

**NSCAA National Convention 2008
State Diploma Course**

Session 3: Striking the Ball

**Vince Ganzberg
Director of Education, Indiana Youth Soccer Association
NSCAA National Youth Staff Coach**

Coaching Points:

**Ankle Locked, Eyes on the Ball,
Instep: toe down, snap at knee, strike the ball with shoelaces,
Inside: toe up, strike from middle of heel of shoe,
Outside: toe down and in, balance foot a bit wide.**

Warm-up:

Soccer Marbles

Sample Activities:

Junkyard Soccer
Gates Passing
Moving Goals
Partner Shooting
Triangle Goal
Shootout
Get Outta Here!

End with Small Sided Games to Goals:

“Super” Soccer-Goals are worth 1,000,000 points!
Coach has plenty of balls to keep game going

Cool Down:

End with something FUN!!