NOVEL ATTEMPTS TO FILL THE GAP BETWEEN SCIENTIFIC KNOWLEDGE AND COACHING CUES IN SOCCER KICKING

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Kicking is the defining action of soccer and is the biggest attacking option. Thus, coaches wish to make players kick a ball with more power to improve kicking performance. That has been a challenge for most of soccer coaches. A number of practical coaching cues do exist on how to kick the ball faster, however, it seems that these coaching cues are sometimes not consistent with the scientific knowledge. This might confuse both researchers and coaches and being create a gap between scientific knowledge and practical coaching cues.
While there have been many studies on the biomechanics of kicking, there are still a number of novel aspects of this skill to be explored. Recent advances in technology also helped to widen our interest to consider several new aspects of soccer kicking action. Our research group has made a series of novel attempts that focused on soccer kicking. Through these studies, we obtained several unique and unexpected results, some of which are supportive to the coaching cues while others are not in consistent with practical instructions. In my talk, I would like to overview recent findings of soccer kicking biomechanics and also to shed some light on the veracity of some practical coaching instructions from a biomechanical perspective.