

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

both feet are on the ground; hands go all the way back behind their head. The first way to do a throw-in is the feet are planted and hands go all the way back and then forward. Now we'll have him do a running around where it's the same technique with the arms but now he takes a step up. The keys to this are that the ball has to go behind his head and then in front, as well as his feet have to stay on the ground. All throw-ins his feet need to remain on the ground.



Now, on an improper throw-in the player's foot comes off the ground. That would be a foul throw-in and the ball would go to the other team. On a standing throw-in when the ball does not go all the way behind his head, and he just throws it from above his head, that would be a foul throw. While this is the actual technique of doing a throw-in there are important pieces when doing a throw-in. Throw-ins, when the ball goes over the touch

line, are chances to maintain possession for your team or to go forward. But if you are going to maintain possession you don't want to bounce it. If he bounces it to his teammate now it's hard for him to control because it's bouncing up and he has to read where it's going to bounce and if you have a player on your back defending you it makes it that much more difficult to receive and maintain possession. What we're looking for is either throwing it into his body so either his chest or his thigh can control it and play. Or, he can throw it to his feet and he controls it right away and can play. So anything into the body or feet is what you are looking for as a player so we're watching our players because we want to maintain possession out of that.

## **CHAPTER 9 - DEFENSE**

**DAVID COSTA:** We're going to focus a little bit now on defending, the principles of defending one versus one players, trying to stand players up and make play predictable without allowing players to beat us one versus one. Tackling is one of the last things we are looking to do. We are trying to force play and make things simple on our team.

I'm going to show a quick demo with this player. As he is dribbling at me I always want to take a stance where I am square on. If I stand flat like this he can go to either side of me or he can go through my legs and we don't want to give that away. We want to take a stance square on because if I go like this he can only go one direction. If he tries to go backward this way I close up on him and he's dribbling into me. By taking this stance I'm low to the ground with a bend in my knees and I'm on my toes so now as he dribbles I'm just always shuffling, trying to keep the play in front of me so now I'm trying to take possession eventually instead of tackling. By taking