



BASA RECREATIONAL SOCCER



Topic: Ball Striking and Shooting

For All Age Groups

1st Activity: Have players start sitting on ground striking ball out of hands (players knees should be bent and foot should raise up towards ball. **Ankle locked, toe pointed(should not see the bottom of shoe, toe pointed straight ahead) ball should not spin)

-Players now try this standing (this is not juggling) **Players should be bending knee in towards stomach and raising foot towards ball (players need to drop ball not throw it up) striking ball near waist height with the same motion as sitting. Ball should pop up about 5 feet or so (the less spin the better). This is a difficult concept but practice helps (**For younger age players you can work on Punting here instead of trying this. With punting they are still striking the ball but in more of an upward motion (not exactly shooting but helps with the concept of a locked ankle and a solid strike on the ball)

2nd Activity: Create a small rectangle for each group of 2 you have on your team (i.e. 10 players equals 5 rectangles- 8 yards wide by 12/18 yards long (longer for older age groups and vice versa).

-Players start across from each other without the ball moving and strike across to partner (partner traps ball and repeats). **Slow pace at first focusing on the technique of striking the ball (knee over the ball, non kicking foot pointed at target, using laces, running up to it not just standing and attempting it).

-Players progress to a touch then shot across to partner(partner must trap and shoot within two touches) **Much faster game, the shot and the trap now both become important. Great for players because they have to shoot quickly and they have so many different touches that it creates a variety of shots

3rd Activity: In same space as above now make groups of 3. One player will now act as goalie on one end. The other two players are at other end. Player A faces towards Player B (with ball at feet) Player B plays a small pass through

Player A's legs..Player A turns and takes a shot on goal (Goalie can now use hands). Player A takes 5-8 shots and then they rotate positions)

**This should be a quick shot and they are shooting both for power and goals. For older age groups make sure they are at least shooting for 15-18 yards away as some players may not be comfortable in goal (If you have groups of 4 have one rotation be a ball retriever as this game tends to need a lot of balls).

-Progress now to Player B chasing after they play pass through Player A's legs. Player A is now facing the goal as soon as they see ball its race to goal. Player B is defender and tries to recover and win ball. **Quick shot before pressure is there. Make sure they are taking their touch directly towards goal so defender cannot easily recover or shooting one touch.

-Progress now to a volley. Player A stands facing Player B. Player B throws ball over the head of Player A and they try and turn and volley the ball at goal.

**Volley=a shot while the ball is in the air or bouncing. Players must lean over and must strike through ball.

4th Activity: 5v5 to goal. Field should be 35 yards long by 30 yards wide. Create a space that fits your age group...you want them to be able to get a lot of shots in during this game.

**Coach can have all balls at feet and when a ball goes out coach can play a new ball in immediately (this eliminates down time and makes it more likely to have a lot of shooting going on.)