



Think your shooting accuracy is something to envy. Your striking technique above par. Come and join us to test both.

**Goal: To strike the crossbar as many times as you can in 4 attempts.**

Not as easy as it sounds! It's actually quite hard to accurately judge the right height and power that you need to kick the ball. Come and join us to show us what you got.

### How to Play the Crossbar Challenge

The object of the game is to strike the crossbar with the ball as many times as possible - you get 4 attempts.

**How it works:** A set distance will be set for everyone to kick from (in line with your age category)

Each individual player will have 4 stationary balls placed on the ground: walk-up or short run-up, it's up to you. Kick the ball and aim for the crossbar. The winner is the player who manages to hit the crossbar the greatest number of times in four tries.

### SCHEDULE

<b>Saturday August 26 / Sunday August 27</b> <i>Field: TC Mini</i>	
<b>Category</b>	<b>Time</b>
<b>All age categories</b>	<b>Anytime between 10:00 am – 4:00 pm</b>
<b>Walk over to the field and try your luck!</b>	

### Tips for a successful Crossbar Challenge

These tips will focus on how to strike the ball cleanly with the right amount of power. The secret to being great at the crossbar challenge is of course to practice! With patience and hard work, you'll soon see more shots hitting the crossbar.

#### 1. Don't Strike the Ball Too Hard

Accuracy is key; you don't need to hit it as hard as you can.

While you do need to hit it hard enough to reach the goal and the height of the bar, most of the lift should come from striking the underside of the ball and not from the power you put into it.

You don't need a long run up. Simply stand a few feet away, then take a couple of steps and kick the ball goalward.

## **2. Plant Your Foot Next to the Ball**

Absolutely key to getting your strike on target is where you place your foot.

If your standing foot is too near or far from the ball then you are most likely going to reduce both the accuracy and power of your strike. By practicing a few times, you'll soon work out just how near to the ball you should plant your standing foot.

## **3. Strike the Underside of the Ball**

As the ball needs to be lifted into the air so it can hit the crossbar, you're going to want to strike the ball on its underside.

The ball won't gain the right amount of height if you kick the top or middle part of the ball

Hit the underside of the ball with the top of your laces. The idea is to chip the ball into the air with enough power so that it strikes the crossbar.

## **4. No Follow Through + Don't Lean Back Too Far**

While with many shots you want to follow through so that your strike is more accurate, with a chipped shot it is best to stop your foot right under the ball and keep it close to the ground. This helps the ball to gain elevation and rise upwards towards the bar. Do not lean back too far – you increase the chance that the ball will rise too high and float up over the bar if you lean back too far.

## **5. Judge the Distance and Height**

While this is obviously easier said than done, with time and practice you'll be able to judge just how much height, distance, and power you need on the shot. Combined with your improving shooting technique, this will help you to hit the crossbar a lot more frequently than before.

## **6. Hit the Bar from Above**

It is much easier to hit the bar when the ball is coming down rather than if you are aiming the ball up towards it from the ground. You want to chip the ball so that it is around its maximum height just a tiny bit before it reaches the bar.

It will then dip down and hopefully hit the crossbar!

We look forward to seeing you at Soccer Pointe-Claire's 1<sup>st</sup> annual **CROSSBAR CHALLENGE** (see dates/times listed above).

**Have fun!**