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## Kicking low drive and high drive

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### Abstract

In this paper we mainly concerned with develop knowledge, skill and study on kicking low drive and high drive.

Kicking low drive: My shoulders and arms, when positioned properly, help with the accuracy of our soccer shot. When shooting the ball low, I want to lean your upper body slightly over the ball, slightly swinging our arms out for balance as I shift our kicking leg down and forward toward the ball.

Kicking high drive: Stride towards the ball and make contact with it using the outside of your kick foot, keeping your ankle locked. Initially, this is great for passing.

**Keywords:** kicking, rainforces, spectator, low drive, halfway line, high drive

### Introduction

Most of the very early reference to the game speak simply of “ball pay” our “playing at ball”. This reinforces the idea that the game played at the time did not necessarily involve a ball being kicked.

An early reference to a ball game that was probably football comes from 1280 at Ulgham, Northumberland, England: “Henry... while playing at ball. Ran against David”. Football was played in Ireland in 1308, with a documented reference to John McCrocan, a spectator at a “football game” at Newcastle, County Down being charged with accidentally stabbing a player named William Bernard. Another reference to a football game comes in 1321 at Shouldham, Norfolk, England: “during the game at ball as he kicked the ball, a lay friend of his... ran against him and wounded himself”.

### Field Surface

Matches may be played on natural or artificial surfaces, according to the rules of the competition. The colour of artificial surfaces must be green. Where artificial surfaces are used in either competition matches between representative teams of member associations affiliated to FIFA or international club competition matches, the surface must meet the requirements of the FIFA Quality Concept for Football Turf or the International Artificial Turf Standard, unless special dispensation is given by FIFA.

### Field Markings

The field of play must be rectangular and marked with lines. These lines belong to the areas of which they are boundaries. The two longer boundary lines are called touch lines. The two shorter lines are called goal lines. The field of play is divided into two halves by a halfway line, which joins the midpoints of the two touch lines. The centre mark is indicated at the midpoint of the halfway line. A circle with a radius of 9.15 m (10 yds) is marked around it. Marks may be made off the field of play, 9.15 m (10 yds) from the corner arc and at right angles to the goal lines and the touch lines, to ensure that defending players retreat this distance when a corner kick is being taken.

**Dimensions**

The length of the touch line must be greater than the length of the goal line.

Length (touch line):	minimum	90 m	(100 yds)
	maximum	120 m	(130 yds)
Width (goal line):	minimum	45 m	(50 yds)
	maximum	90 m	(100 yds)

All lines must be of the same width, which must be not more than 12 cm (5 ins). International matches

Length :	minimum	100 m	(100 yds)
	maximum	110 m	(120 yds)
Width :	minimum	64 m	(70 yds)
	maximum	75 m	(80 yds)

**The Goal Area**

Two lines are drawn at right angles to the goal line, 5.5 m (6 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 5.5 m (6 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the goal area.

**The Penalty Area**

Two lines are drawn at right angles to the goal line, 16.5 m (18 yds) from the inside of each goalpost. These lines extend into the field of play for a distance of 16.5 m (18 yds) and are joined by a line drawn parallel with the goal line. The area bounded by these lines and the goal line is the penalty area. Within each penalty area, a penalty mark is made 11 m (12 yds) from the midpoint between the goalposts and equidistant to them. An arc of a circle with a radius of 9.15 m (10 yds) from the centre of each penalty mark is drawn outside the penalty area.

**Flagposts**

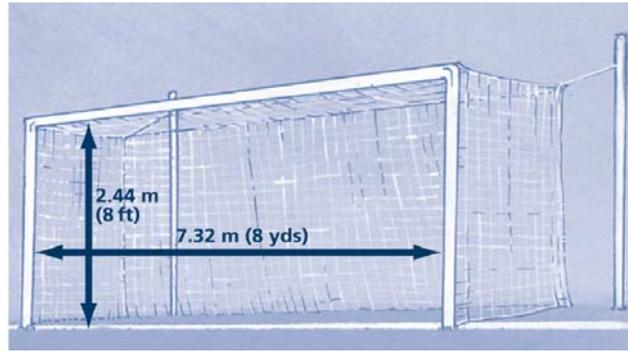
A flagpost, not less than 1.5 m (5 ft) high, with a non-pointed top and a flag must be placed at each corner. Flagposts may also be placed at each end of the halfway line, not less than 1 m (1 yd) outside the touch line.

