



## **TECHNIQUE – THE BASICS**

### **SHORT PASSING**

#### *Inside of the Foot*

- Look towards target
- Support foot planted alongside the ball pointing towards the target
- Toe pointed up slightly
- Lock the ankle
- Strike the center of the ball
- Look at the ball when contact is made
- Kicking foot follows through towards target

#### *Outside of the Foot*

- Support foot placed behind the ball slightly
- Toe pointed slightly down
- Strike the middle or side of the ball
- Look at the ball when contact is made
- Little follow through

### **LONG PASSING**

#### *Lofted*

- Prepare the ball out from the body/feet
- Approach the ball from an angle
- Support foot should be slightly behind the ball pointing forward
- Lean back
- Toe pointed down to get underneath the ball

#### *Driven*

- Prepare the ball out from the body/feet



- Slight angle of approach
- Support foot alongside the ball pointing forward
- Toe pointed down
- Strike through the center of the ball with the laces
- Stay down over the ball
- Follow through towards the target

## **DRIBBLING**

### *Running with the ball at speed*

- Toe pointed down
- Use the outside of the foot or the instep
- First touch should be out of the body
- As the defender approaches keep the ball closer to the feet by using more touches

### *Attacking the defender*

- Change speed and direction
- Attack the defenders most forward leg
- Explosion of speed once past the defender
- Once behind play across the defender to cut off recovery run

## **SHOOTING**

### *Placing the shot*

- Early decision of where you want to play the shot
- Shoot before the keeper is set or stops moving towards you
- Hips and support foot aiming at target when you strike the ball

### *Going for Power*

- Compact over the ball
- Strike through the center of the ball with the laces of the cleat



- Look at the ball on contact and stay down over the ball
- Land on the shooting foot

## **HEADING**

### *Attacking the goal*

- Attack the cross at speed
- One foot take off from your run
- Jump before the defender
- Head through the top half of the ball
- Try to head the ball down into the goal

### *Defensive*

- One take off from your run
- Jump before the opposition
- Head through the lower half of the ball
- Emphasis on distance, width and height

## **RECEIVING THE BALL**

### *On the ground*

- Get in the line and flight of the ball
- Have a low center of gravity
- Receiving the ball with the inside of the foot – toe pointing up slightly
- Receiving the ball with the outside of the foot – toe pointing down slightly
- Look at the ball at the point of contact
- Bring the foot back slightly to cushion the ball

### *In the air*

- Get in the line and flight of the ball



- Have a low center of gravity
- Decide which part of the body to use to receive the ball
- Look at the ball at the point of contact
- Relax the body part back slightly to cushion the ball

## **TACKLING**

- Close down the space between you and the opponent quickly
- As you get closer begin to slow down and steady yourself
- Focus on the ball
- Have a low center of gravity
- Stand sideways on and force the attacker into an angle
- Be on the toes and move back as the opponent comes forward
- Tackle as soon as the opponent takes a bad touch or loses control of the ball
- Tackle with the front foot, stay balanced and able to recover