
COACHING CONTENT: TECHNICAL

TECHNICAL

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TECHNICAL TERMINOLOGY

Attacking – Technical

Technique: The ability to efficiently perform a task or specific soccer movement.

1. **Passing and Receiving:** Transferring the ball on the ground or in the air from one player to another from a given distance.
2. **Running with the Ball:** Control of a ball in movement with the feet and on the ground at high speed without modifying its trajectory.
3. **Dribbling:** Close control of a ball in movement, with the feet and on the ground, continuously changing its trajectory.
4. **Turning:** One or more touches on the ball with the purpose of changing direction efficiently.
5. **Shooting:** Striking the ball toward the goal with the objective of scoring.
6. **Ball Control:** Receiving or directing the ball efficiently in the air or on the ground.
7. **Heading:** Striking the ball with any part of the head with the purpose of clearing, passing or scoring.
8. **1v1 Attacking:** Offensive action with control of the ball to beat a specific defender.
9. **Shielding the Ball:** Protecting possession of the ball from a defender.
10. **Receiving to Turn:** A change of direction of the ball with the foot after receiving a pass from a teammate with the purpose of making a second action such as dribbling, passing or shooting.
11. **Crossing and Finishing:** Passing of the ball from wide areas of the field to a central area close to goal with the intention of finding a teammate to score.



TECHNICAL TERMINOLOGY

Defending – Technical

- 12. 1v1 Defending:** Action with the purpose of regaining possession of the ball in control by the opponent.

BODY SHAPE

Posture of the body to efficiently carry out the next defensive action.

ANTICIPATION

Reaction of the player to prevent an attacker from gaining an advantage.

INTERCEPTING

Action to regain possession of the ball while it's transferred between two opponents.

PREVENT TURNING

Pressure on an opponent who has his back to goal and is attempting to change the direction of the ball towards the attacking zone.

TACKLING

Contact made with the foot while the ball is possessed by an opponent and with the purpose of preventing the next offensive action or regaining possession.



PASSING – Transferring the ball to a teammate to either advance the ball forward towards the opponent’s goal or to shift the ball to an area of decreased pressure.

- **Inside of the foot** – Technique used for accurate, midrange passing (0-30 yards).
- **Outside of the foot** – Technique used for quick, deceptive passing at close range (0-20 yards).
- **Instep Drive** – Technique used for long range passing (>30 yards).
- **Chipping** – Technique used for quickly popping the ball up and over opponents at a range of 5 to 20 yards. To chip the ball upward the player must strike the underside of the ball abruptly. Backspin is created because the foot does not “follow-through” the ball. The backspin will limit the distance that a chip will travel and will also keep it from rolling forward after it falls to the ground.
- **One touch passing** – Quick and accurate passing without taking a touch to settle the ball.
- **Passing out of the air** – Transferring the ball out of the air to a teammate. A form of one touch passing.
- **Bending passes** – Curving the ball around defenders or into the running path of a teammate by striking the side of the ball with the inside and outside of the feet.

RECEIVING - Taking control over a moving ball. Players use various body surfaces to make their first touch on the ball to be received.

- **First Touch** - A player's first touch is used to start or continue an attack. It is also used to turn the ball away from defensive pressure so that possession can be maintained. Depending on the situation, players choose to either have a soft first touch to keep the ball close to them or to have a firmer first touch to quickly move the ball out of a particular space.
 - **Soft First Touch** - A first touch that settles the ball at the feet of the attacker. Any body surface used to make a soft first touch must be relaxed and then withdrawn slightly (to absorb the energy out of the ball) as contact with the ball is made.
 - **Forward First Touch** - A firm first touch that starts the ball moving forward a few steps ahead of the attacker.
 - **Lateral First Touch** - A firm first touch that starts the ball moving laterally or diagonally a few steps in front of the attacker.
- **Receiving Across the Body** - When preparing to receive the ball (typically on the ground) the player opens their body angle to the field. The width of the body is maneuvered so that it is in parallel to the trajectory of the incoming ball. This type of positioning is called "sideways-on". The ball is allowed to travel past the near foot, across the length of the body and then received by the inside of the forward foot. Being open to the field and "sideways-on" prior to receiving the ball creates a better opportunity to see the field and also allows for a greater variety of first touch options.
- **Receiving Across the Body while Turning to Shield Off a Defender** - Just as the ball is about to be received across the body the attacker swivels their body around 180 degrees in an attempt to shield the ball from a defender.
- **Receiving to Turn** - Receiving skills used to penetrate with the first touch when an attacker is receiving a ball and has a defender applying pressure from behind. The attacker uses various body spins and/or ball spins to confuse, unbalance or elude the defender and allow for a 180-degree turn with the ball.

