

Volley like Zlatan Ibrahimovic

By David Clarke

Ibrahimovic did not have a great Euro 2012 but in Sweden's final game, against France, the Milan forward scored a stunning volley. From 16 yards in the 54th minute, Ibrahimovic leapt into the air to volley the ball off his laces and into the net from Seb Larsson's deep cross.

Lots of your players will have seen the goal since and all will be keen to do something similar. But it isn't easy. It requires great technique just like [Wayne Rooney's overhead kick](#) against Manchester City in the 2011/2012 season.

Here's my guide to helping players pull off the perfect volley:

- Tell your players to keep their eyes focused on the ball and to get into the line of sight.
 - Get them to use their arms for balance.
 - Tell them to imagine a strike zone in front of them and to keep their head still.
 - They should plant their non-kicking foot on the ground and, leading with the knee, bring the kicking leg through.
 - The leg should be slightly bent, with the toes pointing down and the ankle held firm.
 - They should strike the centre or top half of the ball with the instep and keep their head over the ball to keep the volley down.
-
- As with most aspects of the game, practice makes perfect, so regularly build volleying technique into your training sessions because it is a skill that can be effective in any area of the pitch, and by any player.