



Shooting

Teaching Shooting

1. When shooting, approach the ball slightly from the side, not straight on. This allows the foot to make a more natural and effective strike on the ball.
2. Place the non-kicking foot at the side of the ball.
3. Swing the kicking foot backward with a bent knee.
4. Keep your eye on the ball and head still.
5. Swing the kicking foot forward with knee pointing down.
6. Kicking foot follows the ball as the knee straightens.



Following through with the kicking leg guides the ball into the corner of the net, the direction the foot and leg are pointed.

Coaching Tips

- ☐ Most goals are scored from the side of the goals, because the middle is usually well defended; therefore, it is more beneficial to teach players to shoot at an angle.
- ☐ It is important to teach shooting in the correct size goals.
- ☐ It is harder for a goalkeeper to save a low shot. When a ball is in the air, the goalkeeper can pick up the flight of the ball.
- ☐ Low shots can also be deflected or change direction by hitting bumps on the field.
- ☐ Always aim for the far post when shooting at an angle. This increases the chance of a secondary opportunity.
- ☐ When shooting, accuracy is more important than power.
- ☐ To shoot low, it is effective to hit the ball with the laces of the shoe.

Key Words

- From the side
- Sweep around

For good accuracy and power, keep the head down, and, with a firmly locked ankle, strike the ball with the instep.

Key Words

- Head down
- Toe down
- Watch the foot strike



Skill Progression

- ☐ Approaches ball from side, not straight on.
- ☐ Places non-kicking foot by side of ball.
- ☐ Swings kicking foot backward with bent knee.
- ☐ Keeps eye on ball and head still.
- ☐ Swings kicking foot forward, knee pointing down.
- ☐ Straightens knee when kicking foot follows ball.
- ☐ Shoots with top of foot (instep) to generate power.
- ☐ Controls ball before shooting.

Shooting Faults & Fixes

Error	Correction	Drill/Test Reference
Ball has a back spin when shot, or goes high or wide.	Encourage player to strike the middle of the ball.	Listen for the “boom” when ball is struck properly.
Player cannot get power or accuracy when shooting.	<ol style="list-style-type: none">1. Make sure player plants non-kicking foot next to the ball.2. Make sure knee on kicking leg is over the ball. Kick through the ball.	<ol style="list-style-type: none">1. Have player stand with non-kicking foot next to the ball.2. “Phantom” kick the ball with kicking foot.