DRIBBLING - Controlling the ball on the ground with the feet. When dribbling the knees should be bent for power and agility.

Surfaces of the Foot Used for Dribbling	
Inside of the foot	A slow but controlled dribble. Contact with the ball is being made by the inside of the foot between the arch of the foot and the end of the big toe.
Laces	A faster type of dribble, where the ball is pushed forward allowing the player to race after it. The toe should be pointed down and contact with the ball is made the laces and outside the foot.
Sole of the foot	A form of dribbling where the bottom of the foot is rolled over the top of the ball. Players use the bottom of the foot to move the ball forwards, backwards and sideways.

- **Running/Cruising with the ball** - Dribbling the ball at a fast pace. The laces are used for contact with the ball. The player must be able to lift their head up and see the whole field ahead of them when running with the ball. Dribbling with the laces becomes easier if the player is moving diagonally. Diagonal dribbling allows the attacker to move forward up the field (towards the goal) and across the field (away from defensive pressure) at the same time.
- **Possession Dribbling** - A low risk style of dribbling used to insure that the other team does not regain possession of the ball.
 - **Shielding** - Dribbling while keeping the ball out of the reach of a close defender. The width of the body is turned and kept between the ball and defender. While it is possible to shield the ball from an opponent while staying in one spot, this type of static shielding is only effective in game situations for a few seconds. Players should be encouraged to shield the ball while moving towards open space, turning often to keep the defender off balance and at a safer distance.
 - **Turning with the ball** - Using the various surfaces of the feet to change the direction of the dribble. Players should learn to turn 360 degrees with the ball.

DRIBBLING CONTINUED

Surfaces Used to Turn with the Ball	
Inside of the foot	"Cutting or Chopping" at the ball with the big toe or inside of the foot. The right foot is used to turn left and the left foot is used to turn right. Turning with the inside of the foot can be very abrupt (an instantaneous 180 degree turn) or subtle (as if arching around a circle).
Outside of the foot	"Cutting or Chopping" at the ball with the little toe or outside of the foot. The right foot is used to turn right and the left foot is used to turn left. Turning with the outside of the foot is usually a subtle maneuver (arching around a circle rather than an abrupt 180 degree turn).
Sole of the foot	The bottom of the foot is used to stop and/or change the direction of the dribble up to 180 degrees. This is a quick and deceptive way to change the direction of the dribble but difficult to use a higher rates of speed. This type of turning offers more control to the attacker and is typically used at slower speeds and in smaller spaces.

- **Dribbling to Penetrate** – An aggressive form of dribbling used to create an opportunity to shoot or pass, or to dribble past a defender(s).

Components of Dribbling to Penetrate	
Change Speed	A sudden burst of speed is used to create space between the attacker and the defender
Change Direction	A sudden change in direction is used to create space between the attacker and the defender
Feints/Deception	A single or set of dribbling moves aimed at misdirecting the defender.

FINISHING - Striking the ball toward goal with the purpose of scoring. To create a shot with a low trajectory, the plant foot must be beside the ball upon contact and the ball must be struck in the middle or top half. To create a shot with a high trajectory, the plant foot should be slightly behind the ball upon contact and the ball must be struck below the ball's center.

- **Inside of the Foot** - Close range shooting, (1-20 yards depending on the strength of the player) The inside of the foot offers the player the greatest accuracy (height and direction) and room for contact error (the surface area is larger than that of the instep).
- **Instep** - Long range shooting, (18-30 yards depending on the strength of the player) For more powerful, long range shooting players will point their toe and strike the ball with their laces.
- **One Time Shot** - Shooting quickly without taking a touch to settle the ball.
- **Bending Shots** - Striking the ball to the right or left of center will cause the ball to spin and therefore achieve a bent trajectory. The inside of the foot offers the greatest potential for spin because of the increased size of the contact area.
- **Volley** - Striking the ball out of the air with the intent to score.

Types of Volleys	
Front Volley	The ball is falling in front of the attacker and is struck with the instep or inside of the foot.
Side Volley	The ball is falling to the side of the attacker and the leg is swung up and over so that the ball is contacted with the instep of the foot.
Half Volley	The ball has fallen and is just starting to rise upward when it is struck with either the instep or inside of the foot.

