for 3-4 minutes.

Loser does pushups.

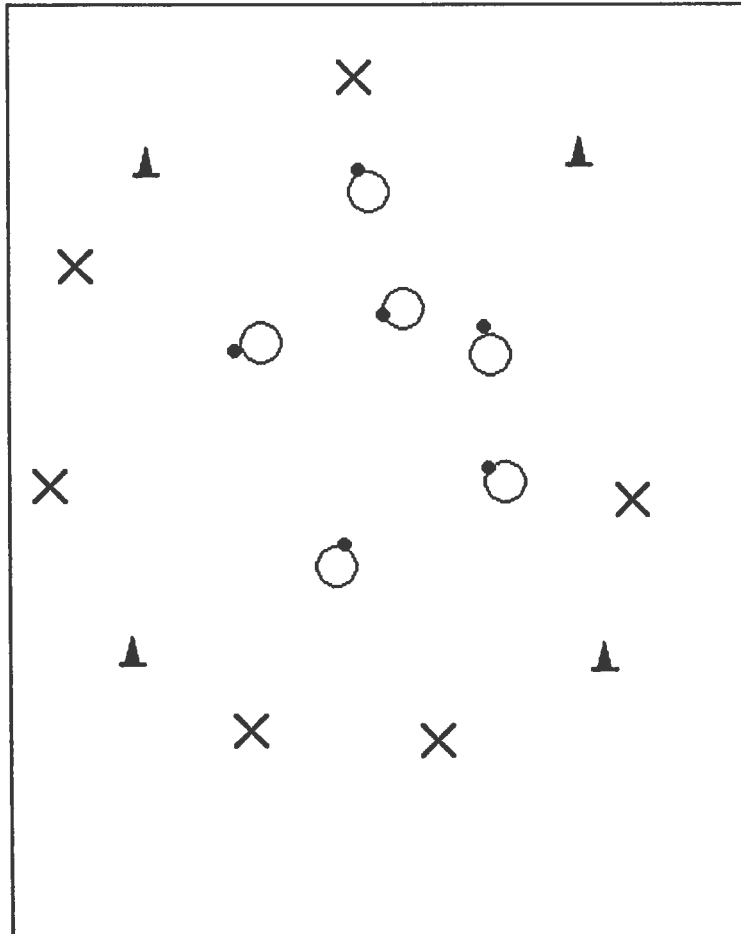
Make the game easier or tougher by adjust the size of the gates or by adjusting the distance between the two players.

[Back to Drills](#) or [Home](#)

Coaching Soccer 101 A+

WALL PASS DRILL

[Back to Drills](#) or [Home](#)



Setup - Large field with 4-8 players inside the field with soccer balls and 4-8 players on the outside of the grid without soccer balls.

Drill - players on the inside dribble towards players on the outside and perform a give and go pass.

Coaching points - players inside switch directions.

Variations - Add defenders in the middle.

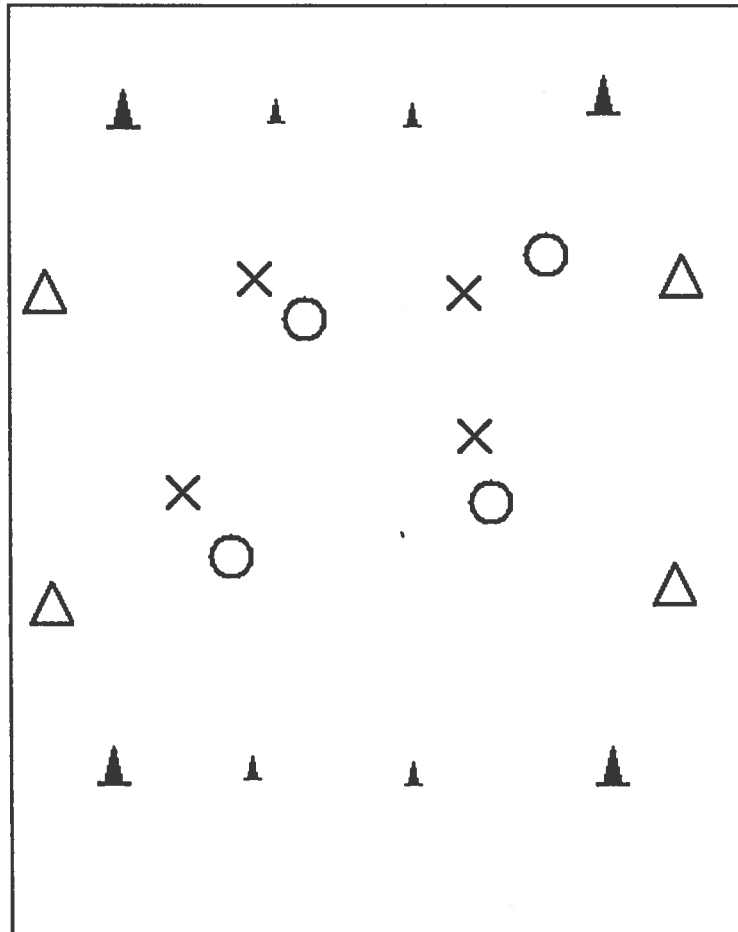
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



GIVE AND GO GAME

[Back to Drills](#) or [Home](#)



Set up- regular sized 4v4 field. Three teams of 4.

The game- 4 v 4 game in the middle with 4 more players outside the field. The team in possession can use the players on the outside to score.

Play for 5 goals or 5 minutes and then switch the game up so team on the outside goes into the middle.

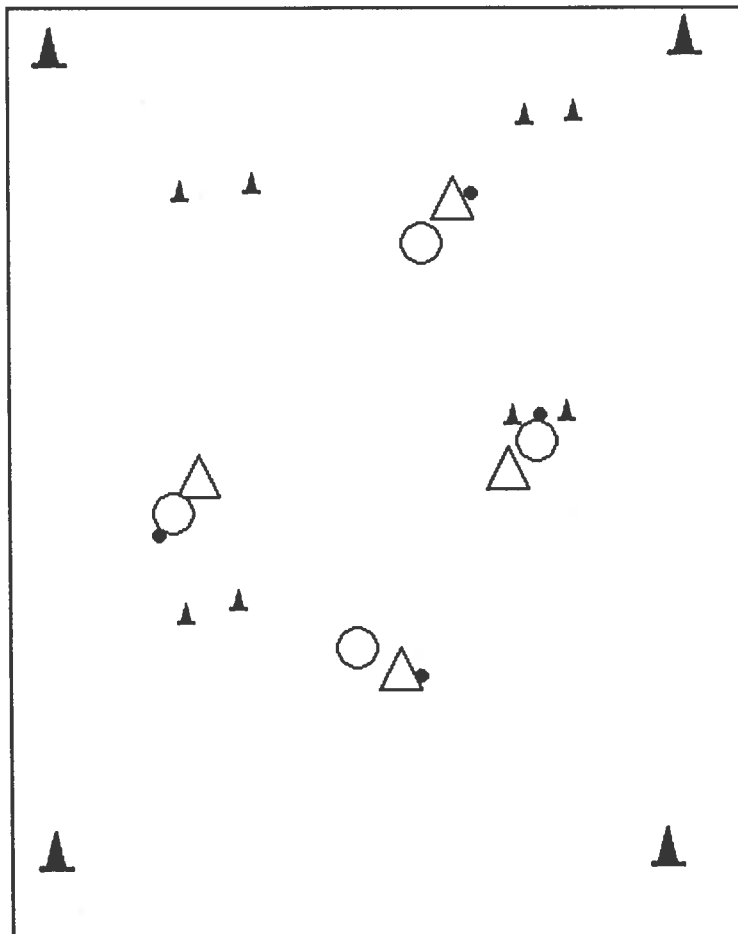
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



1 V 1 Dribbling Through Gates

[Back to Drills](#) or [Home](#)



Setup - Large field with a bunch of "cone gates" about one yard apart. Pair up players One of the two players needs a soccer ball.

The Game - On the coaches whistle, players try to dribble through as many gates as possible while the other player tries to steal the ball. Play for a certain amount of time. 30 to 60 seconds. Cannot go through the same gate twice in a row. One point for each gate. If the other player steals the ball, he gives it back to attacker. When time is up, switch positions.

Player with most points wins.

