



# Individual Training - Shooting

Category: Technical: Shooting  
Difficulty: Beginner

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Individual-Young Member

## Description

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## Shooting Technique

### Shooting Technique:

- Look up at the goal before shooting.
- Approach the ball at an angle.
- Plant your non-kick foot next to the ball, pointing your toes toward the goal.
- Bend your non-kick knee and push your arm out for balance.
- Keep your shoulders square and over the ball.
- Take your kicking foot far back and swing it quickly toward the ball.
- 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 kicking motion all the way up.
- Land on the same foot that you used to kick the ball.

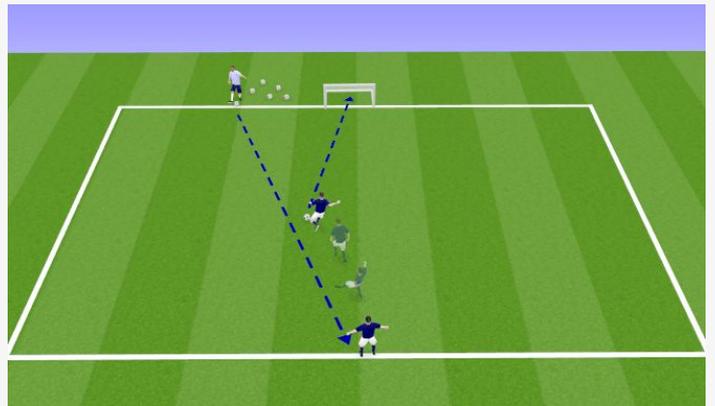


## Target shooting (20 mins)

### Activity:

- The coach will pass the ball to the player. The player will control, dribble and shoot the ball in the small goal.
- The coach should request the player to use his right and left foot to finish.
- The coach will request the player to finish near and far away from the goal.
- The coach will request the player to finish on the straight line and angles as well.

**Progression:** Request the player to finish from near and far.



## Shooting from far (20 mins)

### Activity:

- The coach will pass the ball to the player. The player will control, dribble and shoot from far (outside of the box).
- The coach should request the player to shoot from a straight line to the goal and angles (right and left).
- Balls should be served from the right and left sides.
- The player should use the right and left foot to finish.



## Shooting from near (20 mins)

### Activity:

- The coach will pass the ball to the player. The player will control, and shoot from near (inside of the box).
- The coach should request the player to shoot from a straight line to the goal and angles (right and left).
- The coach should serve the ball from the right and left sides of the player.
- The player should use the right and left foot to finish.

