



Ready- Set-Shoot!

Category: Technical: Shooting

Difficulty: Beginner | Start Time: 18-Jan-2025 08:10h

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Description

GOAL: Ball striking drill that allows players to attack the ball with a strike on net from different positions in the box.

PLAYER ACTIONS: Striker will strike the ball with a single touch strike.

KEY QUALITIES: Being able to adjust the run to the served ball that will allow for proper contact on the ball for a strike on goal.

SKILL ACQUISITION: Ball Mastery: Being comfortable to pass the ball with correct weight and strike the ball with either left or right foot; **Vision:** Being able to look at the space that is available and move to space as well as picking the target area to place the ball on goal; **Movement:** Moving towards the area where the ball will be and look to strike the ball quickly on target

Field Set-Up (30 mins)

OBJECTIVE: Attacking the ball from various angles to perform a right foot and left foot strike, depending on what side the ball is being served from.

PLAYER ACTIONS: Striker will be challenged to use left foot and right foot for striking the ball on goal. The servers are to provide a proper serve into the direction of where the striker will need to take the strike (as marked out in the diagram).

ORGANIZATION: Set-up as shown the diagram with 8-servers, each with a ball, on the perimeter of the box, 1- players will start as the striker, and 1 player will be in goal.

MAIN ACTIVITY: Coach will signal for the drill to begin. Player in position 1 will serve the ball into a target area, marked out as shown in the diagram, while the striker is in motion, who will then strike the ball on goal with a one-touch strike of the ball. After the strike, the striker is to run back to the starting cone and the player in position 2 will then serve the ball into the target area for the striker again to move to the ball for a one-touch strike on goal. Sequence will continue until all 8 servers have served the ball to the striker.

After the striker has completed striking all 8 served balls, players will then rotate with the striker now becoming the server and position 1, player from position 1 now is at position 2, and so forth; player at position 8 now becomes the striker.

PROGRESSION ACTIVITY 1: Instead of the player being given passes in sequence, coach is to call out random numbers that are assigned to the players based on their position as shown in the diagram.

PROGRESSION ACTIVITY 2: Have some of the servers throw the ball up for the ball to either be taken in the air or from a bounce with a volley strike. Remember to ensure the strike on the ball is when the ball is travelling down and not up to avoid the ball being hit over the net.

PROGRESSION ACTIVITY 3: Speed round where players are timed.

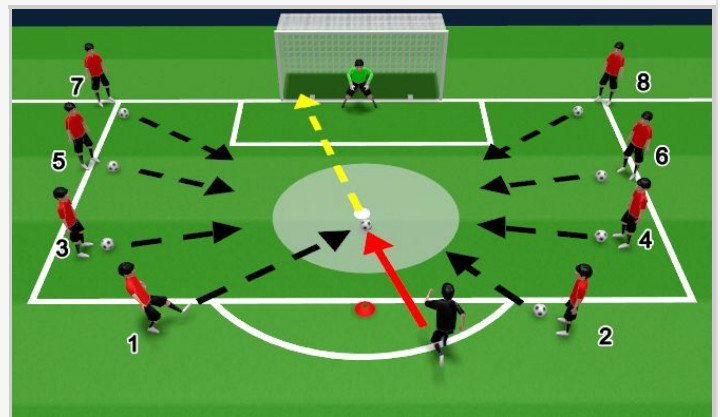
RULE: When the ball is served from the right-hand side (facing goal), the player is to take the shot on the left foot. When the ball is served from the left-hand side (facing goal), then the player is to take the shot on the right foot.

KEY WORDS: Lock the ankle before striking the ball. Try and hit the ball with the laces forward and chest over the ball. Ensure the kicking leg goes through the ball. Watch the angle of attack to the ball and make the adjustments.

GUIDED QUESTIONS: Where does the foot need to be on the ball to keep the ball low? How do you get the ball to strike high on goal?

ANSWERS: For inside foot strikes, look to hit the ball around mid-way of the ball to keep the ball low (hard pass into goal). To give ball height, look to strike the ball below center. For low power shots, hit the ball with the top of the laces so long as the laces are pointed towards the target.

Note: Before letting the players start striking the ball, look to do a demonstration on how to angle the player's position to the ball before striking. It may also be necessary for the coach to take a few minutes to demonstrate where to place striking foot and planted foot when striking the ball. This can then be further supported where the coach is to crouch down and hold a ball. Players can take turns planting foot and making contact with the ball (without a kicking follow-through).



Learning Objectives

	Technical (20%) - Striking the ball with left and right foot; - Follow-through on the kick; - Proper position of plant foot; - Placement of the foot on ball for type of strike
	Tactical (20%) - Visual awareness of the attacking area; Movements to attacking zone
	Physical (20%) - Running; - Kicking; - Coordination; - Balance; - Agility
	Psychological (20%) - Mental focus on looking at ball before striking; - Hearing good contact of the foot on the ball; - Celebrating after competing turn
	Social (20%) - Communication with the servers; - Having fun striking the ball

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In this example video, you can get an idea of the initial sequence for passing. Try to have the passes for the players from the left-facing goal to be struck by the striker's right foot and the passes from the players on the right-facing goal taken by the striker's left foot. Low shots to the corner are the desired targets as they are often the more difficult shots for a goalkeeper to save.