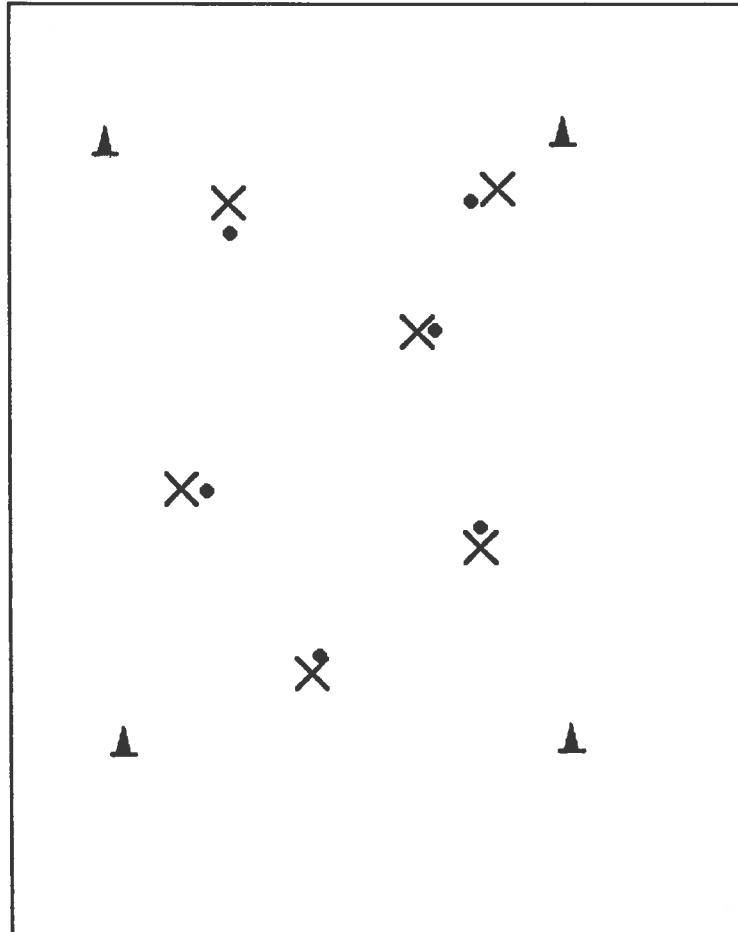
[Back to Drills](#) or [Home](#)

Coaching Soccer 101

A+

RACE CAR

[Back to Drills](#) or [Home](#)



Nascar fun dribbling drill for younger players

Set up - 4 -12 players in an area. Each with a soccer ball.

The Game - Coach yells "Ladies and Gentleman, start your engines". All players have to tap top of the soccer ball with the bottom of their cleat ten times.

Coach yells "first gear" --- players dribble there soccer ball slowly.

Coach yells "second gear" --- players dribble a little faster.

"third gear"-a little faster

"fourth gear" - as fast as they can.

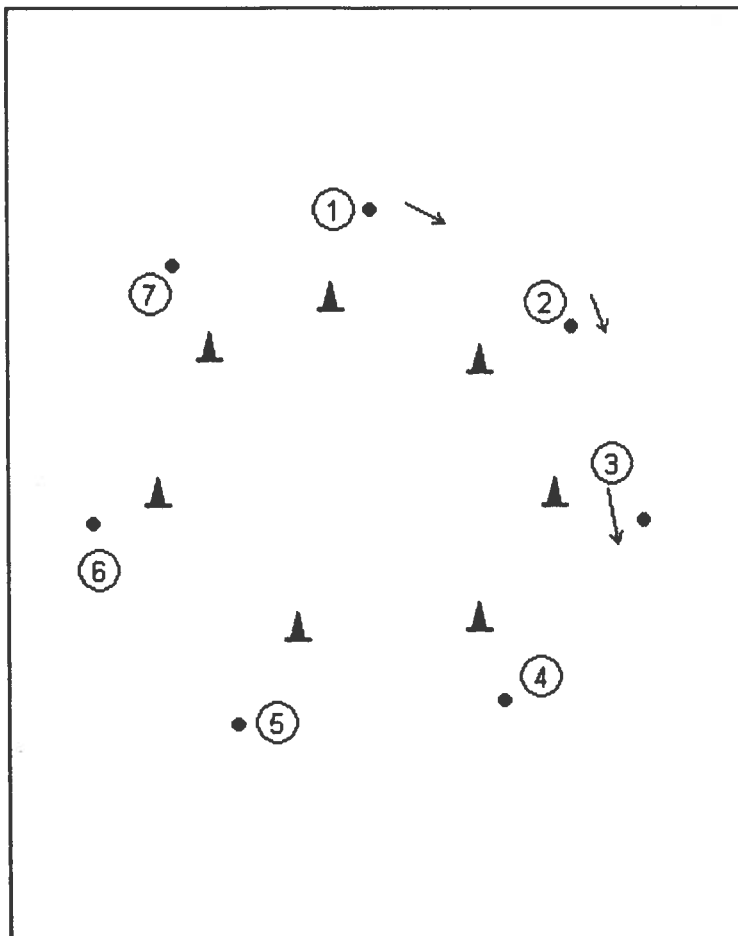
"third gear" to "second gear" to "FOURTH GEAR" haha

If two players balls touch "CRASH" -- five push-ups outside circles

Coaching Soccer 101 A+

SPEED RACER

[Back to Drills](#) or [Home](#)



SPEED RACER-Dribbling for younger players

Setup - Create a large circle with cones.

The Game - Players find and stand next to Cone

On coaches whistle, the player race around the track and try to be the first one back to their cone.

Progression - tell players they can go in any direction. This will force them to keep their heads up.

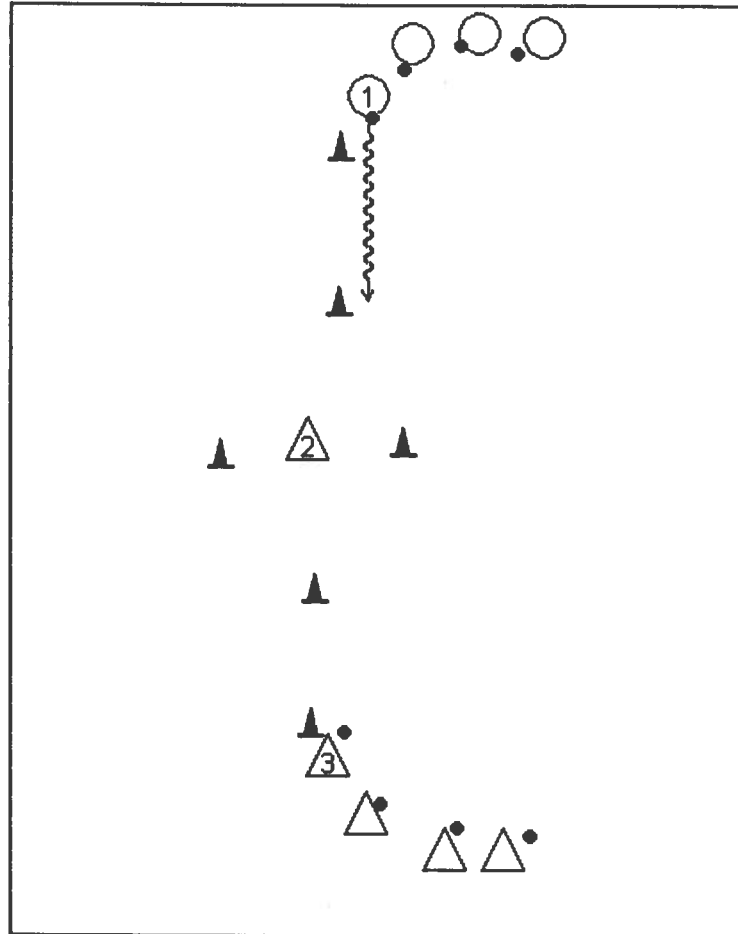
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



Breakaway Shooting Game

[Back to Drills](#) or [Home](#)



Setup - Arrange cones as shown and divide group into two teams.

The Game - Player 1 starts by dribbling to cone and has to shoot before he gets to the next cone.

If player 2 saves the ball, he keeps ball and runs to the end of the line **on his team**. If player 1's shot is wide, player 2 gets the ball and goes to the end of the line **for his team**

After Player 1 shoots, he becomes the goalie.

It is now player 3's turn to dribble and shoot. After he shoots, he or she then becomes the goalie and player 1 goes to the end of the line on his team

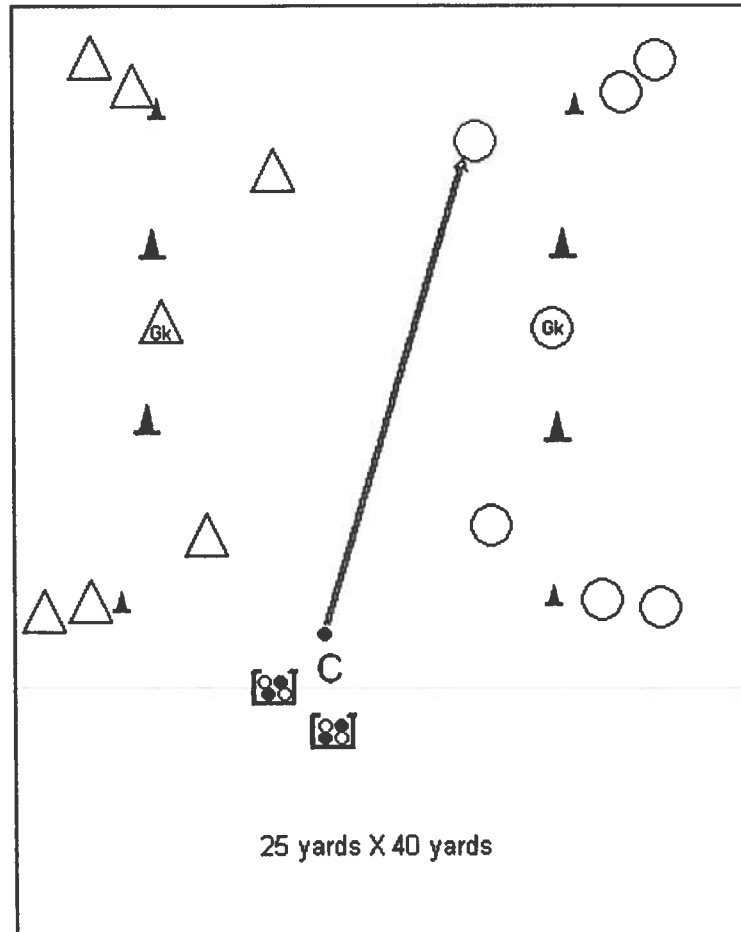
First team to 15 wins.

