

## BALL STRIKING TECHNIQUE

Prior to Contact:



### 1). Approach the ball slightly from the side.

Players need to move on a slight angle in order to create enough space for their non-striking foot to plant away from the ball. Helpful tip when teaching the approach is to create a 'target area' for the players to move around on a slight angle.



### 2). Plant non-striking foot along side the ball (shoulder width away from the ball)

If you plant your foot behind the ball your kicking foot is coming up as you strike. This will result in reaching for the ball. It will allow players to practice keeping shots low and straight.



### 3). During Contact:

Head down - eye on the ball.

Have Players look up to pick out their target and then look back at the ball as they are striking through the ball. It is difficult to strike through the ball correctly if the player is not looking at it.

#### **Strike the middle of the ball.**

If you kick the ball below the middle the ball will rise, if you 'top' it the ball will just roll along the ground.



### 4). Keep the knee of the kicking leg over the ball.

This technique determines the correct body position. Create a knee 'snap' to generate more power when striking through the ball. This is created when the plant foot is in the optimal position. Often, players will be standing too far behind the ball when they shoot. This results in too little power due to reaching for the ball and being off balance.



### 5). Post Contact: Follow through.

Players are often reluctant to kick through the ball. They tend to jerk back as they strike the ball and consequently do not get a lot of power on their shot. Have the players focus on striking through the ball and landing on their same leg (but have their body move forward like they have taken a large step).