

Exploding the Myth: Goalscorers Can Be Developed

Kelly Cross, National Coach Education Manager, Football Federation Australia

Widely-held beliefs such as “goalscorers are born,” or “you can’t teach a player to do that” are often rooted in a lack of understanding of the coaching process. By applying methodological principles, most things can be taught.

The focus of coaching activity should always be the game, we are either “working towards” **A** game or “working back” from **THE** game.

In terms of teaching young players to score more goals, from my experience is it a case of “working back” from the game. Rather than consult the textbooks and derive content from diagrams, I prefer to analyse the highest level of the game and look for clues.

Over the years I have looked closely at international strikers, such as Ronaldo of Brazil and Van Nistelrooy at their peak, as well as others. I have studied goals scored at FIFA World Cups.

Many common elements were found, which I then began to implement in training programs.

Perhaps those that perpetuate the “goalscorers are born” myth are those that have never experienced the wonderfully satisfying feeling a coach gets when he teaches a player to do something that might be difficult.

It is hoped that this session will give coaches an understanding of some of the common habits and techniques of some of the world’s top goalscorers as well as some ideas to help teach them to players.