

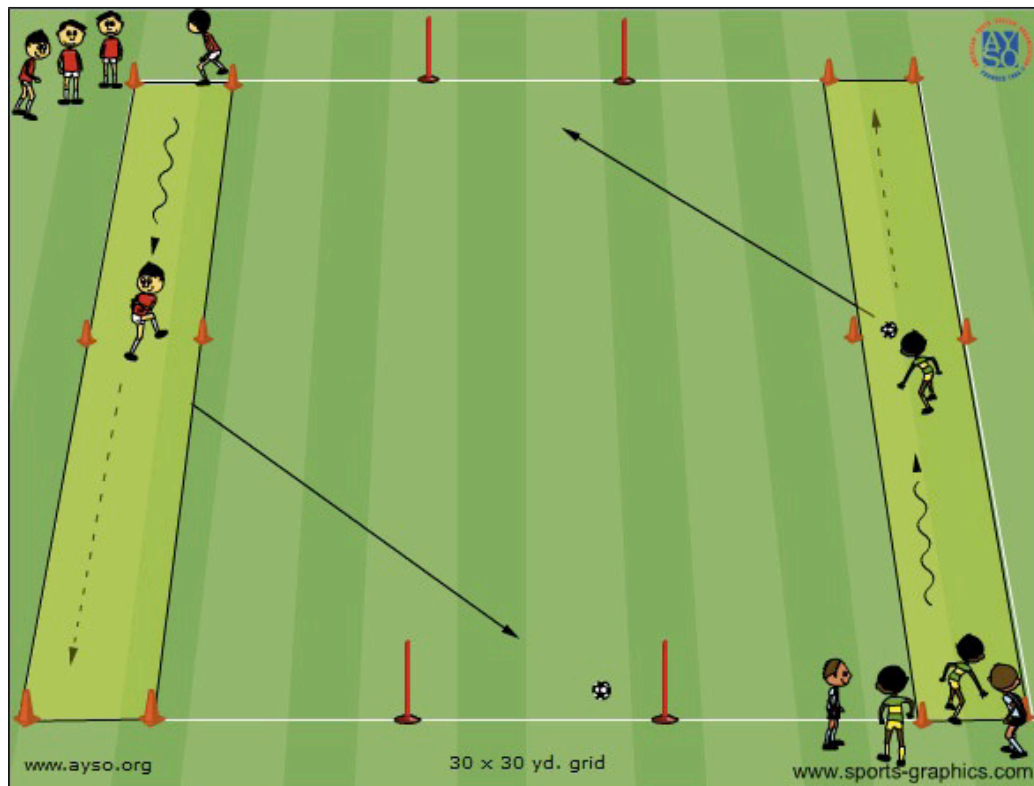
# STRIKER LIKERS

**TECHNIQUE:**  
Instep Shooting

**EQUIPMENT/  
ORGANIZATION:**  
Mark 30 x 30 grid with a goal at either end.  
Position a 5 yard wide gate at mid-line on either side as well as at the opposite end to where players are positioned to start. Ball per player.



To see this activity in action visit <http://bit.ly/WcfmNu>



## HOW THE GAME IS PLAYED

- Two groups of players are positioned in opposite corners.
- Players dribble towards the mid-line gate, take one touch through gate and shoot using their instep.
- Then they sprint to the gate at the opposite end before collecting their ball and joining the other group.
- Be sure to change the starting corners so that players have to practice striking the ball with both feet.

## VARIATIONS/ PROGRESSIONS

- Left foot, right foot shots.
- Have players perform a turn of their choice at the mid-line to face the goal they started closest to. They will then strike on that goal as soon after their turn as possible. The sprint will be towards the other corner at the end they started.
- Game is played as first suggested, but after the shot, players sprint across to try and block the shot of the person in the opposite corner. This person is allowed to start their dribble towards the mid-line as soon as the previous player strikes the ball. The game is continuous.
- Introduce goalkeepers.

## COACHING POINTS

- Body should be over the ball (forward).
- Eyes on ball.
- Support foot next to ball pointed in general direction of target. Lock ankle back and down, toes pointed down.
- Strike the center of the ball on the instep ("laces" of the shoes). Follow through—move leg straight through toward target.