



U14 Ball Striking

Category: Technical: Bilateral ball striking
Difficulty: Moderate

Wakefield Soccer, Wakefield, United States of America
Individual-Adult Member

Description

U14 striking session

Technical Warm Up

Set Up

Make a cone triangle with 1 yards between each cone. The point of the triangle should be where the player working starts. The player feeding the ball is at the base of the triangle about 5 yards back for passing exercises. For #3, 4, and 5 players should be closer, about 3 yards away from the triangle.

#1

Two touch passing- The player working will receive the ball on one side of the triangle, take two touches, and then shuffle around the point of the triangle to the other side and play two touches again.

One touch passing

Two touch laces- Same as with the two touch passing, but now the second touch should be using laces and demonstrating good shooting technique with toe down and ankle locked.

One Touch Outside of the foot passes- For this it's very important that the player feeding the ball plays wide so the player working can reach across their body to use the outside of their foot.

#2

Two touch Bouncing Ball- The players feeding the ball will now have the ball in their hands and toss the ball underhand towards the feet of the player working. The player working take one touch to settle the ball and the second touch is passing the ball back with the inside of the foot.

#2

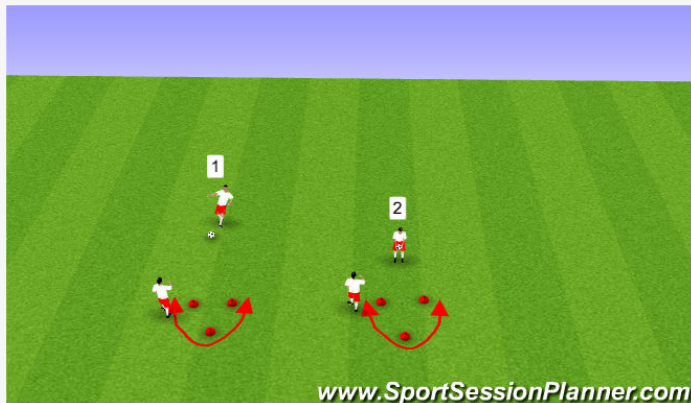
Inside the foot Volleys- The player feeding the ball will toss underhand about 1 foot off the ground so that the player working can volley the ball back with the inside of their foot. Focus on proper technique of ankle locked, toe up, and using the large surface on the inside of the foot.

#2

Volleys with Laces- Same as #4, but now players will be using their laces to volley the ball back. Focus on toe down, ankle locked, and not needing to swing at the ball.

#2

Two Touch in the Air- Players can now use inside the foot or laces but their first and second touch are both in the air to get the ball back to their partner.



Partner Striking (15 mins)

Set Up

Two sets of goals are 15 yards apart

Each goal is 5 yards wide

Instructions

Players use the appropriate shooting technique to drive the ball across the grid on the ground. A player gets a point for each time he/she strikes the ball through the goal across from them. Play 2 minute rounds and then have them rotate and play someone new. After 3-4 rounds introduce the appropriate technique to drive a ball just off the ground about knee height. The same point system applies here. You can also work on chipped balls and curved passing with the inside of the foot and the outside of the foot through this game.

Focus on the striking technique and driven technique. Move on to curved and chipped passes if time permits.

Make sure players are working on both feet. If players are playing with the same foot the whole time make a rule for the next round that they have to use their weaker foot.

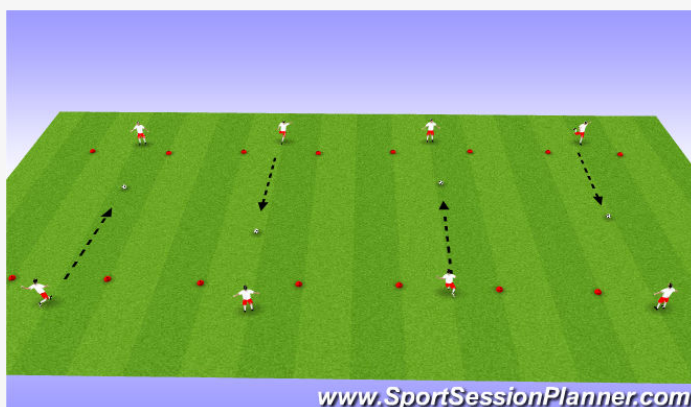
Coaching points :

For striking on the ground: 1 - ball out of feet on angle (!). 2 - eyes up to sight target. 3 - eyes back down (head still & down), balanced approach to ball. 4 - plant foot next to ball pointing generally towards target. 5 - lock ankle on striking foot with toe down. 6 - present as much of bone on top of foot to middle of ball (contact point on foot & ball) by striking with foot on an angle. 7 - follow through and land on striking foot, briefly pointing at target during follow through. 8 - don't cross feet on follow through.

