

SHOT TYPE

sharp

follow thru



SHOT POWER

min

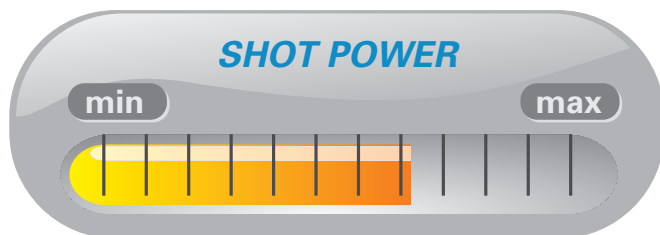
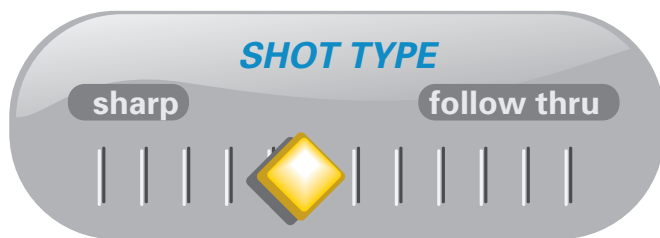
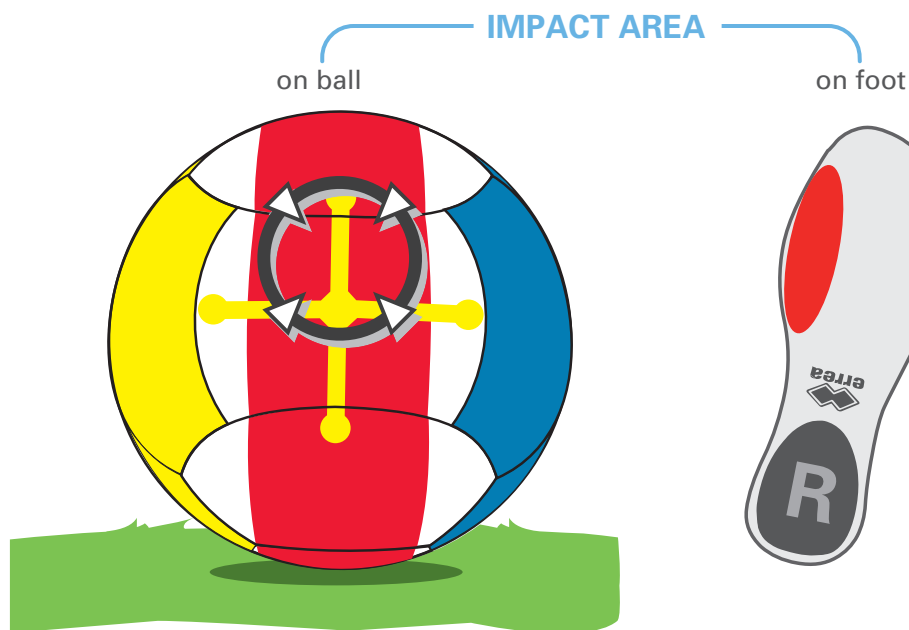
max



Short ground pass

To kick a short ground pass the support foot must be parallel to the ball while the kicking foot must be aligned behind the ball to form an "L". Kick the ball with the sidefoot, keeping your ankle firm, strike the yellow cross in the middle within the ball red area. If the kick is correctly performed the ball spins and the red line should not oscillate.

