



Target Master Training Drills

Training Drill: Volleying & side foot volleying.

Exercise Aim: Improve Focus, Direction, Technique & Accuracy.

Setup :

- Set up hoops into the vertical position. Net draw string should be open to allow the ball to pass through because this can be a high velocity exercise.
- Set 2 meter exclusion area around the TM.
- Set time limit for drill. (Recommended 3 mins)
- Set points score for each hoop. IE: Top 2 pts, Middle 1pt & Bottom 3pts. Set the bottom hoop for the higher value to encourage heading downwards.
- Split the participants into two groups. Min 5 a side to max 8 a side.
- Ensure that every player has a football except for two players. IE: 10 participants 8 footballs, 16 participants 14 footballs etc.

Volleying Drill.

1. **P1**, stands behind the marker cones.
2. **P1**, passes the ball to **S**, either by throwing or a push pass.
3. **S**, holds the ball.
4. **P1**, starts a run towards the TM preparing to receive the ball back.
5. **S**, throws the ball into the air at a respective height for **P1** to have an attempt at one of the hoops.
6. **P1**, attempts to volley the ball through one of the hoops.
7. **P1**, collects the ball after the attempt and continues run to join the back of the line for **P6-P10**.
8. **P2**, continues the drill doing exactly the same as **P1**.
9. Once **P5**, has completed their attempt, **S**, turns and continues the drill with **P6**.
10. **P6**, has their attempt, collects the ball and continues their run to the marker cones where **P1**, originally started. This is the start of the new line.
11. Drill continues for the set time limit.
12. Points scored are totalled up and a record made.

Coaching Notes & Observations.

- Observe the approach of **P1-P10**, timing of their runs and positioning for a good attempt.
- Observe stance, always ready to adjust position, front, back, left or right to keep in line with the flight of the ball. Keep on the toes.
- Arms away from the side of the body to assist balance.
- Contact with the ball using the laced part of the boot.
- Head over the ball watching the ball at all times.
- Knee over the ball on striking.
- Finishing position is the foot/ pointed toes are pointing at the target.
- Encourage accuracy and not power at first until the success rate increases.



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Side Foot Volleying:

For side foot volleying use all of the above but with these differences.

- Keep them on their toes ready to adjust their stance and position to match the flight of the ball.
- Open the body to receive the ball.
- Side on to the target
- For side foot volleying use the instep of the foot to strike the ball.

Additional Recommendations.

- If you leave two players without a football/ soccer ball, then this will encourage team work from the others to get the ball to them ready for their turn. Illustrate to them that the drill is against the clock and the highest score wins so the last thing they need is people waiting to take their turn but can't until they have a football/ soccer ball.
- Giving the bottom hoop the greatest value, encourages the participant to keep the knee above the ball and strike the ball downward as any good striker should.
- Giving the top hoop the second greatest value encourages the participant to shoot upwards towards the corner of the goal as any good striker can do.

Progression:

- You can progress the drill by throwing the ball at various heights to encourage a quicker and faster movement of the participant.
- As they improve you can then nominate different hoops.
- Reduce set time and increase the distance to run.
- Include chest or thigh control before attempting strike.
- Move on to the more difficult half volley skill.

General Observations:

- We have noticed that participants enjoy this exercise but are very tempted to power the strike so we have included forfeits if they don't adhere to the instructions.
- Because these particular skills are one of the hardest techniques to develop they are not practiced enough but with the TM the participants want to continue trying so improvement occurs quite quickly no matter what the level of skill.
- This drill is a very good warm up exercise before a match as it gets them focused and encourages them to try during the game.