Coaching Points - eventually the players on the shooting team need to shoot before the goalie gets set up. And the players that just shot realize they need to hustle to play goalie.

Coaching Soccer 101

Four Corner Shooting Game

[Back to Drills](#) or [Home](#)



Setup - Field 25 X 40. Regular sized goals and goalies. Cones at each corner.

The Game- the coach serves a soccer ball to either of two far players. In this example he served it O. O can either "one touch shot", dribble and shoot, or pass to his team mate. Once there is a shot or ball goes out of bounds, the players leave the field and switch lines. Coach serves another ball to one of the far corners.

Coaching point - keep the lines short and have plenty of soccer balls available

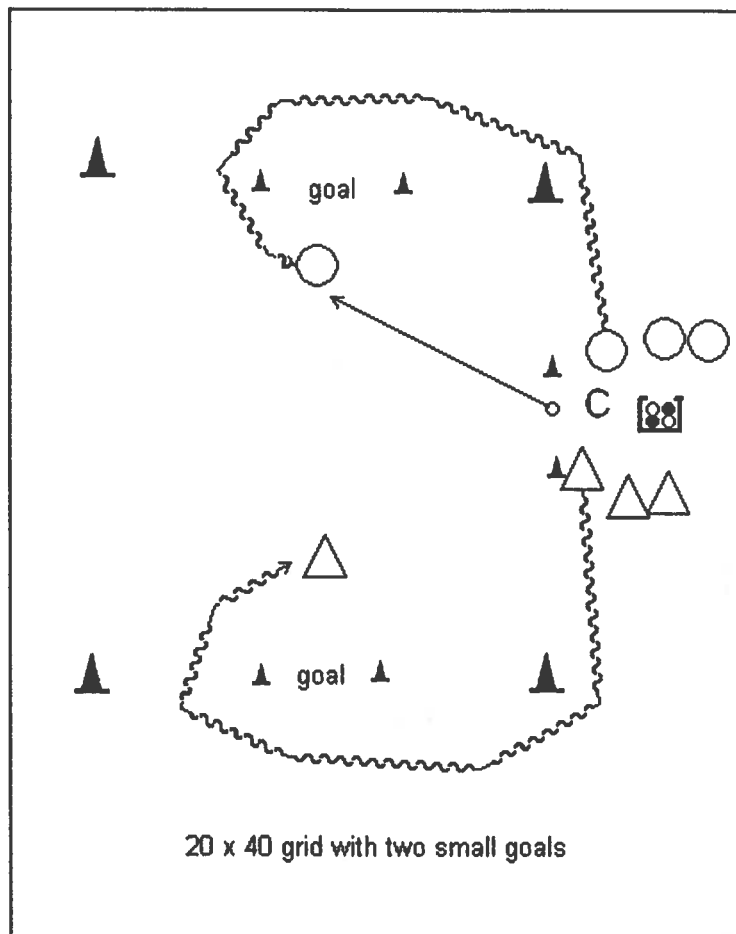
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



GET OUT OF HERE

[Back to Drills](#) or [Home](#)



GET OUT OF HERE-my favorite

Great game to work on all aspects of the game. Can be played 1v1, 2v2, or 3v3. Can be used to focus on offense, defense, techniques, tactics. Even though there are lines,, game moves really quick.

THE GAME- two lines of 3-5 players behind two cones. Coach in the middle with lots of soccer balls.

When the coach yells "go", the first players in each line sprints around the corner cones and around the goals and tries to be the first player into the playing area. The coach serves the ball to the first player into the playing area. From there, they just play a 1v1 small sided soccer game. If a goal is scored or the ball goes out of bounds, the coach yells "get out of here". The two players then have to sprint off the field coming off by the coach so that they dont collide with the next two players.

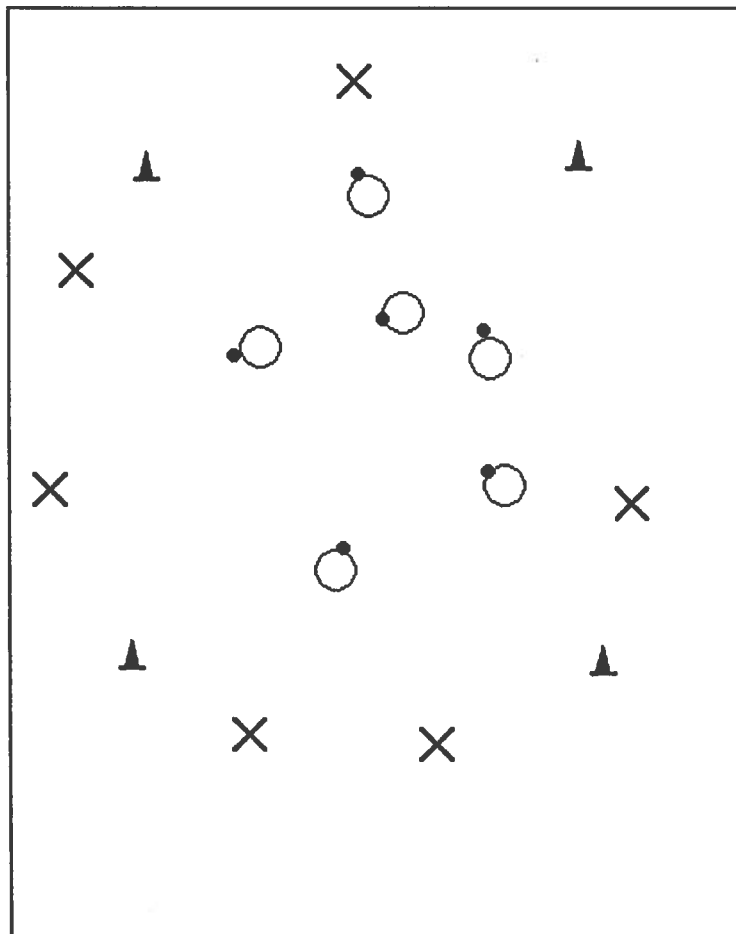
The coach yells "go" and the next two players go.

Coaching Soccer 101



WALL PASS DRILL

[Back to Drills](#) or [Home](#)



Setup - Large field with 4-8 players inside the field with soccer balls and 4-8 players on the outside of the grid without soccer balls.

Drill - players on the inside dribble towards players on the outside and perform a give and go pass.

Coaching points - players inside switch directions.

Variations - Add defenders in the middle.

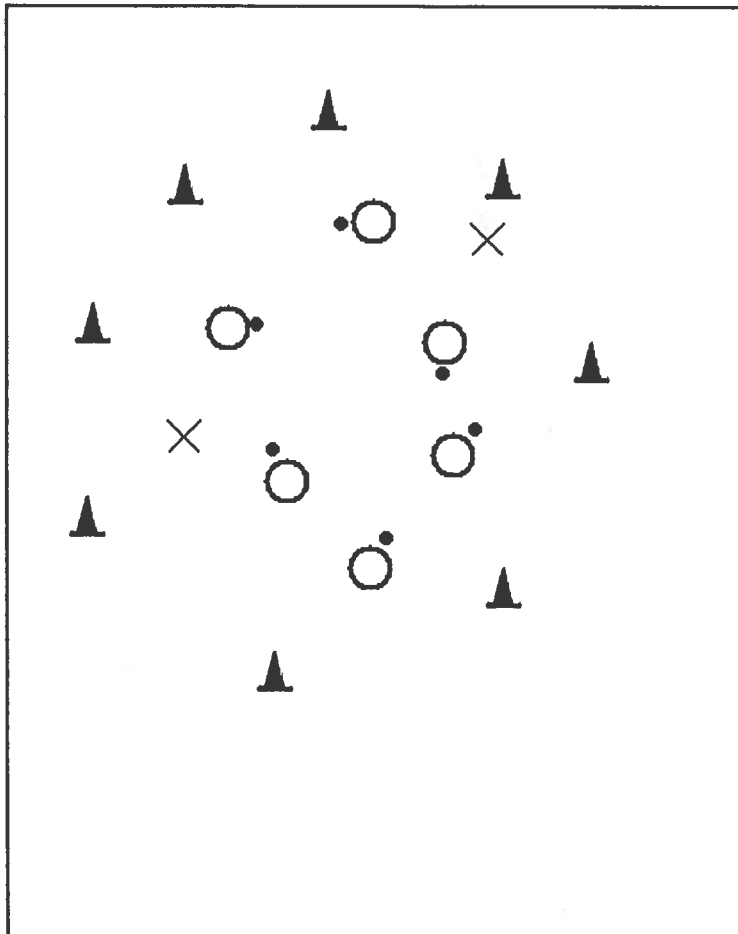
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



KILLER WHALE

[Back to Drills](#) or [Home](#)



Setup- create a large circle with cones. Have 4-14 players inside the circle dribbling with a soccer ball. Two defensive players wearing pinnies are the "Killer Whales"

The object of the game is for one or two "killer whales" to kick as many soccer balls outside of the circle as he can. Each ball that goes out is worth a point.