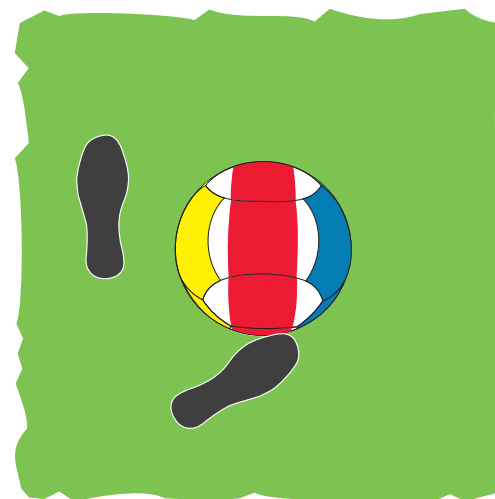
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Long ground pass or shot

To kick a long ground pass the support foot must be forward with respect to the ball: kick the ball with the sidefoot and follow through, strike with force the upper tip of the yellow cross within the ball red area. If the kick is correctly performed the ball spins and keeps low while the red line should oscillate as little as possible. This shot is specially useful in wet conditions.

Handwriting practice lines with dashed midlines and square boxes for letter formation.



sharp

follow thru

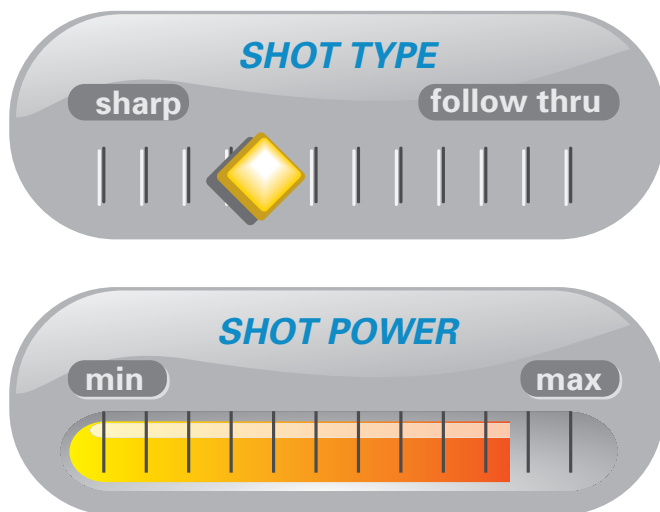
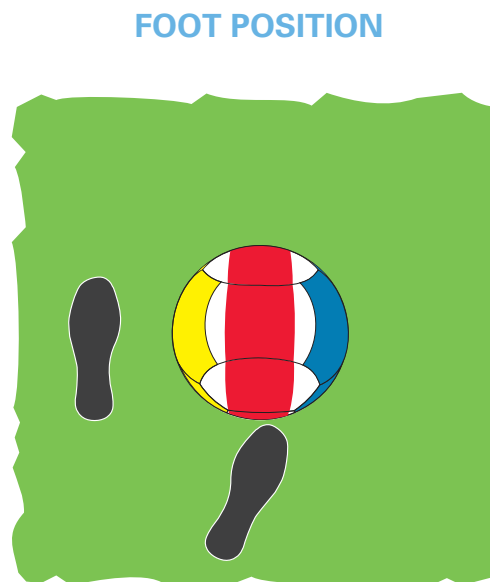
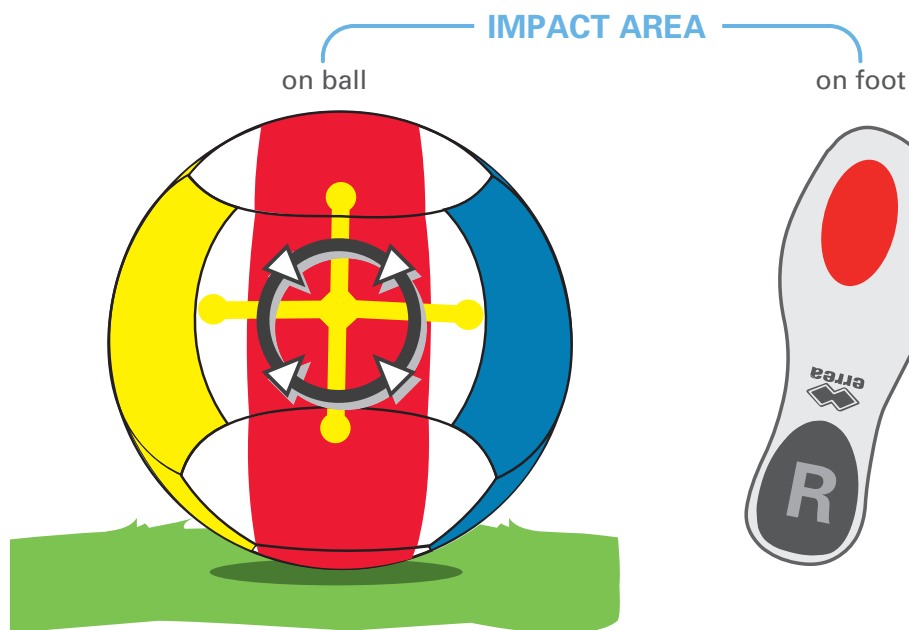


