



Individual Training - 1 touch shooting

Category: Technical: Shooting
Difficulty: Beginner

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Individual-Young Member

Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

1 Touch Shooting Technique

1 Touch Shooting Technique:

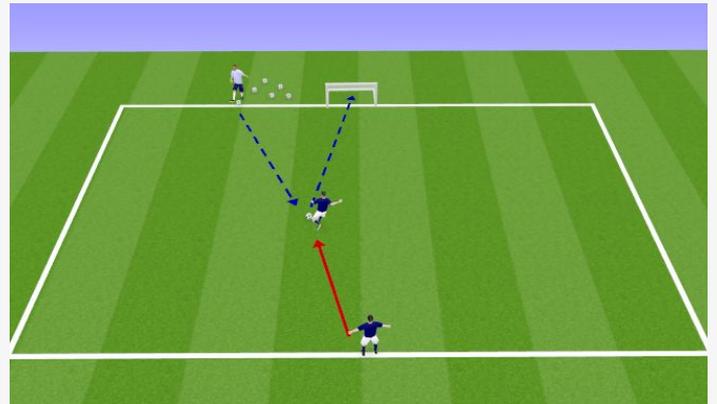
- Look up the goalkeeper before shooting and when you are about to kick to the goal, look at the ball.
- Approach the ball at an angle.
- Plant your non-kicking foot next to the ball, pointing your toes toward the goal.
- Open your arms to give you balance.
- Lean your shoulders over the ball.
- Lift the foot before having contact with the ball.
- Point your toes down.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces.
- Hit the middle of the ball to shoot it straight.
- After making contact with the ball, follow through in a kicking motion.
- Land on the same foot that you use to kick the ball.



Target shooting (20 mins)

Activity:

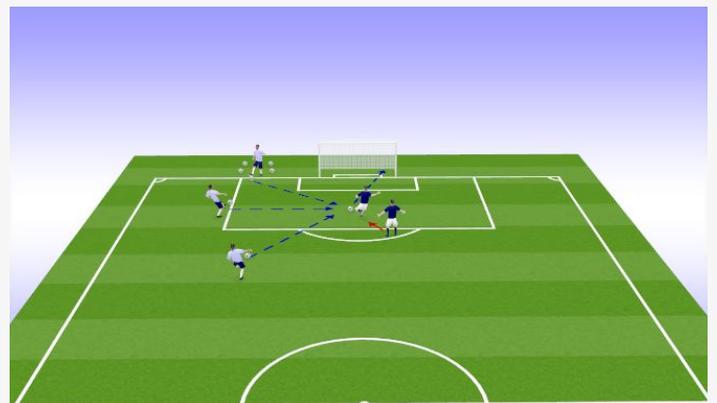
- The coach will pass the ball to the player. The player will provide 1 touch shooting
- The coach should request the player to use the right and left foot to finish
- Request the player to finish from near and far.
- The coach should pass the ball from different angles (front, side, and from the back) and sides (left and right).



Shooting from near (20 mins)

Activity:

- The coach will pass the ball to the player. The player will provide 1 touch shooting
- The coach should pass the ball from different angles (front, side, and from the back) and sides (left and right).
- The player should use the right foot and left foot as well to finish on 1 touch.



Shooting from far (20 mins)

Activity:

- The coach will pass the ball to the player. The player will provide 1 touch shooting
- The coach should pass the ball from different angles (front, side, and from the back) and sides (left and right).
- The player should use the right foot and left foot as well to finish on 1 touch.