The O's with a soccer ball try to shield the ball from the killer whale(X's). If his or her ball gets kicked out, they retrieve the ball and and continue dribbling in circle.

The "killer whales" can usually can go for 30 to 60 seconds and keep track of their score. Make sure everyone has a chance to be killer whale. The player who kicks out the most balls wins.

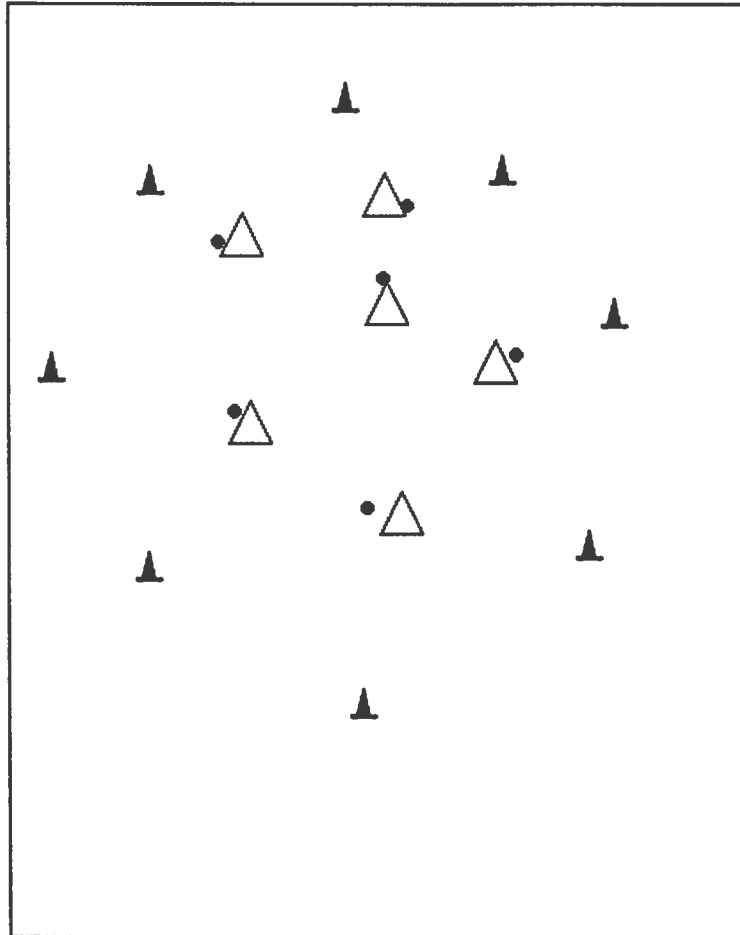
Use stop watch.
You can use one or two killer whales

[Back to Drills](#) or [Home](#)

Coaching Soccer 101 A+

KNOCK OUT

[Back to Drills](#) or [Home](#)



Knock Out- a old classic

Setup - Create a large circle with cones.
4-18 players each with a soccer ball inside the circle.

Object of the game - Players to try to kick other soccer players balls out of bounds while protecting his or her own soccer ball.

Player who kicks out most wins.

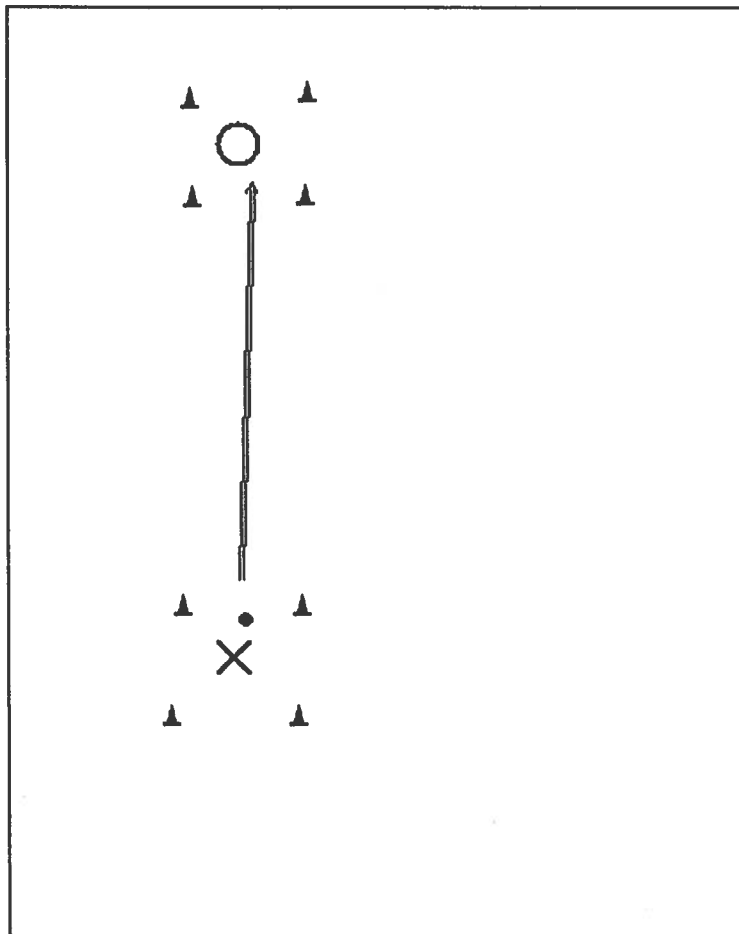
[Back to Drills](#) or [Home](#)

Coaching Soccer 101



NO MANS ZONE

RECEIVING DRILL or Home

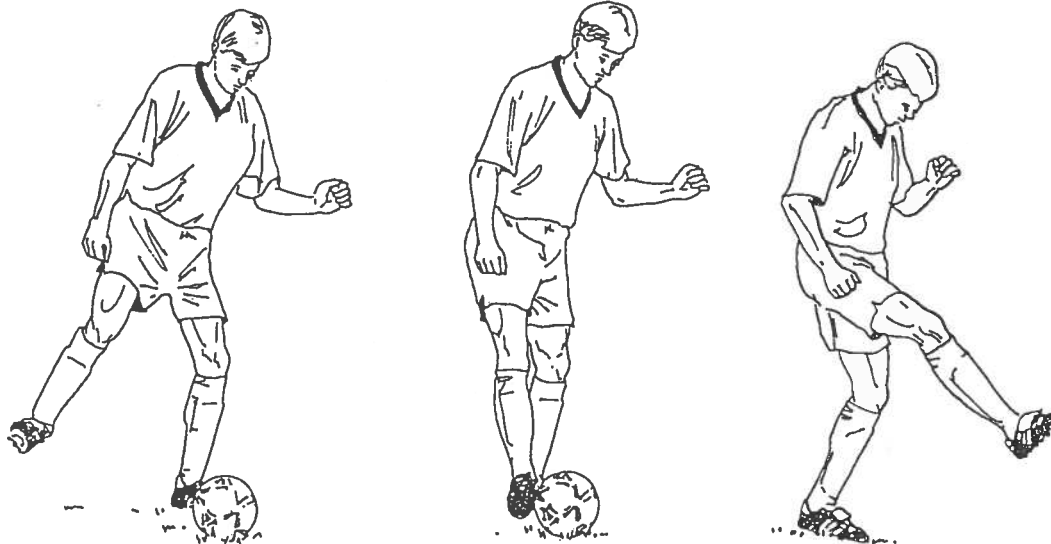


Setup - two small grid 2 yards X 2 yards about 15 - 20 yards apart.

The Drill - Players pass the ball back and forth and try to receive the ball and keep it in their grid. One point for keeping ball in the grid.

Variations - Must receive ball within "2 touches" or players serving the ball may "baseball throw" the ball to challenge player collecting the ball.

Back to Drills or **Home**

FIGURE
1.1**KEYS TO SUCCESS****INSIDE-OF-THE FOOT PASS****Preparation**

1. Face target ____
2. Plant balance foot beside ball ____
3. Point balance foot toward target ____
4. Square shoulders and hips to target ____
5. Flex balance leg slightly at knee ____
6. Swing kicking leg backward ____
7. Position kicking foot sideways ____
8. Arms out to sides for balance ____
9. Head steady ____
10. Focus on the ball ____

Execution

1. Body over the ball ____
2. Swing kicking leg forward ____
3. Keep kicking foot firm ____
4. Contact center of ball with inside surface of foot ____

Follow-Through

1. Transfer weight forward ____
2. Generate momentum through ball ____
3. Smooth follow-through ____

and point your toes up and away from the midline of your body. Contact the center of the ball with the inside surface of your kicking foot. Make sure that your foot is firmly positioned as you follow through with the kicking motion (see Figure 1.1).

Outside-of-the-Foot Pass

At times you will have to release a pass while dribbling at speed; at other times you may want to pass the ball diagonally to the right or left. For these situations the outside-of-the-foot pass is your best choice.

