

BALL STRIKING WITH THE SWEET SPOT

The sweet spot is a bone on the top of your foot that generates power and accuracy in kicking. We use juggling as a method of training the proper technique for shooting and longer driven passing. It engrains the proper technique as habit after the multiple reps received through juggling.

1. Lock ankle of your kicking foot with your toe pointing down.
2. Curl your toes under your feet, protruding your sweet spot.
3. Strike the center of the ball with your sweet spot creating no spin on the ball.
4. Keep ankle locked during follow through.

Assign patterns when juggling to increase control of the ball. Examples:

1. Right or left foot only.
2. Alternate feet.
3. Two touches with the right then two touches with the left foot.
4. Thigh then foot then thigh then foot.
5. Every juggle above the head.