

Dribbling

- Dribbling is NOT kicking the ball and chasing after it
- Dribbling is maintaining control of the ball while moving
- Manipulate ball with inside foot, outside foot, laces
- Never use toes – very little control
- Stance cannot be straight
- Soft taps
- Keep ball close so opponent doesn't steal it. The closer the opponent, the closer must keep ball.
- Look up and down, up and down

Shielding

- Turn sideways toward attacker
- Move ball away from attacker with foot farthest from attacker

Passing

- Proper passing assures your team of maintaining possession of the ball
- Support foot next to ball pointed toward target, bent slightly for balance
- Body over ball
- Bellybutton pointed at player receiving pass
- Lock ankle
- Swing leg from hip, not knee
- Try to pass to open area around teammate (so teammate doesn't have to slow down and so defender doesn't get ball)
- Sharp hit on ball, solid contact
- Apply correct amount of power
- Follow through
- Pass to open space if teammates covered

Sidefoot Pass

- Kicking foot strikes ball with middle of inside of foot to middle of ball
- Look at ball
- Passing foot must follow through
- Can use inside or outside of foot

Instep Pass (Laces)

- Point toe (slightly to outside so don't stub toe)
- Strike ball with laces
- Follow through

- Strike ball lower for lofted pass

Receiving (Trapping)

- 'If you can't receive the ball, you can't play'
- Get in front of ball
- Turn body to face ball
- Prepare to contact ball. Meet ball in air and almost catch ball with contacting part of body.
 - Foot Trap
 - receive ball with inside of foot, outside of foot, laces, or step on ball
 - Thigh Trap
 - raise knee
 - receive ball in middle of thigh
 - Chest Trap
 - lean backward in preparation for the ball, bend at waist
 - push-out chest
 - arms out or up to prevent handball
 - exhale upon reception (to cushion ball)
 - drop over so ball falls to ground
 - girls receive ball a little higher
 - Head Trap
 - use knees to cushion ball upon reception by pulling head and body away from ball toward reception
- Cushion ball. (Make movement off ball at contact, then come toward ball). Kill the momentum of the ball. Allow ball to fall close to feet so you can play it quickly.
- Look up
- Pass to another player

Shooting

- Everyone wants to know 'Who scored the goal?'
- 2 different techniques
 - shooting for accuracy (side-foot pass into goal – use if close to goal)
 - shooting for power and accuracy (instep kick – use if far from goal)
- Approach ball at angle
- Plant support leg next to ball pointed toward target
- Bring knee back
- Lock ankle
- Sidefoot pass into goal or
- Instep kick
 - Keep toe pointing down

Coaching Points

- Contact ball with instep
- Hit ball with entire laces
- The bigger the arc, the more power
- Hitting ball in the center gives more power
- Follow through by jumping through ball (leaning back will send ball in air, easier for goalie to save than on ground)
- Land on kicking foot and leg. Allows momentum to be transferred into the flight of the ball
- Aim for bottom corners of goal

Head Balls

- When heading defensively, head far and wide
- When heading to goal, aim down and in
- Head ball with forehead and area above temples
- Keep eye on ball, mouth closed
- Meet ball with upper body and neck muscles tightened
- Power comes from back and waist, not head
- Head goes forward, hips go back

Throw In

- Feet behind line
- Hold ball with two hands
- Ball starts behind head and is thrown over head
- Feet must stay on ground
- If start with one foot behind, drag foot audibly (so it doesn't come off ground)
- Body faces in direction of throw
- Cannot throw into goal (must touch someone else first)

Don't Have the Ball?

- Create space or run into space
- Create space for teammates
- Run into space to receive ball
- Watch ball, not player (will result in fewer head fakes)

Goalkeeping

- Fundamental principle of goal keeping: Always get your body in line with the flight of the ball.
- "Narrowing the angle" – Move away from goal and toward ball. Scoop ball up.
- Stance – Start with attentive, lively stance
 - shoulder width apart

Coaching Points

- slight knee bend
- raise heels slightly off ground
- toes level for balance, important that goalkeeper is balanced to absorb impact of ball
- hands and arms held at roughly waist height, slight elbow bend, hands up (allows goal keeper to react to shots below and above the waist, like gunfighter in wild west)
- Kinds of balls
 - ground ball (rolling) – scoop up with both hands, feet together, jump step feet apart to regain balance. Another way: get down on one knee and scoop up.
 - ground ball (skipping)
 - waist area (knee to chest)
 - above chest
 - high ball – Catch over head, one footed takeoff, then put foot down for balance. If go to left, right foot comes up. If go to right, left foot comes up. Bring ball in and put foot down for balance.
- Hands above waist, make “W” with hands to catch
- Hands below waist, make “M” with hands to catch
- Two hits: (1) sound of ball hitting hands, (2) sound of ball hitting chest
- Diving: Start by sitting down. Roll ball to left or right. Fall over to get ball, leg goes up. “Three” hands, the ground, one on top of ball, one behind ball. Next, start on knees and fall over. Not a swimming pool dive – more sideways.
- Distributing ball
 - One arm, overhead
 - Drop kick
 - Punt