

14 - The Chip Shot

Not the easiest of skills and probably beyond most of the younger players. It is a very useful tool for players to have in their locker and more capable players will enjoy being able to perfect it.

A good demonstration is important so if you are struggling find somebody who can help. Use a pole or another coach as an obstacle, probably best not to demonstrate over the head of a child in case it goes wrong! Begin with a ball moving towards the kicker which makes it a lot easier as the ball is already spinning the right way. Then practice a stationary ball and later a ball travelling away from the kicker.

Try to put the skill in context for the players, show them how it can be used to make a pass in behind defenders and how the ball will hold up in tight spaces.

Coaching Points - Observe the following details:

- ✓ The approach needs to be very straight down the line of the ball
- ✓ Observe that the standing foot is planted right up beside the ball, no more than a few inches to the side of it
- ✓ The player should be well balanced with arms away from the body
- ✓ It is vital that the head is directly over the ball at the moment of contact
- ✓ Ensure the player stays focused on the ball and their head remains steady
- ✓ The back lift of the kicking leg should be relatively short and straight coming mainly from the flex of the knee
- ✓ The knee of the standing foot should dip bringing the body down into the kick
- ✓ Contact with the ball is very low, well below the horizontal mid-line
- ✓ The ball should be struck with the instep with the foot extended pointing down at the ground
- ✓ The kicking action is a stabbing motion at the ball with little or no follow through
- ✓ Look at the trajectory of the ball if it is done well it should rise steeply with lots of back spin
- ✓ On landing the ball should hold up which makes it useful for passing behind defender
- ✓ The chip shot can also be achieved by leaning back slightly and with lift on the follow through
- ✓ This will give more distance on the kick but it will not rise as steeply and needs more space to play the pass

Useful Drills

17	Long Ball
27	Five v Three
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