



Analysis of Kicking Techniques **Tom Turner, OYSAN Director of Coaching**

Some thoughts.....

A) Amongst the many ways to kick a soccer ball are the following....

- Toe Poke
- Short straight passes
- Short flicks
- Bending balls (high and low)
- Driven balls (straight)
- Shooting with weight transfer
- Cut backs
- Chipped balls
- Flighted balls
- Lifted balls
- Full volleys (front, side, overhead, over-shoulder)
- Half volleys (front and side)

B) Everyone -- in regular soccer -- has two feet.

C) There are six surfaces used for kicking a soccer ball:

- Inside in the foot
- Outside of the foot
- Instep (laces)
- Heel
- Toe
- Sole

D) The ball can be contacted when it is:

- Stationary
- Rolling , bouncing or flying away from the kicker
- Rolling, bouncing or flying towards the kicker
- Running, bouncing or flying across the kicker
- Flying above or behind the kicker

E) Finally, the ball can be contacted in different ways to make it move with a desired spin and in a desired direction. In general, the ball can be contacted:

- Through the center
- Through the bottom half
- On the top half
- High or low on the side

With so many variables affecting performance, it is often helpful to consider the Mechanical Principles underlying the range of kicking techniques in order to determine the underlying cause(s) of a breakdown.

Here is your first challenge.

1. Form small groups of between two and four coaches.
2. Introduce yourselves to each other.
3. Select one of the skills noted in section (A) above.
4. Analyze the technique using the following mechanical categories
 - Power: How is power created?
 - Balance: What must the player do to maintain balance at the point of contact?
 - Direction: How does the player control the direction of the kick?
 - Spin: How does the player control the spin of the ball?
 - Leverage: What joints are actively involved and how are they utilized to help create power and spin?
 - Body Rotation: How is body rotation controlled, or used to aid the execution of the technique?

And the second challenge...

The analysis of technique can be broken down into three phases for “Naked Eye Analysis.”

- The Preparation Phase: What happens before contact
- The Contact Phase: What happens at the point of contact
- The Follow-Through Phase: What happens after contact

Choose another technique and break the skill down using the Naked Eye Analysis criteria.

Finally...

1. Can you identify the only technique that utilizes the hip joint to generate power?
2. Can you identify the only technique that utilizes the ankle joint to accelerate the ball?