For a driven ball off the ground: Same as above, but now you want to strike at a lower mid point on the ball.

For a curved ball: follow through with toe up. Contact is now up and across ball to create spin. Have to wrap your foot around the ball and spin hips through

For a chipped ball: "stab" at bottom of ball to create a backspin. Lean back a little to get ball in the air. Strike at the bottom of the ball to pop it up.



Striking circuit (15 mins)

Set Up

Two Bownets

Cone 18 yards out from the middle of the goal

One cone 10 yards out from the goal and 6 yards right. Same thing to the left

Mirror this so there are two of these grids

Instructions

Players will pass out to their teammate who will have two touches, one to settle the ball and one to strike the ball. Players will then switch lines. The player that shoots will go retrieve their ball. Let players go through a few times each and focus on technique before turning it into a game. Play for 2 minutes and for each goal scored that is one point. Play a few games before moving to one touch.

Progression

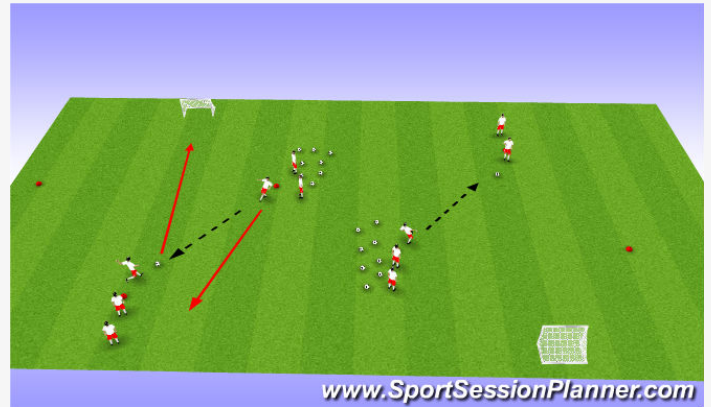
One touch finishing- Have players start closer so the passer is 5 yards from goal and the shooter is 15 yards from goal. Again let players get reps and focus on the technique of a one touch finish before turning it into a game.

Coaching Points

Two touch- Players have the option of using the inside of their foot to place the ball or using their laces to strike with power. If a player wants to place the ball their toe should be up, ankle locked and good inside the foot technique. If a player wants to strike for power then you should see the toe down, ankle locked, landing on their striking foot. For either technique we want players to take a look before striking and then their head should be down focusing on their point of contact. Players should also be leaning forward with good balance not backward trying to lift the ball.

One touch

All players should be using inside the foot technique to place the ball.



Volley Circuit (15 mins)

Set Up

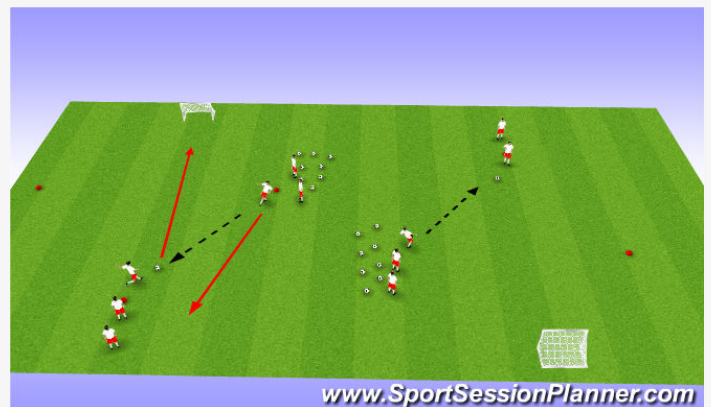
Same as Two Touch Striking Circuit

Instructions

Now players starting with the soccer balls will give a toss out to a player who has two touches to strike the ball. After a few repetitions each make it a game. Similarly then go to one touch finishing that they must hit the shot out of the air or within two bounces.

Progression

1. Move the players feeding the ball to behind the players shooting. The players feeding the ball will toss it over the player shooting for them to run onto the ball. Start with two touch and then go to one touch.



Striking SSG (20 mins)

Set Up

30x30 yard grid

One central Bownet on each endline and two 4 yard cone goals at each corner of the endline

Instructions

4v4 in the middle with one neutral in between each of the 4 cone goals and the central Bownet. A team gets 3 points for a goal in the middle and 1 point for passing through the cone goals on the outside. This should be a high scoring game. Play 3 minute games and then switch the teams in the middle.

Coaching Points

1. Shooting technique
2. Always knowing where the goals are
3. Taking a chance when the opportunity is there