HEADING – Striking the ball with any part of the head with the purpose of clearing, passing or scoring.

- **Basic Technique** – The eyes are open and the mouth is closed. The middle of the ball is struck with the middle of the forehead between the brow and top of the forehead.
- **Defensive Heading** – The intent is to clear the ball up and out of the defended space. The player must strike the lower half of the ball to insure an upward trajectory. To increase the power of the strike, players should first bend their knees then jump up and through the ball.
- **Attacking Heading** – The intent is to either pass or to score. In either case the ball should be directed downward. To create a downward trajectory the player must strike the upper half of the ball. To increase the power of the strike, players will snap forward at the waist thus adding the momentum of the upper body through the ball.
- **Protecting Oneself** – To prevent head on head collisions when heading, players should be taught to bend at the elbow and raise their arms up (slightly below shoulder height) just prior to contact with the opponent. The raised arms create a buffer zone of space between the two opponents and lower the chance of a head to head collision. Players must not raise their arms above shoulder level otherwise they risk striking their opponent's head with their arm or elbow.

JUGGLING – A training game where players, individually or in small groups, use various body surfaces (feet, thighs, shoulders, head, etc.) to strike the ball upwards in order to continuously keep it off of the ground. Players challenge themselves by seeing how many touches they can make on the ball without it hitting the ground.

Basic Body Parts to Use When Juggling:

- **Instep** – The foot and toes are pointed downward to create a flat surface on the top of the foot to strike the ball with. The foot is raised and kept close to the body by bending the knee and hip. The foot should be raised to make contact with the ball between the level of the knee and hip. The ball should have little to no spin after it is kicked.
- **Thighs** – The ball should make contact with the middle part of the thigh.
- **Head** – Defensive heading techniques should be utilized when juggling with the head. The knees should be bend and the player should look to strike the underside of the ball with the center of their forehead. The eyes should remain open and the mouth shut.

Starting:

- **From Hands** - Juggling is started by dropping the ball from the hands to the thighs or feet.
- **From Ground** - Juggling is started by kicking or flipping the ball up from the ground using the feet.

Training Patterns:

- **Single Juggle** - The ball is dropped from the hands and the feet or thighs are used to strike the ball upwards back to the hands so that it can be caught. This pattern of a single strike on the ball followed by a catch is used in the beginning so that the player can practice striking the ball properly.
- **Multiple Juggles** - The player attempts to juggle the ball multiple times with the same foot or thigh.
- **Alternating Juggles** - The player juggles the ball by alternating contact with the ball between the right and left feet or right and left thighs.

DEFENSIVE TECHNIQUES - Skills used when defending.

- **Body Shape** - The postures utilized to maximize defending abilities.

Types of Defensive Body Postures	
When Faced Up with Attacker (Attacker and Defender are facing one another)	Defenders should be on their toes with the heels slightly off the ground. Knees and hips bent for power and to lower the center of gravity. Visual focus is on the ball. Front foot is pointed toward the attacker and the other is angled 45 to 90 degrees. This is a posture that a fencer would use in a sword fight. It allows for agility in all directions and quick turns.
To Prevent the Attacker from Turning (Attacker has his or her back to the defender)	Defenders should be on their toes with the heels slightly off the ground. Knees and hips bent for power and to lower the center of gravity. Visual focus is on the ball. The defender must stay close enough to the attacker to prevent an easy turn but there must be enough distance so that the defender can see the ball at all times

DEFENSIVE TECHNIQUES CONTINUED

- **Tackling** - To take the ball away from an attacker.

Types of Tackles	
Poke Tackle	When faced up to an attacker, the defender uses the front foot (usually with the toe) to poke the ball away.
Block Tackle	When faced up to an attacker the defender thrusts the a foot (usually with the inside of the foot) into the path of the ball. For a more forceful tackle the defender should make contact with the center of the ball when tackling. The defender may also choose to tackle the underside of the ball. This is less forceful but can be useful as it will cause the ball to pop upwards and potentially out of the reach of the attacker.
Slide Tackle	The defender will slide on the ground and use their top foot (usually on the laces) to make contact with the ball. The bottom foot is tucked under the body with the knee bent (like a baseball player sliding into a base).
Shoulder Challenge	If the defender and attacker are side by side, the defender can use the shoulder to push the attacker off of the ball.