This technique involves an element of deception and is less predictable to opponents than the inside-of-the-foot pass.

Use the outside-of-the foot technique for short- and medium-distance passes. Plant your balance foot slightly behind and to the side of the ball. Extend the kicking foot down and rotate it slightly inward. Use an inside-out kicking motion as you contact the inside half of the ball with the outside surface of your instep. Keep your foot firmly positioned. For passing distances of 5 to 10 yards, use a short, snaplike kick-

FIGURE
1.2

KEYS TO SUCCESS

OUTSIDE-OF-THE-FOOT PASS



Preparation

1. Plant balance foot slightly behind and to side of ball ____
2. Point balance foot forward ____
3. Flex balance leg at knee ____
4. Swing kicking leg back behind balance leg ____
5. Extend kicking foot downward and rotate inward ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____

Execution

1. Head down and body over ball ____
2. Snap kicking leg forward ____
3. Keep kicking foot firmly positioned ____
4. Contact ball on outside surface of instep ____
5. Contact inside half of ball ____

Follow-Through

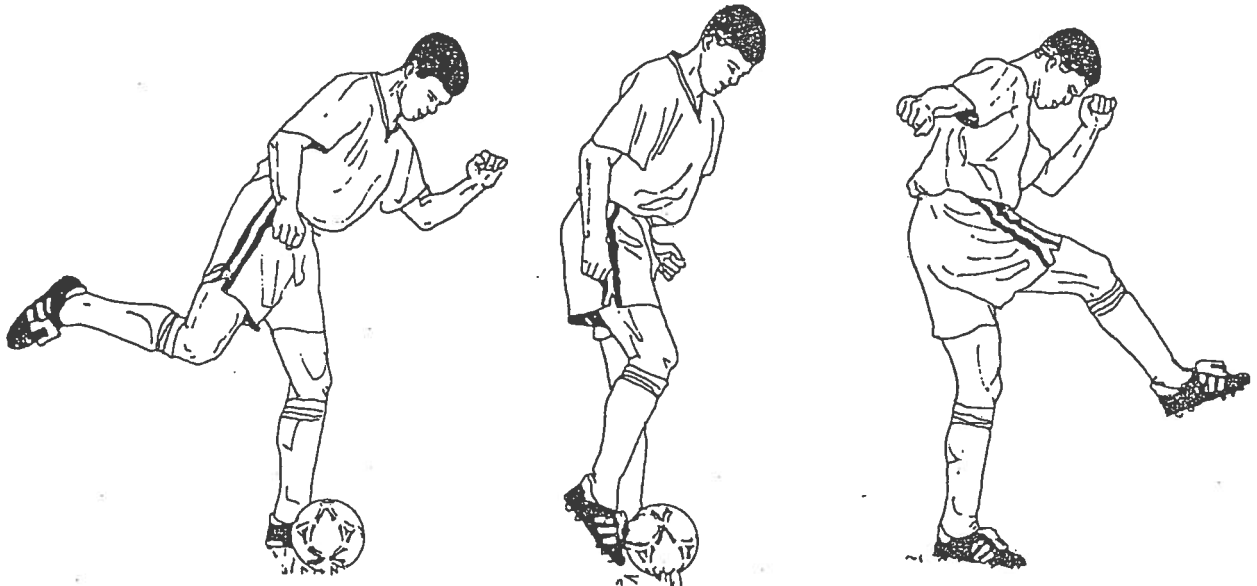
1. Transfer weight forward ____
2. Use an inside-out kicking motion ____
3. Complete follow-through of the kicking leg ____

ing motion of the lower leg. For longer passes use a more complete follow-through to generate greater distance and velocity (see Figure 1.2).

Instep Pass

Use the instep pass to play the ball when the distance is 25 yards or greater. The instep is the portion of your foot covered by the shoe laces. It provides a hard, flat surface with which to contact the ball. To execute the instep pass, approach the ball from a

slight angle. Plant your balance foot beside the ball with the leg slightly flexed. Square your hips and shoulders to the intended target. As you draw back the kicking leg, extend and firmly position the kicking foot. Keep your head steady and focus on the ball. Use a complete follow-through motion as you drive your instep through the point of contact with the ball. The kicking mechanics are very similar to those used when shooting (see Figure 1.3).

FIGURE
1.3**KEYS TO SUCCESS****INSTEP PASS****Preparation**

1. Approach ball from behind at slight angle ____
2. Plant balance foot beside ball ____
3. Point balance foot toward target ____
4. Flex balance leg at knee ____
5. Square shoulders and hips to target ____
6. Draw back kicking leg ____
7. Kicking foot extended and firm ____
8. Knee of kicking leg over ball ____
9. Arms out to sides for balance ____
10. Head steady ____
11. Focus on the ball ____

Execution

1. Transfer weight forward ____
2. Powerful snaplike motion of kicking leg ____
3. Kicking foot firm ____
4. Contact the center of the ball with instep ____

Follow-Through

1. Generate momentum through the ball ____
2. Weight centered over ball of balance foot ____
3. Follow-through to chest level ____

Receiving Ground Balls

Again, depending on the situation, you have the option of using either the inside of the foot or the outside of the foot to receive and control ground passes. In either case you must make your body a "soft target" by withdrawing the receiving surface as the ball arrives to cushion the impact.

Inside-of-the-Foot Reception

You can receive and control a ball with the inside surface of your foot when you are not under immediate pressure from an opponent. Align yourself with the oncoming ball and move forward to receive it. Extend your receiving leg and foot to meet the ball as it arrives. Firmly position the receiving foot sideways with toes pointed up and away from the midline of

FIGURE
1.4**KEYS TO SUCCESS****INSIDE-OF-THE-FOOT RECEPTION****Preparation**

1. Square shoulders and hips with oncoming ball ____
2. Move toward ball ____
3. Extend receiving leg to meet ball ____
4. Position receiving foot sideways ____
5. Keep receiving foot firm ____
6. Head steady and watch the ball ____

**Execution**

1. Receive ball on inside surface of foot ____
2. Withdraw foot to cushion impact ____
3. Control ball into the space away from nearby opponent ____

**Follow-Through**

1. Head up and watch the field ____
2. Push ball in direction of next movement ____

the body. Withdraw your foot as the ball arrives to cushion its impact. Don't stop (trap) the ball completely. Rather, receive and control the ball in the direction of your next movement or into the space away from a nearby opponent (see Figure 1.4).

Outside-of-the-Foot Reception

There are times when you must receive a pass while tightly marked by an opponent. In this situation the inside-of-the-foot technique is not always appropri-

ate because the defending player may be able to reach in with his or her foot to kick the ball free. Use your body to protect the ball from a challenging opponent by receiving it with the outside surface of your foot. Position sideways as the ball arrives with your body between the opponent and the ball. Receive the ball with the foot farthest from the opponent. Rotate your receiving foot inward and downward and receive the ball on the outside surface of your instep (see Figure 1.5).

FIGURE
1.5

KEYS TO SUCCESS

OUTSIDE-OF-THE-FOOT RECEPTION



Preparation

1. Position sideways between ball and opponent ____
2. Knees flexed with low center of gravity ____
3. Prepare to control ball with foot farthest from opponent ____
4. Extend receiving foot down and rotate inward ____
5. Keep receiving foot firm ____
6. Head steady and watch the ball ____



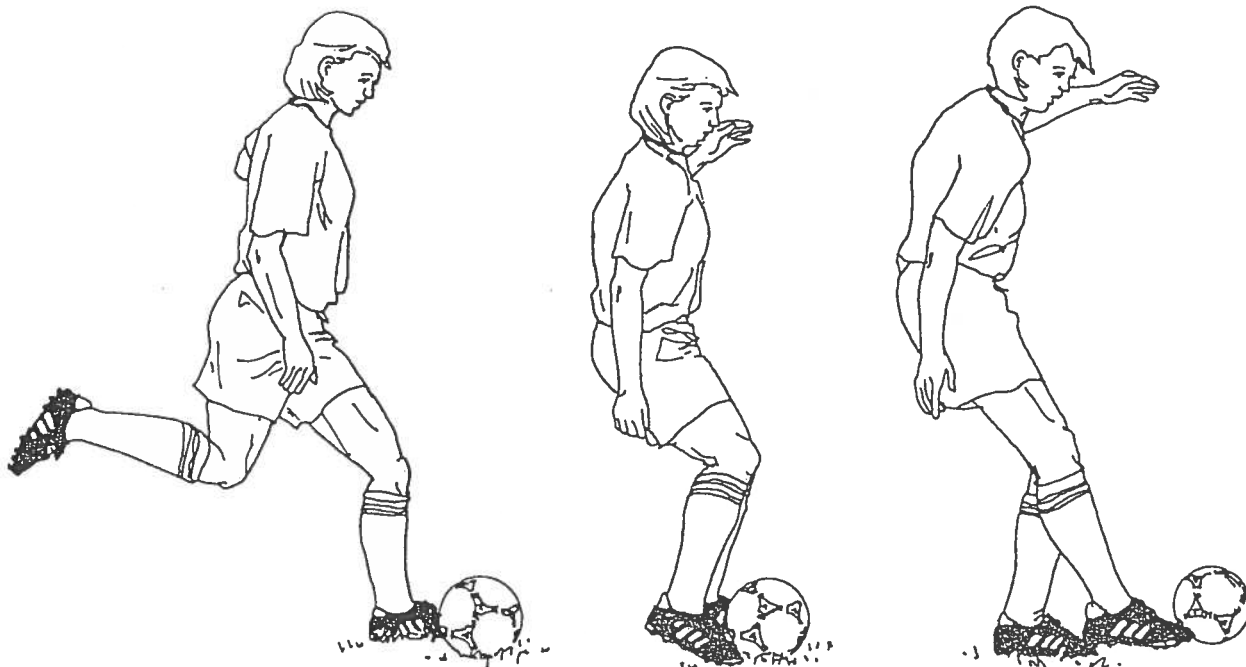
Execution

1. Receive ball on outside surface of instep ____
2. Withdraw receiving leg and foot upon impact ____
3. Turn ball into space away from nearby opponent ____
4. Readjust body position to shield ball from opponent ____