min

max



To kick a long pass while slightly raising the ball the support foot must be forward with respect to the ball: kick with the instep and strike with more force the middle of the yellow cross within the ball red area. If the kick is correctly performed the ball spins and rises about 50cm from the ground while the red line should oscillate as little as possible.



Powerful instep kick

To kick a very powerful shot without raising the ball excessively the support foot has to be positioned to the side of the ball: strike with the instep and follow through. Strike with force the middle of the cross parallel to the red line. In some cases the ball does not spin and rises to a medium height.

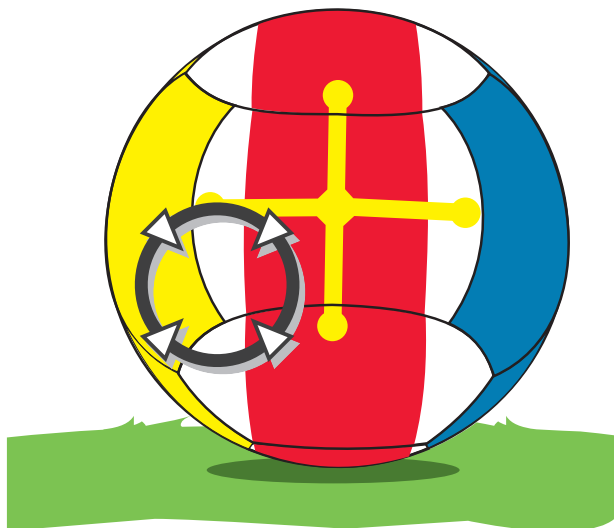
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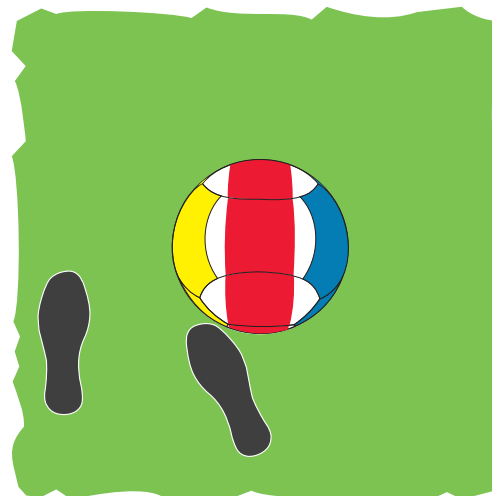
IMPACT AREA

on ball

on foot



FOOT POSITION



SHOT TYPE

sharp

follow thru



SHOT POWER

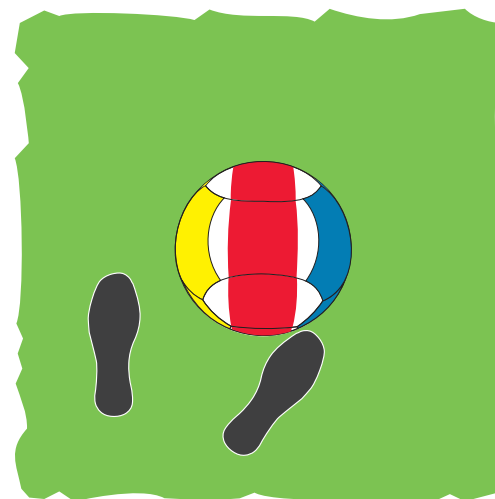
min

max



Swerving shot by the outside of the foot

To achieve this shot the support foot has to be slightly backward with respect to the ball: strike the left side of the cross of the yellow area with the outside of the foot and follow through by an uplift movement. To further raise the ball strike in a lower area.



