

So now we are going to do a similar thing but now it will be a chest trap. He'll toss it to my chest, I'll chest it, and it'll go to the ground and then I'll play. So we're always trying to knock the air out of the ball and get it under control. We lean back, making ourselves nice and big, arms out in the air, holding players off. Watching our guys right now they are receiving with their arms out in front of them. If my arms are in front of me I'm not balanced. By spreading my arms wide I can hold players off and I make a bigger surface where I can hit my chest. I lean back and I cushion it.

### **Heading**

We'll go over headers here. If I toss a ball to him he's just going to stand there and head it right back to my hands. The other way is if I toss it in the air he might have to jump in a game to head it back to me. So now he jumps and heads it right back to my hands. He's trying to control his effort and get it to me in play. We can also receive the ball with our heads. You don't see it as much but it's still a technique. Receiving sometimes takes more than one touch, but we're trying to control the ball with our head, chest, thigh or feet – always just trying to keep the ball in control when doing this.



We'll have the partners toss the ball to each other and head it back. Have them head it right back into the hands, showing good technique. This is just another way to pass the ball. Usually training heading is something you are going to do at an older age, probably above the age of 10 you need to be able to start training on controlling headers; being able to knock balls down with your head and control it to your teammate, as well as during the course of the game you have corner kicks and balls kicked near the goal that players want to be able to head into the goal.

## **CHAPTER 7 - SHOOTING**

**KELLY FINDLEY:** Today we are going to work on shooting. Anytime you shoot on frame you have to worry about three different things: The surface you are going to select, the positioning of the ball on the field and defenders. Today we are going to mostly focus on purely technique, so we'll work on close to the goal which focuses mostly on accuracy; distance from the goal that focuses on power, and obviously accuracy in the end because if you don't hit the goal it's not going in.

When we talk about technique there are three main things we are going to focus on: One is our plant foot, which is going to be right next to the ball. My ankle is going to be locked, so it's not

going to be floppy, it's going to be locked. We have to make sure that our follow through goes to the target.

In this drill we just have the players take one stride and knock the ball in the net. Then do it with the opposite foot. Even though I've been playing soccer for years I have to concentrate on what I am trying to do. So you take one stride, put your plant foot next to the ball, ankle locked, and strike through. That's why we practice, because you have to get better at your weak foot. We'll review the basics again: Plant foot next to the ball, ankle locked, toe down, follow through toward the target. Also, make sure that you stride slightly to the side.

Since we're pretty close to the goal the thing to focus on here because we are within 12 yards of the goal is accuracy. Instead of the first technique we're going to use the side of our foot, sort of like a pass. When you are within 12 yards of the goal the most important thing is to be able to put it where you want to put it. If you want to put it low you want to use the side of your foot. It's the same idea; plant foot, locked, but it's the side of my foot to place it. Because we're within 12 yards of the goal accuracy is most important so you are trying to place it. You can still hit it with pace but keep it on the ground. You want to keep it on the ground because it is harder for a goalkeeper to get down – people can jump up at a pace but they can only fall so fast. So to get to the ground is more difficult for a goalkeeper, so that's why we do it. Now we'll do it with the opposite foot. It's the same idea: Concentrate on accuracy because we're within 12 yards of the goal, keep the ball on the ground; plant foot next to the ball, ankle locked, side of the foot, keep the ball low to the ground but still with pace.

The next thing we are going to focus on is we have talked about accuracy, which we worked on with plant foot, ankle locked, side of the foot and to place it, which is most important when you are within 12 yards of the goal. Now, we're about 18 yards away from the goal roughly, so the same principles apply. What we are going to be after here is the plant foot next to the ball, ankle locked, but now if we just took one stride and swung at it there wouldn't be much power so we are going to talk about a couple of new things. One of those things is going to be our approach to the ball. So now you have a little bit more momentum going forward so it's about your pace and your stride that you take to get there. After we hit the ball, same thing: plant foot, ankle locked and follow through to the target, you actually want to land on your shooting foot so now your whole body and your momentum is carrying the ball forward. A lot of players when they shoot swing at the ball and stay right there, so it's only about a quarter of your body that is powering the ball. Again, the idea is, your plant foot is going to end up next to the ball, ankle is going to be locked and my follow through is still going to be at the target but I'm going to land on my shooting foot. Now I'm still going to have you do one stride but I want you to think about landing forward. So take two strides, strike the ball and land on your shooting foot.



Now when you strike the ball you'll notice that if it spins backward it pretty much means you are underneath it; what you really want to do in a perfect world if my ankle is locked well it's basically going to be a knuckleball or it's not going to have any spin as it moves forward, so that's something to think about as we progress. Again, we're using two strides here. Same idea: plant foot next to the ball, ankle locked, follow through to the target and make sure you land on your shooting foot.

The last piece of information I'll give you about your technique is we've talked about the plant foot next to the ball, ankle locked and follow through to the target. We've talked about landing on our shooting foot; we don't want to land on our plant foot. We talked about shooting low because goaltenders can only fall so fast but they can jump up. So the last thing I'll tell you is when you shoot to finish you want to try and bring your shooting arm across your body because that helps you keep your head down because when your head goes up the ball goes up. So the focus as you shoot is plant foot next to the ball, ankle locked, follow through to the target and as you land and shoot forward you drop your hand and that keeps the body down. So your shooting foot is your right foot so your left arm is going to come across your body.

### **Shooting Drill**

We're going to do a shooting drill now and one of the key pieces with our technique is making sure that we get our hips to the target. That becomes difficult whenever we are running away from the goal. So the idea is I'm going to take short strides and get my body in a position where I can turn my hips to the target I'm trying to hit. So we'll do a shooting drill where you pass the ball, run around me, and your body will be facing this direction and your goal is to get your plant foot next to the ball as it travels away and get your hips to the target so you can finish. You pass me a ball nice and slow, run around me, and I'm going to play the ball there and you are going to get your hips to the target and finish on target. What was great about that is you kept your hips to the target and ball down low.

Now it's important as well whenever you are trying to get to a ball that we take short strides. The objective is not only am I trying to get my hips to the target but my strides have to shorten so I'm up on top of the ball and now I can do what we talked about where I can come through and land and keep the ball on the ground. So you're thinking about short strides, hips to the target and focus on your technique.

## **CHAPTER 8 - THROW-INS**

**DAVID COSTA:** So we want to demonstrate proper and improper techniques for throw-ins as well. While it is something that all the players need to know training for it should be limited. We'll have these two players throw the ball back and forth with proper technique. As you can see