

## Teaching the instep contact

**Set Up:** Players work in pairs, 1 ball per pair.

**Instruction:** One player goes down on their knee's and holds the a ball in front with their body weight on the ball to keep the ball still as their partner goes through the motions of how to hit the ball with their instep while making sure they make contact with the ball.

- During the swing, the hip, knee and foot are in a vertical line.
- The position of the supporting leg is right next to the ball, while the position of the opposite arm at the moment of the kick is in front and up, opposite the swinging leg.
- Make sure the players are on their toes and moving on a spot.

**Common Errors:**

- Failure to perform a correct swing of the lower leg (the ball is pushed)
- The ankle is not locked therefore the foot is loose, the toes aren't pointing down towards the ground
- The ball is not in the projection of the knee at the moment of the kick, but in front or behind (the ball jumps or is lifted up)
- Lateral oscillations of the foot at the moment of the kick, the foot is not fixed after the kick, but the toes are lifted towards the upper leg pointing up. (movement of an elephant trunk) (ankle not locked)



## Accuracy of instep

**Set Up:** Basic passing through a passing arc or gate made with cones. Players working in pairs, 1 ball between 2. Have them stand 5-7m apart.

**Instructions:** The foot is firm and fixed, the passing is done through a small goal.

Passing is done with the instep as well as the inside of the foot.

- Perform dribbling in the corridor
- To score a goal but after correct position of the foot, whether with the inside or the full instep of the foot.



## 1v1 Feint with shot

**Set Up:** 4 x 4 area for a 1 v 1, 2 nets as per diagram.

**Instructions:** First player dribbles into the box, makes a feint and shoots on goal with the instep of the foot. Once they've finished their attack they come into the 1v1 area to become a passive defender.

**Common Errors:** The ball is not kicked in the centre (below/above its equator)

- The toes are pointing downwards
- At the moment of the kick, the supporting and kicking leg don't form a right angle

**Exercise 2:** Use a rebounder, have the player dribble between the gate and perform an instep shot at the rebounder, receive pass and return to repeat the sequence. Introduce a feint before shooting.

- The lower leg isn't fully rotated
- The ball is pushed (there is no swing)



## Dribbling with Instep

**Common Errors:** Wrong position of the foot- the ball is pushed with the tip

- The ball is pushed forward when its too close or too far away from the body
- there is no stress on the lower leg- the position of triple threat
- the ball winds left or right, out of control (foot delecting left and right )
- Head down -eyes directed only at the ball.

