

## Shooting

### Mentality

1. Aggressive attitude.
2. Make early decision of target. Where is the goalkeeper?
3. Shoot at any opportunity.
4. Strike ball before advancing keeper sets feet.
5. Shoot low to the far post when approaching the goal at an angle.
6. Have a positive attitude about success of shot.

### Placement

1. Approach the ball at a slight angle.
2. The last 'step' with the non-kicking leg is slightly elongated – 'hop' next to the ball.
3. Non-kicking foot is planted next to the ball with toes pointed at the target - center of ball at center of foot. The distance of the non-kicking foot away from the ball varies by player – length of leg, size of foot.
4. Hips and shooting kneecap point toward at target when going through ball.
5. Head is steady and over the ball.
6. Kicking knee is fully flexed.
7. Extend knee forcefully through the ball.

### Power

1. Round and compact over ball.
2. Horizontal body movement through ball.
3. Stay down on ball with steady head.
4. Strike through center of ball.
5. Follow through landing on shooting foot.

### Body and Ball Positions – Shooting Practice

1. Facing goal.
2. Facing away from goal.
3. Running onto ground pass.
4. Ball traveling across body.
5. Running diagonally away from goal.
6. Ball running towards body.

### Volleying

1. Inside of foot
  - a. Toe raised.
  - b. Ankle locked.
  - c. Lift inside of kicking foot.



**Youth Soccer Coaching Themes & Pointers**  
*by Jeff Vennell*



2. Instep
  - a. Preparatory coiling of shoulders.
  - b. Toe pointed.
  - c. Ankle locked.
  - d. Upper leg parallel with ground.
  - e. Knee top points at target.
  - f. Contact above the equator of the ball
  - g. Power from knee extension.
  - h. Follow through across body.

**Toe Poke**

1. Toe of kicking foot is pointed out.
2. Punching motion with the lead foot.