



## Individual Training - Volley kick

Category: Technical: Heading  
Difficulty: Moderate

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Individual-Young Member

### Description

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### Technique: Heading

#### Volley kick Technique:

- Look at the goalkeeper before volleying the ball.
- Approach the ball at an angle when the ball is coming down.
- Don't get too close or too far away from the ball when you are about to kick. "arms length".
- Lean your shoulders over the ball.
- Plant your non-kicking foot towards the goal.
- Lock your ankle when you swing your foot.
- Kick the ball with your shoelaces by pointing your toes down.
- After making contact with the ball, follow through in a kicking motion towards the goal. "straight".



### Basic Volley kick - Technique (15 mins)

#### Activity:

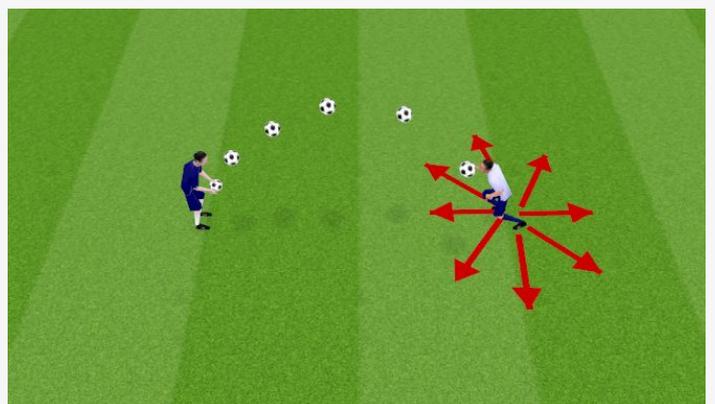
- The coach will throw the ball towards the player and the player will volley the ball back. The player should do the front volley and side volley as well.



### Volley Kick in movement (15 mins)

#### Activity:

- The coach will throw the ball into space and the player will have to move into space (forward, sideways, angles, and backward) to volley the ball back to the coach.
- The player should do the front volley and side volley as well.



## Soccer Tennis

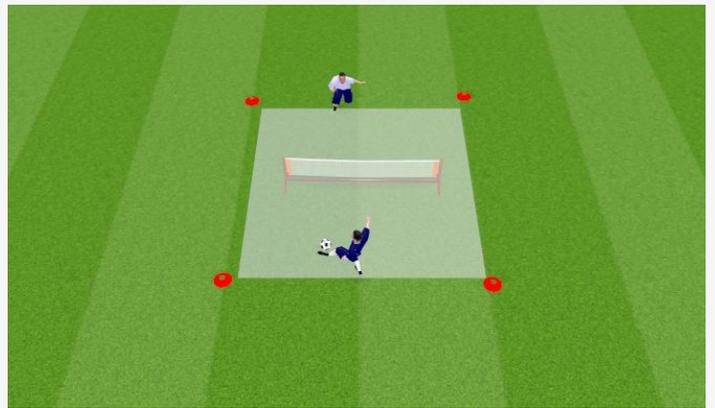
### Activity:

- Soccer Tennis

Set up the field (3 yards x 3 yards)

### How to play:

- The ball must bounce once opposite side.
- One-touch (no juggling)



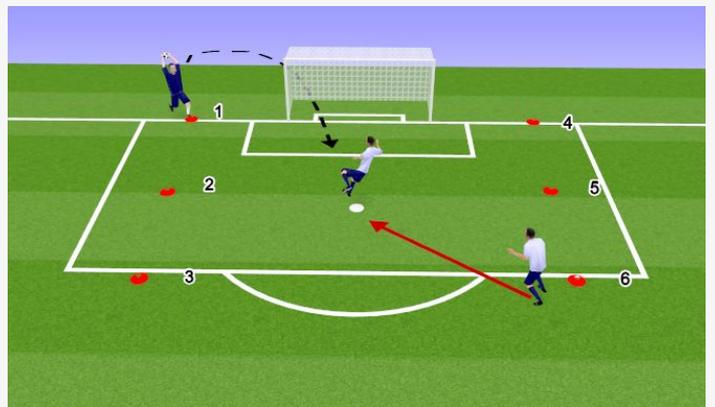
## Volley kick - Goal (15 mins)

### Activity:

- 2 cones at the end of the line on both sides (#1 and #4). About 5 yards from the goal. 2 cones in the same line as the penalty line (#2 and #5). 2 cones on the top of the box line (#3 and #6)

### How the game is played:

- The coach will be on station #1. The coach will throw the ball to the player that will be on station #6.
- The coach should aim towards the penalty line ... Player on station #6 should run towards the penalty line to finish on volley kick.
- After a few repetitions, the coach should move from 1 - 2 - 3 - 4 - 5 - 6. The same should happen with the player so he/she can finish from different angles.



### Variations/Progression:

- Coach #2 = Player #5
- Coach #3 = Player #4
- Coach #4 = Player #3
- Coach #5 = Player #2
- Coach #6 = Player #1

### Important:

- Receiving the ball from 1, 2, and 3, players must finish with the right foot on the volley kick
- Receiving the ball from 4, 5, and 6, players must finish with the left foot on the volley kick

## Volley Kick Game (15 mins)

### Activity:

- Use cones or flags to create the goals. Small cones to divide the field and create the grids.

**How the game is played:** The best would be with 4 players - A. However, the coach can play against the player (1 vs. 1) - B.

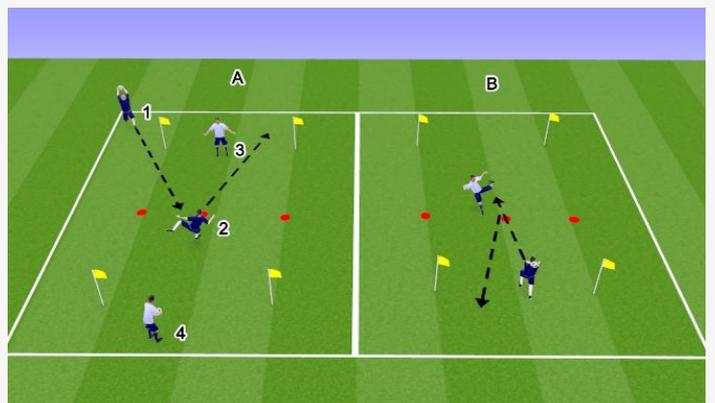
### **Example: A (2 vs. 2)**

- Players #1 and #2 will play against players #3 and #4.
- The player #1 throw the ball to player #2. The player #2 try to volley the ball towards the goal (score between the flags). The player #3 try to defend as (GK).

After the play is finished ...

### **Example B: (1 vs. 1)**

- The Coach will throw the ball to the player to head towards the coach's goal. The player must be behind the halfway line to volley the ball.
- After the player finishes, the player will move back to his/her own goal and the coach will move halfway. The player will throw the ball towards the coach finish on the volley.



It should be repeating every time!

**IMPORTANT!!!!**

- Players cannot volley the ball very hard. They must place the ball.