



FC Sarasota weekly news & updates

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Hello Everyone,

Each week you should be gaining an understanding of how to improve your techniques. I'm confident this will positively effect your development as a player and prepare you for your return to the field along with your team.

I was caught in two minds as to the topic to cover this week between shooting or dribbling. In the previous newsletters we have covered the technique of passing the ball over short and long distances. So I chose shooting as our topic this week as it incorporates the various techniques for kicking the ball. Only brief points to the technical aspect of shooting will therefore be noted.

How often do you hear in the game, "Why didn't he/she take the shot"? The main reason for the failure to shoot is "Attitude". You can possess all the ability to shoot the ball but if you do not have the attitude and confidence to shoot then the opportunity is lost. Failure to shoot not failure to score is what you must overcome. Therefore one must have complete confidence to shoot no matter the outcome.

So how are goals scored? They are scored from three types of shot other than a direct free kick:

- 1: Balls moving away from the kicker
- 2: Balls moving towards the kicker
- 3: Balls moving across the kicker

To reiterate content from my prior newsletters, you must practice using the correct technique as you shoot the ball from the above scenarios. Along with this there are five Key Factors that apply:

- 1: Observe the position of the keeper.
- 2: Select the most vulnerable area of the

Goalkeeper Session – Collapse Dives

Warm-up – Sit on ground and while holding ball in hands rotate diving on side, alternating left and right 5 times each side. Move up to knees and do same motion, this will get your body ready to hit the ground.

Drill # 1 – Low Collapse Dive (Do 10 saves each side, use MODEL)

Start in between cones, step forward and get low to dive to ball. You should always end in front of the cones, so you have forward momentum.

Drill # 2 – Mid-Level Collapse (Do 10 saves each side, use MODEL)

Have a parent or sibling toss a ball hip height, step towards ball and drive hands forward to catch ball. Again, stay in front of cones for each dive.

Drill # 3 – Collapse Dive with Shot (Do as many as you'd like, challenge the shooter. Use MODEL)

Have a parent or sibling shoot the ball waist or below trying to hit the cones on either side. Starting position should be in front of cones so you can cut angle and attack forward.

Drill # 4 – Quick Recovery Drill (Do 10 times each side)

Start in a set position, on a go call dive down to right and reset as quickly as possible. Set again and repeat to left side. Focus on not only speed but technique of your dive.

****Have fun with this session, challenge yourself and listen to your body. Only do as many reps as you can safely and to your ability.****

goal to aim at.
3: Accuracy before power
4: Head steady for good contact of the ball
5: Strike through the middle to top of the ball.

Numerous drills exist that can provide the repetition required to practice and improve your ability to make the most of opportunities to shoot. However, your "Attitude to Shoot" is the most important. Take a moment to think about the top players who score goals for fun the likes of Sergio Aguero, Harry Kane, Wayne Rooney and Jamie Vardy etc. Ask yourself how and why are they prolific?

Keep up the good work and do your best best to practice in our current situation. This link is how a few players got their groove on a to recreate a unbelievable goal. Enjoy. <https://www.bbc.co.uk/sport/av/football/52331644>

Be good, be safe and take care.

All the best,
Coach Hall
Boys Program Director

Girls Program and Goalkeeper Academy
Director



Looking forward to getting back on the fields. Register for the 2020-2021 season [TRYOUTS](#) now!



Why you're not scoring goals

In this video we discuss the importance of shooting and things to keep in mind when taking that shot!

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