

Shooting

[The Low Driven Shot](#) - [The Chip Shot](#) - [The Lofted Shot](#)

[The Full Volley Shot](#) - [The Half Volley](#) - [The Bent Shot](#)

The Low Driven Shot

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- The last stride to the ball should be the longest stride. This will increase the power and distance of the shot due to greater leverage.
- The non-kicking foot should be placed along side and slightly in front of the ball.
- Contact on the ball with the kicking foot should be made through the horizontal mid-line of the ball.
- The kicking foot should be fully extended down and the ball should be struck with the laces of the boot.
- The follow through should be made through the center of the ball and continue in the direction of the of the goal.

The Chip Shot

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady with eye's fixed firmly on the ball.
- Plant the non-kicking foot along side and slightly in front of the ball.
- The head and upper body should be over the ball.
- Withdrawal with the kicking leg is predominantly from the knee and not the hip.
- Contact on the ball should be made through the underside and center of the ball.
- Using a stabbing action from the knee and not the hip, strike down onto the underside of the ball, as to impart a vicious backspin on the ball.
- The more powerful the stabbing action of the kicking foot down onto the ball, the more rapidly the ball will climb with a quality backspin

The Lofted Shot

- Approach the ball at an angle. This will assist in the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- The last stride on the approach to the ball should be the longest. This will increase the length of the back swing from the kicking leg.

- Plant the non-kicking foot along side and slightly behind the ball. Do not position the non-kicking foot too close to the ball as to interfere with the natural swinging motion of the kicking leg.
- Contact with the kicking foot on the ball is made with the instep.
- The ball should be struck through the center and on the under side of the ball, where the ball rests on the surface of the ground.
- Withdrawal from the kicking leg comes from the hip as well as the knee for extra power and distance.
- The follow through is long and continues through the ball into the direction of the goal.

The Full Volley Shot

- Players must always be alert to strike aerial balls in and around the penalty area.
- Watch the flight of the ball carefully to decide which type of volley to use.
- When using the front volley shot, the player should let the ball drop to a height slightly below the knee. If the player tries to strike the ball too high, this will undoubtedly result in a missed shot.
- On the approach, the player must step into the ball with the non-kicking foot.
- The head should be kept steady and eyes fixed firmly on the ball.
- As the ball drops, contact with the kicking foot is made with the laces, and the foot should be fully extended down.
- Contact on the ball should be made slightly above the horizontal mid-line of the ball.
- The power of the shot comes from a stabbing action from the knee and not the hip.

The Half Volley

- Watch the flight of the ball carefully.
- When using the half volley shot, the player should allow the ball to hit the ground for a fraction of a second. As the ball rises from the ground, approximately 4", the ball is struck through the horizontal mid-line.
- On the approach, the player must step into the ball with the non-kicking foot.
- The head should be kept steady and eyes fixed firmly on the ball.
- As the ball rises, contact with the kicking foot is made with the laces and the foot should be fully extended down.
- The power of the shot comes from a stabbing action from the knee and not the hip.

The Bent Shot

- Approach the ball at a slight angle. This will assist the natural swinging motion of the kicking leg.
- The head should be kept steady and eyes fixed firmly on the ball.
- Plant the non-kicking foot approximately 10 inches away to the side of the ball.
- Contact with the kicking foot is made with the instep.
- The point of contact on the ball should be slightly below the horizontal mid-line and to the side of the ball. If contact is made too close to the center of the ball, then the ball will not spin. Too little contact on the ball will result in the ball being sliced.

- Unlike other passes, the follow through of the kicking foot travels away from the direction of the ball.
- The above mechanics also apply to bending the ball with the outside of the foot.