

## **STRIKING OR FINISHING IDEAS**

Shooting uses the same technical elements as passing, with the important difference being that the goal is to pass the ball beyond the goalkeeper.

- If possible, the player should look up to see the position of the goalkeeper, choosing a side to shoot the ball.
- Approach the ball.
- Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
- Keep the head steady and eyes on the ball.
- Make proper contact with the ball.
  - Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
  - Hips and knee of kicking foot are pointed in the direction of the shot.
- Follow through to keep the ball low (weight going forward, landing on the kicking foot).

CORRECT SOCCER SHOOTING TECHNIQUE 1 Know the surroundings, and where the opposing players are. 2 Keep your eyes on the soccer ball. 3 Point toes down when striking the ball with laces. 4 Point the toes up when striking the soccer ball with the inside of the foot. 5 Lock your ankle. 6 Raise your opposite arm up to gain balance and protect yourself from defenders coming in to block your shot.

[LINK](#) to video

Big goal. Set up 5 triangle for each player distanced apart with a small goal. One cone could also work. Player starts with their back to the goal.

Touch with inside and finish

Touch with outside and finish

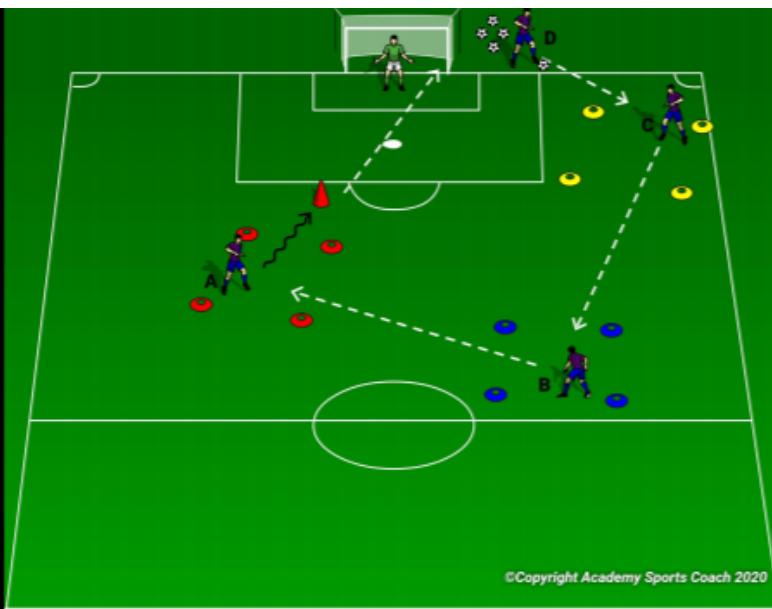
Touch around and finish

Big goal. Set up a cone and a 2<sup>nd</sup> cone closer to the goal. Player passes the ball from the back cone to the front cone and shoots.

Set up Run onto and through ball

## **Passing with Finishing**

- 5x5 square grid
- 4 field players + GK with multiple balls
- 12 small cones; 1 tall cone
- Regulation goal



Each space is about a 5 yd x 5 yd space. Distance between spaces will depend on the ability of your players. Player D passes to Player C, Player C passes to Player B, Player B passes to Player A, Player A attacks the tall cone, beats the cone and shoots. Player A follows through, moving toward the goal after the shot. Each player follows their pass, replacing the person they passed to. Player A goes to the side of the goal to repeat the process.

Player pass to coach to pass back to player who shoots and retrieves their own ball would work! Stay 10 feet apart.  
Players should not be in a line but stay in their own space before they pass to you.