**The Corner Arc**

A quarter circle with a radius of 1 m (1 yd) from each corner flagpost is drawn inside the field of play.

**Goals**

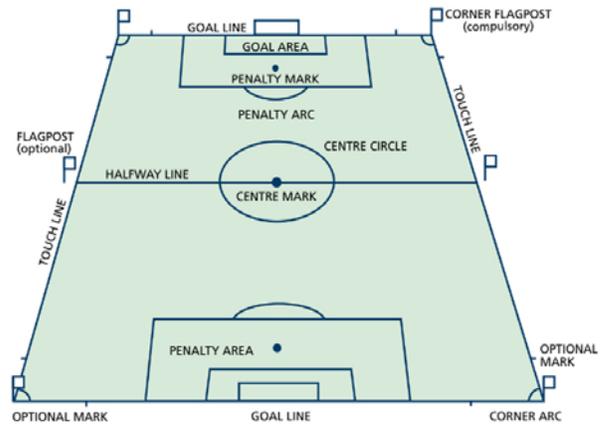
A goal must be placed on the centre of each goal line. A goal consists of two upright posts equidistant from the corner flagposts and joined at the top by a horizontal crossbar. The goalposts and crossbar must be made of wood, metal or other approved material. They must be square, rectangular, round or elliptical in shape and must not be dangerous to players. The distance between the posts is 7.32 m (8 yds) and the distance from the lower edge of the crossbar to the ground is 2.44 m (8 ft).



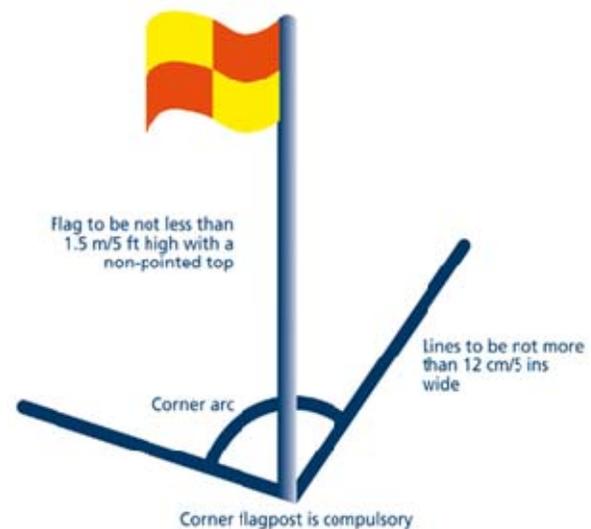
**Safety**

Goals must be anchored securely to the ground. Portable goals may only be used if they satisfy this requirement.