Follow-Through

1. Head up and watch the field ____
2. Push ball in direction of next movement ____

FIGURE
1.6**KEYS TO SUCCESS****SHORT-CHIP PASS****Preparation**

1. Approach ball from a slight angle ____
2. Plant balance foot beside the ball ____
3. Flex balance leg ____
4. Draw back kicking leg ____
5. Extend kicking foot ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____

Execution

1. Place knee of kicking leg over ball ____
2. Lean slightly forward ____
3. Square shoulders with target ____
4. Drive instep under ball ____
5. Keep kicking foot firm ____
6. Use short, powerful kicking motion ____
7. Arms swing forward ____
8. Impart slight backspin on ball ____

Follow-Through

1. Weight moves forward over ball of balance foot ____
2. Kicking leg snaps straight ____
3. Minimal follow-through ____

Long-Chip Pass

The kicking mechanics are similar in some respects to those used for the short-chip pass. Approach from behind the ball at a slight angle. Plant your balance foot to the side and behind the ball. Note that the position of your balance foot differs slightly from the

one you used for the short-chip pass. Planting your foot behind the ball allows greater follow-through motion of your kicking leg and enables you to drive the ball over longer distances. Extend your kicking foot, keep it firm, and drive your instep through the lower third of the ball. Lean back as you contact the ball (see Figure 1.7).

FIGURE
1.7

KEYS TO SUCCESS

LONG-CHIP PASS



Preparation

1. Approach the ball from a slight angle ____
2. Plant balance foot to the side and slightly behind ball ____
3. Flex the balance leg ____
4. Draw back kicking leg ____
5. Extend kicking foot ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____



Execution

1. Place knee of kicking leg slightly behind ball ____
2. Lean backward slightly ____
3. Square shoulders with target ____
4. Drive instep of kicking foot through lower third of ball ____
5. Keep kicking foot firm ____
6. Arms move forward ____
7. Impart slight backspin on ball ____



Follow-Through

1. Kicking leg snaps straight ____
2. Weight moves forward over ball of the balance foot ____
3. Complete follow-through ____
4. Kicking foot to waist level or higher ____

Receiving Lofted Balls

You must also be able to receive and control balls dropping from the air. Four body surfaces—the instep, thigh, chest, and head—are commonly used to receive lofted balls. Your choice of surface depends upon the flight trajectory of the ball and whether or not you are being pressured by an opponent.

Instep

The instep provides an excellent surface with which to receive and control a ball dropping from above.

Use this technique when you are not under immediate pressure from an opponent.

Imagine that your shoe is a baseball glove and that you are going to catch the ball on the instep of your foot. The first thing that you must do is get in the proper position. Anticipate where the ball will drop and move to that spot. Face the ball and raise your receiving foot 12 to 18 inches off the ground. Extend your receiving foot parallel to the ground and keep it firmly positioned. As the ball contacts the instep, withdraw your foot downward to the ground. This movement will cushion the impact and drop the ball at your feet (see Figure 1.8).

FIGURE
1.8**KEYS TO SUCCESS****RECEIVING LOFTED BALL WITH INSTEP****Preparation**

1. Move to receiving position ____
2. Square shoulders with flight of ball ____
3. Raise receiving foot 12 to 18 inches off ground ____
4. Extend receiving foot parallel to ground ____
5. Keep receiving foot firm ____
6. Flex balance leg ____
7. Arms to sides for balance ____
8. Head steady and watch the ball ____

Execution

1. Receive ball on instep ____
2. Withdraw receiving foot to ground ____
3. Drop ball within range of control ____
4. Protect ball from nearby opponents ____

Follow-Through

1. Push ball into open space ____
2. Head up and watch the field ____

Thigh

The instep is not always your best choice for receiving a lofted ball. For example, the angle at which the ball is dropping or the presence of nearby opponents sometimes makes it impossible to use the instep technique. The midthigh area is an alternative body surface that can be used to receive and control a ball dropping from above.

Anticipate the flight of the ball and move into position to receive it. If tightly marked, position your body between the opponent and the ball. Raise your receiving leg so that your thigh is parallel to the ground. Flex your balance leg slightly with arms out to the sides for balance. Receive the ball on the midthigh area and withdraw your leg downward at the instant the ball arrives. The ball should drop softly to the ground at your feet (see Figure 1.9).

FIGURE
1.9

KEYS TO SUCCESS

RECEIVING LOFTED BALL WITH THIGH



Preparation

1. Position under descending ball ____
2. Raise receiving leg ____
3. Thigh parallel to ground ____
4. Flex balance leg ____
5. Arms out to sides for balance ____
6. Head steady and watch the ball ____



Execution

1. Receive ball on mid thigh ____
2. Withdraw thigh downward ____
3. Collect ball at feet ____
4. Shield ball from opponent ____



Follow-Through

1. Push ball to open space ____
2. Head up and watch the field ____

Chest

The upper central area of your chest also provides an excellent receiving surface, particularly when you are pressured by an opponent. Position yourself between the opponent and the oncoming ball. Arch your upper body slightly backward from the vertical and receive the ball on the central area of your chest. Withdraw your upper body as the ball arrives to cushion

its impact. Attempt to control the ball into the space away from the opponent by turning your upper body in the direction you wish to move just prior to the ball contacting your chest. Although women are usually permitted to cross their arms against the chest and receive the ball on the arms, most high school and college women use the same receiving technique as men (see Figure 1.10).

FIGURE
1.10**KEYS TO SUCCESS****RECEIVING LOFTED BALL WITH CHEST****Preparation**

1. Position between defender and ball ____
2. Align body with oncoming ball ____
3. Arch upper body backward ____
4. Bend knees slightly ____
5. Arms out to sides for balance ____
6. Head steady and watch the ball ____

**Execution**

1. Receive ball on upper chest area ____
2. Withdraw chest to cushion impact ____
3. Turn upper body as ball arrives ____
4. Control ball into space away from opponent ____

**Follow-Through**

1. Shield ball from opponent ____
2. Push ball in direction of next movement ____
3. Head up and watch the field ____

Head

Most of the time you use your head to pass the ball to a teammate, shoot on goal, or clear a crossed ball from the area front and center of your goal. In certain situations you can also use your head to receive and control a ball dropping from above. Successful execution of this skill requires proper technique as well as precise timing of the jump.

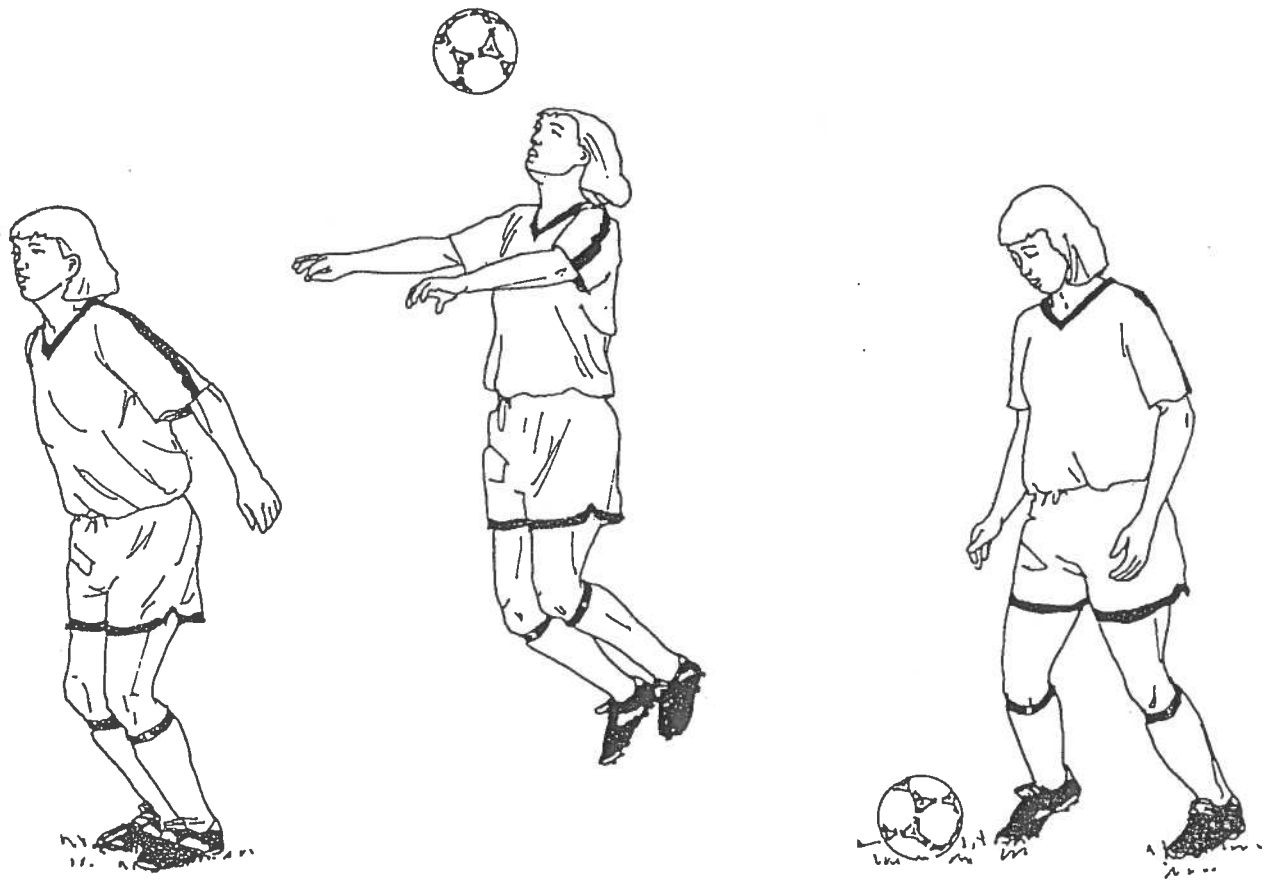
Move to a position beneath the descending ball. Use a two-footed takeoff to jump. Leave the ground

