

15 - Volleying

Obviously a very difficult skill to execute well, the ability to volley will create goals when there is no time to take a controlling touch of the ball. It is also great fun for young players, they will never forget a goal they score from a good volley. Be sure to coach players on when it is appropriate to volley and when players should take the safer option.

There are two basic techniques, the straight and side volley and both of these can be done on the half-volley. Players can practice the side volley with a stationary ball on top of a cone, then with a very simple short service before progressing to attempting to volley longer passes and crosses.

It will take many hours of practice to get good at volleying, the most we can do is teach players the basic technique and correct some errors for them. Those who wish to, will need to put in practice time away from club training sessions. Volleying would be a good topic for a personal training goal.

Coaching Points - Observe the following details:

- ✓ Observe whether the player moves along the line of the ball to get in the right position to make the volley
- ✓ Timing is crucial to the volley, make sure the player is concentrating on the flight of the ball
The head should stay steady throughout the shot, make sure the head doesn't come up too early

✓ **Straight On Volley**

- The player's foot should be extended on the back-lift pointing down to the ground with ankle locked
- Are the arms out from the body for balance?
- The player needs to be patient and wait for the ball to drop, contact is with mid-line of ball
- Body should be over the ball on contact, don't swipe at the ball too early and get underneath it
Follow through is straight in direction of shot, for maximum power transfer weight and land on kicking foot

• **Side (hook) Volley**

- Player needs to be very well balanced on standing leg, arms out from body
- With body sideways to flight of ball, player should bend at waist away from ball and get leg out straight
- Contact is with top half of ball as the player pivots on standing leg
- The shoulder should drop away as the kicking leg continues with big follow through across the body

Useful Drills

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| 2 | Diamond Drill |
| 8 | One Touch |
| 38 | Shooting Gallery |
| 41 | Shoot on Sight |
| 46 | Hat Trick |
| 76 | Head Tennis |