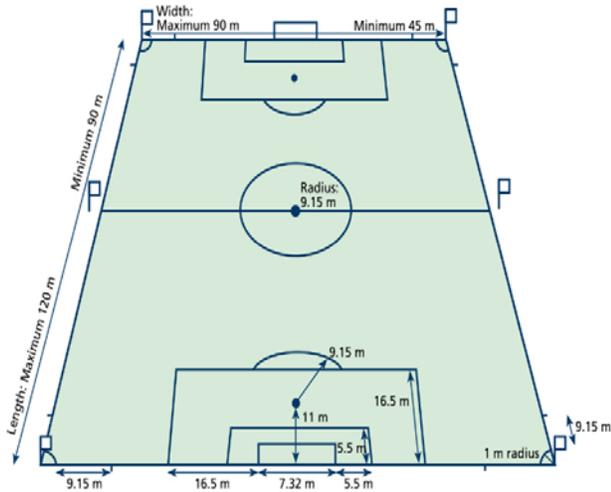
**The Field of Play**



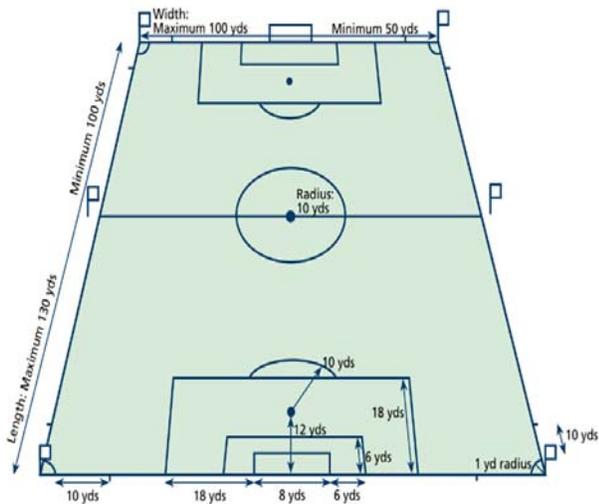
**Corner Flagpost**



**Metric Measurements**



**Imperial Measurements**



**Qualities and Measurements of Equipment**

The ball is:

- spherical
- made of leather or other suitable material
- of a circumference of not more than 70 cm (28 ins) and not less than 68 cm (27 ins)
- not more than 450 g (16 oz) and not less than 410 g (14 oz) in weight at the start of the match
- of a pressure equal to 0.6 – 1.1 atmosphere (600 – 1,100 g/cm<sup>2</sup>) at sea level (8.5 lbs/sq in – 15.6 lbs/sq in)

**Kicking of Low Drive**

My shoulders and arms, when positioned properly, help with the accuracy of our soccer shot. When shooting the ball low, I want to lean your upper body slightly over the ball, slightly swinging our arms out for balance as I shift our kincking leg down and forward toward the ball.

If I want to play a low pass with enough strength to get past an opponent then I will need to use the instep and drive through the ball.

It is great for splitting a defence because I can get enough power on the ball to place it past a defender.

But still keep the ball on the ground and make it easy for a

team-mate to run on to.



**Step One**

The approach to the ball is the same as with the short sidefoot pass. But to keep the ball low I must concentrate on keeping our knee over the ball. And remember not to lean back.

**Step Two**

Strike the centre of the ball with the laces (instep), with the toes pointing downwards. Follow through with the kicking leg to increase power.

**Kicking High Drive**

**The 5 different types of kicks in football**

**1. The Push**

This is one of the most common kicks in football and is used by players to pass the ball to their teammates. It's easy to perform and it's got a high accuracy, making it the perfect manoeuvre for a quick pass.

**2. Instep Kick**

The Instep Kick is a powerful shot that is used primarily for shooting and occasionally for long passes.

**3. Outside Kick**

Stride towards the ball and make contact with it using the outside of your kicking foot, keeping your ankle locked. Initially, this kick is great for passing. But onece I have learnt it properly, I can use it to shoot, take corner kicks, and clear the ball.

#### 4. Toe Kick

Most coaches hate this kick and try to get their players to stop using it. However, it can come in handy in situations where the ball is just out of reach and I need to make a quick pass. If I see an opponent running towards the ball, I can simply lunge for it and kick the centre of the ball using the tips of our toes. This will cause the ball to travel a short distance in the desired direction.

#### 5. Back Heel Kick

The back heel kick is a little difficult to learn, but it becomes easier with practice. It's one of the more deceptive kicks out there and can confuse a defender if executed properly.

All I have to do is step over the ball and poke it towards a teammate using the hell of our foot. It may sound simple, but a backhell at the right time to the right player can help set up a goal.



Our non kicking foot dictates the elevation I get in our strike. The angle that our shin makes with ground is a good indicator of elevation I achieve. The more it's leaning backwards, the higher I kick. I must have heard commentators saying he was leaning backwards while taking the shot, hence the ball sailed over the crossbar. It's not just the kicking foot, our entire body is involved. Mor I bend backwards while kicking, the higher I kick. The more I bend forward the flatter the ball goes.

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