early so as to contact the ball at the highest point of your jump. Angle your head back, focus on the ball, and receive the ball on the flat surface of your forehead. If you've properly timed your jump, you will start descending to the ground at the instant the ball contacts your forehead. The downward motion of your body will soften the impact of the ball. It should bounce a few inches upward off your forehead and then drop to your feet (see Figure 1.11).

FIGURE
1.11

KEYS TO SUCCESS

RECEIVING LOFTED BALL WITH HEAD



Preparation

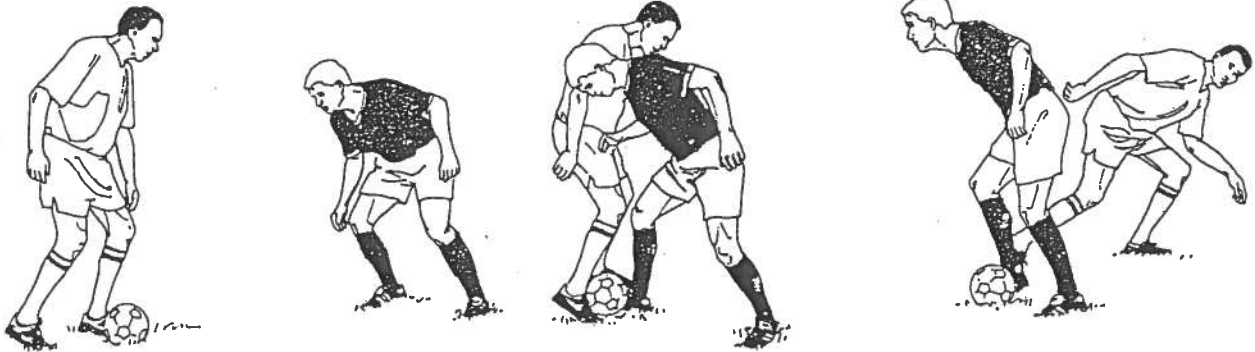
1. Position under descending ball ____
2. Flex knees in preparation to jump ____
3. Arms extended back and to sides ____
4. Focus on the ball ____

Execution

1. Jump early ____
2. Use two-footed takeoff ____
3. Arch upper body slightly backward ____
4. Keep eyes open ____
5. Angle forehead back ____
6. Meet ball at highest point of jump ____
7. Contact ball on forehead ____
8. Withdraw head slightly upon contact ____

Follow-Through

1. Land on both feet ____
2. Drop ball to ground within range of control ____
3. Push ball into open space ____
4. Head up and watch the field ____

FIGURE
2.4**KEYS TO SUCCESS****BLOCK TACKLE****Preparation**

1. Close distance to dribbler ____
2. Assume staggered stance ____
3. Crouched posture with weight balanced ____
4. Draw back blocking foot/leg ____
5. Position blocking foot sideways ____
6. Keep blocking foot firm ____
7. Focus on the ball ____

Execution

1. Shoulders square to dribbler ____
2. Shift momentum forward ____
3. Drive blocking foot through center of ball ____
4. Keep blocking foot firm ____
5. Maintain low center of gravity ____

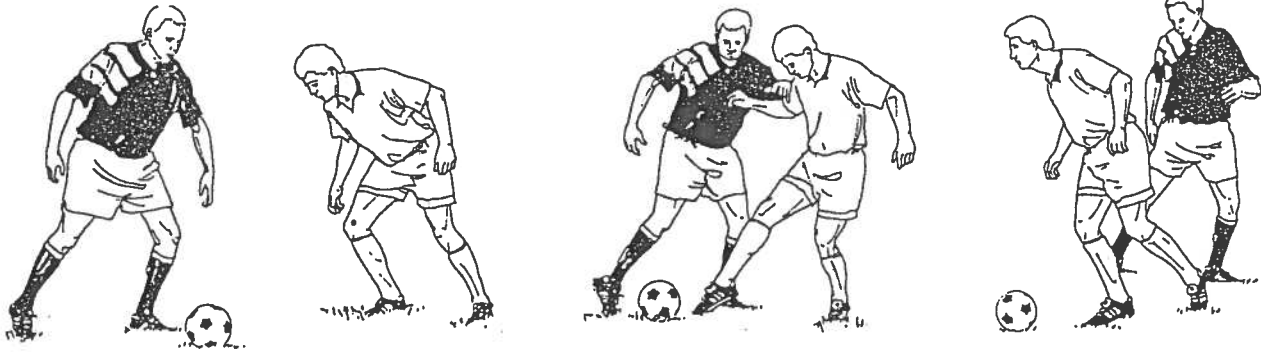
Follow-Through

1. Momentum through point of contact ____
2. Push ball forward past opponent ____
3. Gain possession ____
4. Initiate counterattack ____

FIGURE
2.5

KEYS TO SUCCESS

POKE TACKLE



Preparation

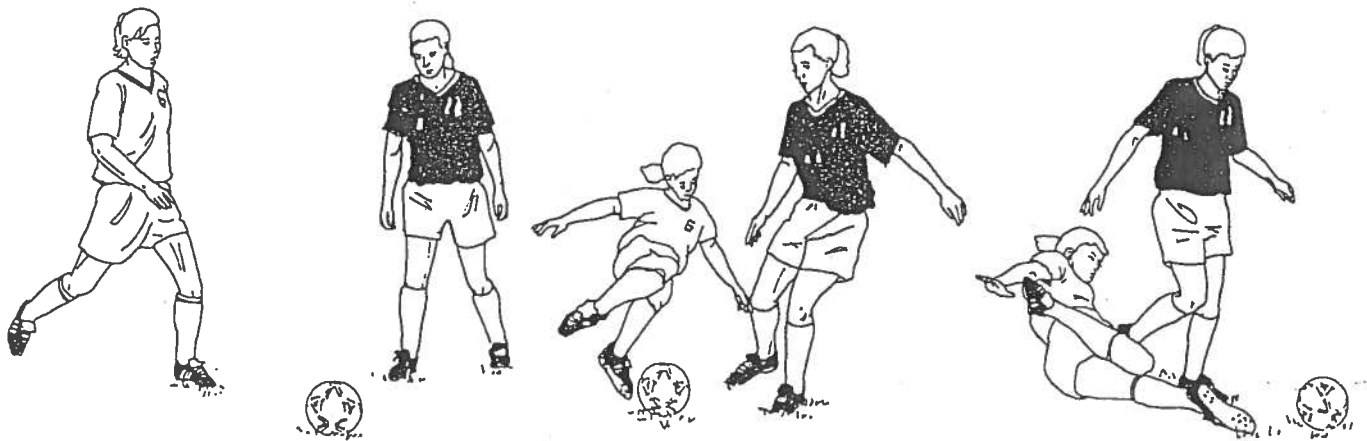
1. Close distance to dribbler ____
2. Assume slight crouch with knees flexed ____
3. Maintain balance and body control ____
4. Focus on the ball ____

Execution

1. Extend tackling leg/foot toward ball ____
2. Flex balance leg ____
3. Poke ball with toes ____
4. Avoid contact with dribbler prior to tackle ____

