



# Dodges Ferry Devils

Dodges Ferry Junior Soccer Association

## Basic Kicking Technique

### Types of Kicking

Toe Poke	Not Desirable – Limited power, can hurt toe, not accurate over distance. Only used for quick kick or shot in tricky situation.
Side of Foot	Good for short to medium pass or close shooting. Keeps ball down. Limited power.
Instep (laces)	Accurate with practice. Powerful Used for powerful shooting, long passes, corners, crosses, goal kicks.

### Instep Kicking Technique (laces)

Approach	From slight angle – uses all of your body, less likely to kick ground
Plant Foot	Land level with ball 30cm or more away for 5ft person or 20cm for 4ft person Knee slightly bent Point plant foot at target.
Kicking Foot	Ankle locked (pointed toe) Knee over ball Lift leg back as high as possible Kick the centre of the ball. Drive through ball – keep ankle locked in follow through
Body	Use whole of body especially hip and thigh. Lean forward to keep ball down. Left arm forward for balance
Extra power (learn basic first)	Leap at ball in run up. Snap leg straight at moment of contact – more advanced, requires timing practice Lift plant foot ground of at moment of contact – all weight goes into ball not grounded foot
Variation	Plant foot back slightly to lift ball Lean back slightly to lift ball Kick lower than the ball centre to lift ball and give backspin. Kick left or right of centre to spin ball – ball curves sideways.



### Learning

#### ***Practice, practice, practice***

with a partner or against a wall – every day at least 100 kicks - develops thigh and other muscles.  
Practice passing using side of foot for accuracy with strength.

Left foot	Always practice some kicking with left or other foot.
Control	Practice kicking to desired height but mainly practice keeping low. Analyse your own kicks to correct problems and ensure accuracy.

### Advanced

Drop Kick	Good to master – helps timing – more accurate than punt for keeper
Half Volley	Similar to drop kick but on a received ball – partner required to practice
Volley	Difficult to master but deadly for shooting – partner required to practice
Left Foot	A must for serious player
Side Spin	Very advanced for set shots and corners