follow thru

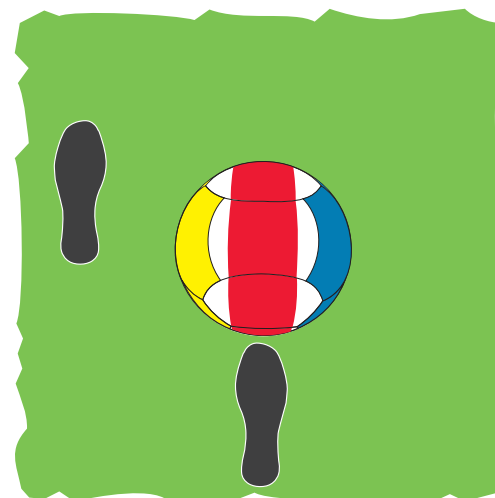
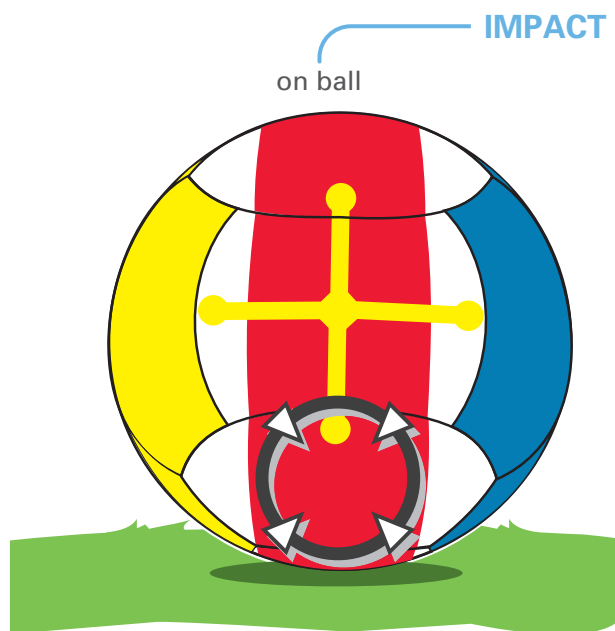


min

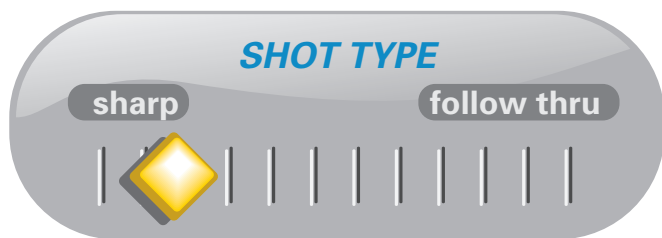


Swerving shot by the inside of the foot

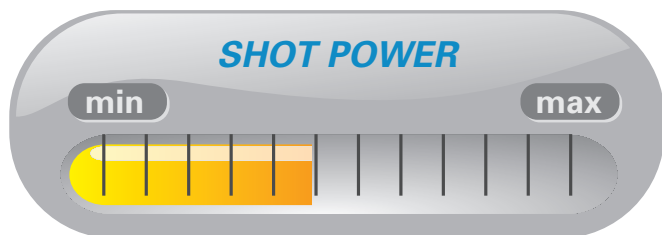
To achieve this shot the support foot has to be slightly backward with respect to the ball: strike the right side of the cross of the blue area with the instep and follow through by an uplift movement. To further raise the ball strike in a lower area.



