



## INSTEP SHOOTING GAME

### Emphasis:

This game is designed to introduce the technical points of shooting the ball correctly

### Setup:

Setup a grid that is 25x25 yards and place 3-4 tall cones in the middle of the grid. Divide the team into groups of 2. Partners stand on opposite sides of the grid facing each other. Each group of 2 needs a ball.

### Instructions

Players get points by knocking over a cone by driving the ball to their partner's side of the grid. Any of the players on the side can return the ball by driving it with the instep of the foot while attempting to knock over a cone.

### Progression:

- Game can be used for younger players to work on inside of the foot passing
- Limit then umber of touches
- Create a goal with 2 cones, start wider then reduce the size

### Coaching Points

- Strike the ball with the shoelaces, toe pointed down, ankle locked, non-kicking foot should be next to the ball and slightly behind it and pointed towards the target.
- Players should try to land on their kicking foot to use the full transfer of body weight.
- Approach the ball slightly from the side
- Head and knee over the ball