



Practice 5

Shooting

Michiana Soccer Association
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Practice

Warm Up

Each player needs to have a ball. Have the players practice their juggling. First on their thighs and then their feet and then their heads. Give them challenges: Can you lift the ball up to your hands using your feet? (3-6 minutes)

Technical Skill Development

Have the players pair up and stand facing each other 5 yards apart. Have them hold a ball in their hands and volley (punt) the ball to their partner. Tell them that they get a goal if their partner catches it. This will help them practice hitting the ball with their laces. (4-6 minutes)
Next have them put the ball on the ground and pass the ball back and forth using the laces. They may approach the ball from an angle or from directly behind the

ball. Practice this at 10 yards and 15 yards apart. (5-10 minutes).

Practical Application

Have the players line up facing the goal. Stand by a post with the balls and one at a time pass the ball out and have the player run in and kick it. Keep reinforcing the components of kicking. A lot of kids will kick with their toe because they get power like that. You will need to get the kids to try to kick properly at a young age. (8-12 minutes)

Take the balls near to where the players are lined up and now play balls so it is rolling forward when the player strikes it. (8-12 minutes)

Game Play

Make a field about 20 x 30 yards and put a dividing line at midfield. Put more offensive players on each attacking half. For example, you could have 4 offensive players and 2 defenders on each side (half). Then play a game but no one is allowed to cross the mid-way line. This should allow for lots of shooting since the offense out numbers the defense heavily. Modify the activity as needed. (8-12 minutes)

Cool Down

Lead the team in a light jog like follow the leader. Do different things with your hands and arms and the way you jog and walk, etc. They will enjoy this and finish with a short stretch (4-6 minutes)

Shooting Techniques

Shooting can be essentially taught to young players by simply getting them to strike the ball with their laces. Whether they run at the ball from an angle or directly from behind the key is to get them to figure out how to contact the ball with the laces.

The other main components of

shooting are similar to passing.

1. The plant foot toe should point in the direction the ball is to be kicked
2. The shooting foot/leg should swing like a pendulum from back to front

Unique aspects of shooting:

1. Strike ball with laces
2. Lock the ankle through the motion (point toe down)
3. After follow-through the toe should still be pointing down

Themes

Passing and Controlling 2

Dribbling 3

Turning with the Ball 4

Shooting 5

Crossing 6

Thigh, Chest, and Head 7

Possession 8

Shooting

- Keep your eye on the ball
- Strike the ball with power
- Try to have your knee cross over the top of the ball before the foot contacts it
- Shoot when you get the chance
- Practice with both feet
- Figure out how to contact the ball with the laces
- Try to get the shot within the frame of the goal