Follow-Through

1. Withdraw leg ____
2. Chase and collect ball ____

FIGURE
2.6**KEYS TO SUCCESS****SLIDE TACKLE****Preparation**

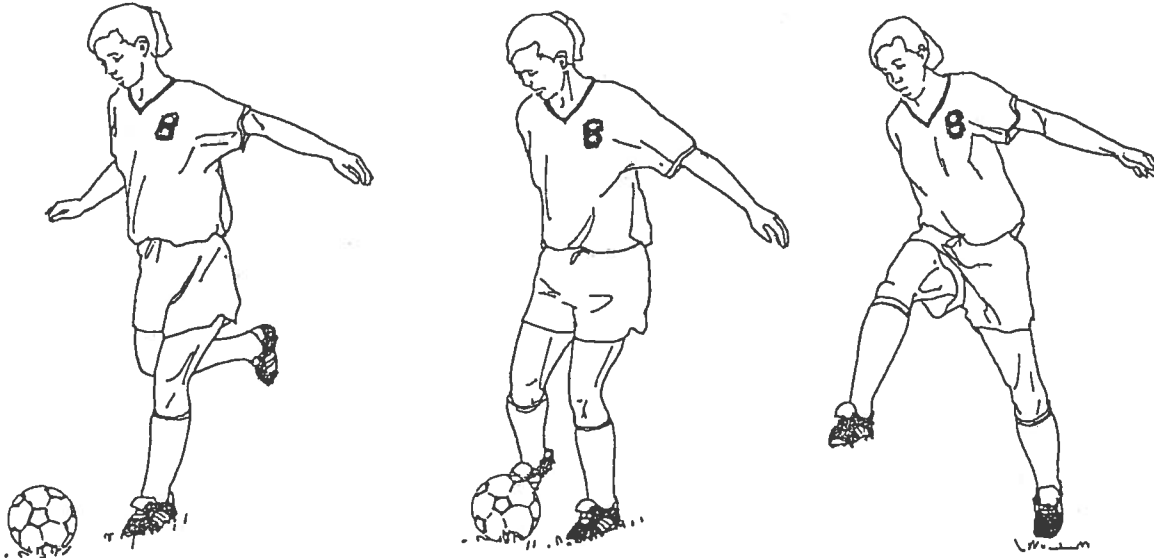
1. Approach from behind or side ____
2. Assume crouched position as you near dribbler ____
3. Maintain balance and body control ____
4. Focus on the ball ____

Execution

1. Leave feet ____
2. Slide on side ____
3. Place arms to sides for balance ____
4. Extend sliding (lower) leg ahead of the ball ____
5. Extend tackling foot ____
6. Flex opposite leg at knee ____
7. Snap sliding leg/foot into ball ____
8. Contact ball on instep ____
9. Avoid contact with dribbler prior to tackle ____

Follow-Through

1. Jump to feet ____
2. Collect ball if possible ____

FIGURE
5.1**KEYS TO SUCCESS****INSTEP DRIVE SHOT****Preparation**

1. Approach the ball from behind and at slight angle ____
2. Plant balance foot beside ball ____
3. Flex balance leg at knee ____
4. Arms out to sides for balance ____
5. Draw back kicking leg ____
6. Extend kicking foot ____
7. Head steady ____
8. Focus on the ball ____

Execution

1. Square shoulders and hips with target ____
2. Body over ball ____
3. Snap kicking leg straight ____
4. Keep kicking foot firm ____
5. Contact center of ball with instep ____

Follow-Through

1. Momentum forward through point of contact ____
2. Complete follow-through motion of kicking leg ____
3. Balance foot lifts off ground ____

Full Volley Shot

Use the full volley to shoot a ball directly out of the air. Move to the spot where the ball will drop. Flex your nonkicking leg at the knee for improved balance and body control. Draw your kicking leg back and extend your kicking foot. Keep your head steady and always watch the ball. Snap your kicking leg

straight and contact the center of the ball with the full instep. Square your shoulders and hips to the target. Your kicking foot must be firm and pointed down at the moment of contact with the ball. This stance positions the knee of your kicking leg above the ball. Proper foot and knee position is required to keep the shot low. Use a short, powerful kicking motion as the leg snaps straight (see Figure 5.2).

FIGURE
5.2**KEYS TO SUCCESS****FULL VOLLEY SHOT****Preparation**

1. Move to spot where ball will drop ____
2. Face the ball with your shoulders square ____
3. Flex balance leg at knee ____
4. Draw back kicking leg ____
5. Extend kicking foot ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____

**Execution**

1. Square shoulders and hips to target ____
2. Knee of kicking leg over ball ____
3. Snap kicking leg forward from knee ____
4. Kicking foot firm ____
5. Contact center of ball with instep ____

**Follow-Through**

1. Kicking leg snaps straight ____
2. Momentum forward ____

Half Volley Shot

The half volley is similar in many respects to the full volley. The primary difference is that the ball is volleyed at the instant it contacts the ground rather than directly out of the air. Anticipate where the ball will drop and move to that spot. Draw your kicking

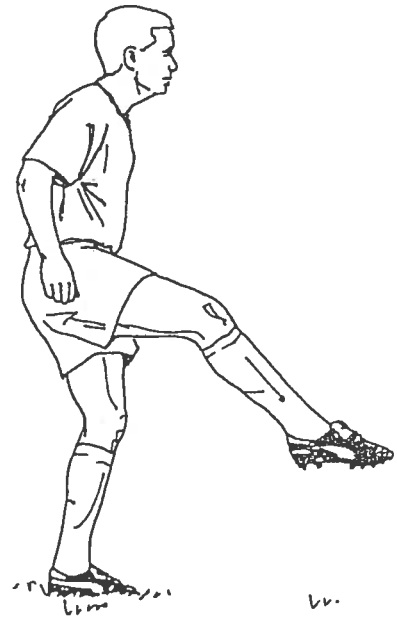
leg back and fully extend your kicking foot. Square your shoulders and hips to the target. Snap your kicking leg straight and contact the center of the ball with your instep at the moment the ball hits the ground. Use a short, powerful kicking motion rather than a complete follow-through (see Figure 5.3).

FIGURE
5.3**KEYS TO SUCCESS****HALF VOLLEY SHOT****Preparation**

1. Move to spot where ball will drop ____
2. Face the ball with shoulders square ____
3. Flex balance leg ____
4. Draw back kicking leg ____
5. Extend and firmly position kicking foot ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____

**Execution**

1. Square shoulders and hips to target ____
2. Knee of kicking leg over ball ____
3. Snap kicking leg from knee ____
4. Point kicking foot down and keep it firm ____
5. Contact center of ball as it hits ground ____

**Follow-Through**

1. Snap kicking leg straight ____
2. Momentum forward ____

Side Volley Shot

Use the side volley to shoot a ball that is bouncing or dropping to your side. Most players find this shooting technique the most difficult to execute successfully. In preparation to shoot turn your body sideways so that your front shoulder is pointing in the direction that you want the ball to travel. Raise your kicking leg to the side so it is almost parallel to the

ground. Draw back your kicking foot by flexing your leg at the knee. Keep your head steady and focus on the ball. Snap your kicking leg straight and contact the top half of the ball with your instep. Keep your foot firm and fully extended. The follow-through motion of your kicking leg should travel on a slightly downward plane (see Figure 5.4).

FIGURE
5.4

KEYS TO SUCCESS

SIDE VOLLEY SHOT



Preparation

1. Position body sideways ____
2. Raise kicking leg to side parallel to ground ____
3. Draw back kicking leg; flex at knee ____
4. Extend kicking foot ____
5. Weight on balance leg ____
6. Flex balance leg ____
7. Arms out to sides for balance ____
8. Head steady ____
9. Focus on the ball ____

Execution

1. Rotate half turn toward ball on balance foot ____
2. Snap kicking leg from knee ____
3. Contact top half of ball with instep ____
4. Point front shoulder toward target ____

Follow-Through

1. Snap kicking leg straight ____
2. Angle kicking motion slightly downward ____
3. Drop kicking foot to ground ____

How to Execute a Swerving Shot

Sometimes the most direct path to goal may not be the best route. Shots that curve in flight are difficult to catch and may fool opposing goalkeepers. You can cause your shot to swerve by imparting spin to the ball. Begin your approach from a position almost directly behind the ball. Plant your balance foot beside the ball with head steady and eyes focused on the ball. Draw back your kicking leg and extend your

kicking foot. Snap your leg straight and contact the ball with the inside or outside portion of your instep. If you use your right foot and contact the outer half of the ball with the inside portion of your instep, the shot will curve inward. Use an outside-in follow-through motion of the kicking leg. If you contact the inside half of the ball with the outside of your instep, the shot will curve outward. Use an inside-out follow-through motion of the kicking leg. Keep your kicking foot firmly positioned as it contacts the ball. Use a complete follow-through motion to generate greater power and swerve (see Figure 5.5).

FIGURE
5.5

KEYS TO SUCCESS

SWERVING SHOT



Preparation

1. Approach ball from directly behind ____
2. Plant balance foot beside ball ____
3. Flex balance leg at knee ____
4. Draw back kicking leg ____
5. Extend kicking foot ____
6. Arms out to sides for balance ____
7. Head steady ____
8. Focus on the ball ____



Execution

1. Momentum forward ____
2. Contact ball left or right of its vertical midline with inside or outside of instep ____
3. Keep kicking foot firm ____



Follow-Through

1. Drive foot through point of contact with ball ____
2. Use inside-out kicking motion for outside-of-instep shot ____
3. Use outside-in kicking motion for inside-of-instep shot ____
4. Follow-through motion to waist level or higher ____

