

## **Dribbling:**

1. Manipulating the ball from side to side (movement of the ball)
  - a. Light touches
  - b. Keep head up
  - c. Looking & Attacking space
2. Moving the ball past opponents (deceptive body movements)
  - a. Pure speed
  - b. Change of pace
  - c. Change of direction
  - d. Feints
3. Running with the ball at feet
  - a. Ball comfortable at feet
  - b. Ball not too far ahead
4. Individual possession (shielding)
  - a. Body shape – relaxed & low center of gravity
  - b. Extend arm closest to the defender to provide balance and space
  - c. Side ways on to the defender
  - d. Position of ball on foot furthest from opponent
  - e. Change of direction (transfer of ball) to create space & to avoid pressure
  - f. Keep head up to find options
5. Turning
  - a. Awareness of opponent
  - b. Know where space is
  - c. First touch very important
  - d. Turn away from pressure
  - e. Part of foot used will be determined where pressure is & where space is

## **Passing:**

1. Weight or pace of pass—The pass should be played with the right amount of weight to feet or into space so that the receiver is able to either control the ball easily or play the ball comfortably with one touch
2. Accuracy—Naturally, it is important that all passes are accurate
3. Timing of the pass—The player in possession of the ball should not pass the ball if the intended receiver is not in a position to receive it comfortably. A poorly timed pass could result in a loss of possession
4. Timing of the run—The player making a run to receive a pass should ensure that the player in possession of the ball has the ball under good control and is ready to make the pass. Not only is a poorly timed run a waste of energy, but also it could result in a loss of possession
5. Support—It is vital that the player in possession of the ball has immediate help from his teammates. The more options a player has to pass the ball, the easier it is for him to keep possession (angle and distance)
6. Passing angle—It is the receiver of the ball in a good position to receive the ball

## **Passing (continued):**

### **Inside of the Foot**

1. Foot remains square (open) to the target throughout the entire pass
2. Toe of kicking foot remains up, higher than heel
3. Ankle remains locked
4. Shoulders & center of gravity are forward
5. Support (non-kicking) foot is aimed at target & placed next to the ball
6. Strike the ball in the middle
7. Follow through toward the target with kicking foot remaining open.

### **Outside of the Foot**

1. Point striking foot down & in
2. Lock ankle through out pass
3. Knee of kicking foot is over the ball
4. Support foot is behind the plane of the ball to allow movement of the kicking foot
5. Strike through center of ball

### **Instep (laces) Pass**

1. Approach ball from a slight angle
2. Lean forward with your shoulders & kicking knee over the ball prior to & during contact
3. Non-kicking foot is placed a long side of the ball pointed in the direction of the target
4. Strike diagonally across the ball
5. Strike ball with the inside of your laces
6. Follow through (low) with kicking foot, taking first step with kicking foot

### **Shooting/Finishing:**

1. The same principles apply to shooting as to the individual passing techniques of the above
2. It is important that players look at the ball during the whole process of striking the ball
3. Players should ensure that their ankles are tight (locked) as they are about to strike the ball
4. Consideration should be given to placement versus power in certain situations in and around the penalty area
5. Hips should be pointed in the direction of where you want the ball to end up

### **Lofted Pass**

1. Approach from a slight angle
2. Non-kicking foot is along side but towards the back of the ball
3. Kick diagonally through underside of the ball using lower instep above the big toe
4. Lean back slightly at the moment of contact to raise the ball
5. Follow through toward the target

## **Crossing:**

1. The same principles apply to crossing as to lofted, driven, and bending balls
2. It is important to emphasize the angle of approach to the ball
3. Players should be aware of their body shape in relationship to the quality of the cross
4. Consideration should be given to placement of the ball into the attacking spaces in and around the six yard box

## **Chipping**

1. Imagine the ball is on a tee & strike under the ball to create an immediate loft & backspin
2. Use instep & contact ball with the inside eyelet area of the boot
3. Jab the kicking foot into the ground with no follow through
4. Extend arms out for balance

## **Receiving:**

### **Ball on the floor**

1. Make an early selection in method of control
2. Move into the balls path & come to meet the ball
3. Be open or side on to the field
4. Recognize where the defender will come from
5. Keep your eye on the ball
6. Receive ball with furthest foot from passer (if possible) to immediately shield the ball
7. Cushion the ball with the inside or outside of the foot
8. Receiving touch should be in preparation (away from pressure) to either pass, dribble, or shoot

### **Ball out of the Air**

1. Make an early selection in the method of control
2. Get in line with the line of the flight of the ball
3. Be side on or open to the field
4. Recognize where the defender will come from
5. Keep your eye on the ball
6. Relax the controlling surface for certain methods of control – cushion or wedge
7. Cushion (relax) ball onto area of body or Wedge the ball between the foot and the ground
8. Receiving touch should be in preparation (away from pressure) to either pass, dribble, or shoot

## **Heading:**

1. Body in line of flight
2. Eye on the ball
3. Chin tucked
4. Use of upper body and legs to generate power
5. Sideways on
6. Arms out for good body balance
7. Strike the ball with the forehead
8. Heading for Defense – height, width and distance
9. Heading for Attack – get over the ball, head down and redirections

## **Heading (attack):**

1. The position of the feet and being light on the feet is very important in order to jump
2. Get in line with the flight of the ball
3. Keep your eye on the ball at all times
4. Time the run and jump to head the ball at your highest point
5. Use the forehead at all times to head the ball
6. Direct the ball down toward the target—i.e. goal, teammate, path of teammate

## **Heading (defense):**

1. Width
2. Height
3. Distance—with power
4. Accuracy

Principles 1-5 in attack also apply to defenders. Principle 6 does not apply because defenders generally are looking to head the ball up and not down

## **Goalkeeper (distribution)**

1. Starting the attack – supporting the field players
2. Organizing the defense
3. Distribution – changing the point of attack; technical ability and positioning to handle a back pass; goal kicks
4. Kicking to a target –Inside or Instep
  - a. Accuracy of the pass
  - b. Distance of the pass as well as pace
  - c. Ball to target or space
5. Throwing to a target – Bowling/Underhand
  - a. Step towards target
  - b. Ball in crook of the wrist
  - c. Ball released so that it stays on the ground
  - d. Ball into space or target with enough pace
6. Throwing to a target – Overhead
  - a. Step towards target
  - b. Ball in crook of wrist
  - c. Ball released so that it get to target or space at a low trajectory
  - d. Enough pace on the ball

## **Goalkeeper (shot stopping)**

1. Proper hand formation – “W” for chest & above & diving; “M” for waist & below
2. Strong but “SOFT” hands
3. Proper footwork – feet get you to the ball
4. Body shape and stance – Gorilla; concave body shape
5. Getting set
6. Eye on the ball
7. Proper Angle and Positioning towards ball
8. Stay on Feet as long as Possible
9. Diving to the side or forward
10. Dealing with Crosses – starting point
11. Instant recovery
12. Concentration
13. Communication
14. Catch, Box or Re-direct the shot