



2010 DRILLS



## Drill of the Week...

Sidefoot Volley

### Clearing the Ball:

While it is true that defenders should generally aim not just to win the ball but to retain possession of it for their team, in dangerous situations in and around the penalty area often the sensible thing to do is to clear the ball to safety—either as far and wide up the field as possible or into touch, enabling the team to regroup.



**Note:** When volleying a tricky ball clear of a crowded penalty area it is often safest to use a **sidefoot volley**. By making contact with the inside of your foot rather than the laces of your shoe, you get more control over how and where you strike the ball. By playing a sidefoot volley, you can minimize the risk of giving possession of the ball straight back to the opposing team.

**Tip:** Select a different team captain for every game and come up with some responsibility that goes with that title. For instance, even at the youngest level the captain on the team can be in charge of lining up the team or starting the cheer after the game.

**Video drill for the week: Goalkeeping, Ball Handling -**  
<http://www.insidesoccer.com/page/9b671c9f-0a9f-4028-b5df-e6e3bd61fc30/goalkeeping-agility-saving-techniques.html>