SHOT TYPE



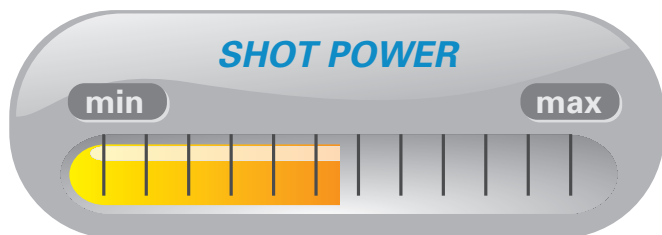
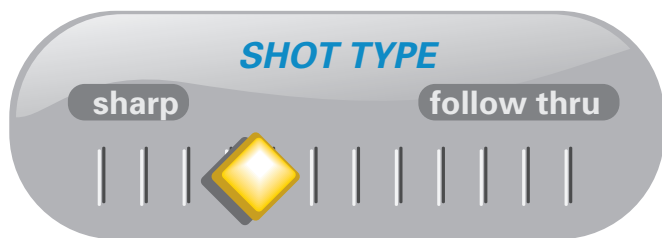
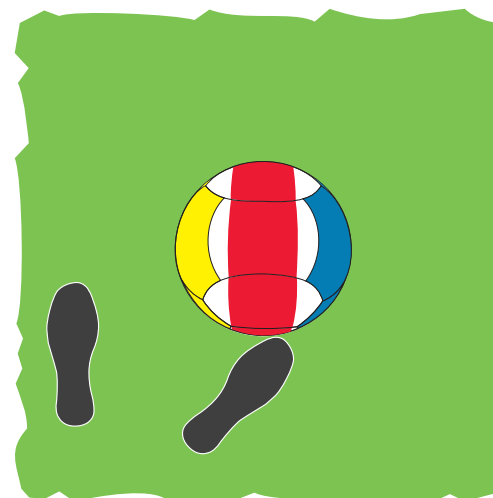
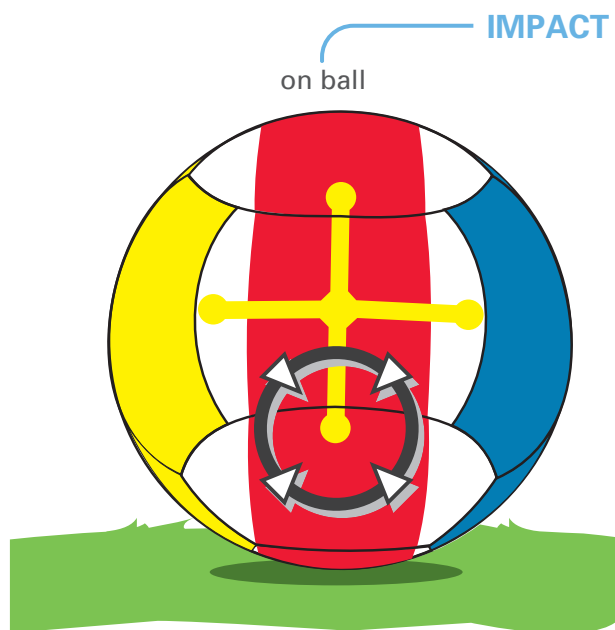
SHOT POWER



Chip shot

This type of training is useful to give the ball a strong backspin and an arch-shaped trajectory. The support foot must be forward with respect to the ball: strike the ball strongly in the lower part of the cross in the red area lowest part with your leg slightly flexed. This type of shot requires sensitivity and medium force.

[illegible]



High pass or shot

To kick a high pass the support foot must be slightly backward with respect to the ball: kick with the instep and with your leg slightly flexed. Strike with force and follow through with the foot the lower part of the cross within the red area lowest part. The ball rises proportionally to the shot force.

[illegible]