



UK SOCCER ACADEMY

Technique Guide For Players and Coaches

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Dribbling:

The following coaching points should be used whenever a player is dribbling the ball.

- Keep ball close to feet
- Keep head up when moving
- Stay on toes
- Awareness of others
- Accelerate into open space
- Use various parts of foot:
 - inside,
 - outside,
 - sole,
 - laces

Skill	Coaching Points	Weblink
Inside of foot 	<ul style="list-style-type: none"> - Keep ball between feet - Rotate hips to help cut the ball back and forth - Angle inside of foot to point where you want ball to go - Push ball right with left foot and left with right foot. 	http://youtu.be/JzQv1Ocolzw
Outside of foot 	<ul style="list-style-type: none"> - Point toe down and slightly inward - Bend knees to help accelerate - Stay on toes, shifting body to side of ball - Use left foot when ball is on left and right when ball is on right. 	http://youtu.be/SvMr0HHdoXY http://youtu.be/rVamrTne6xE

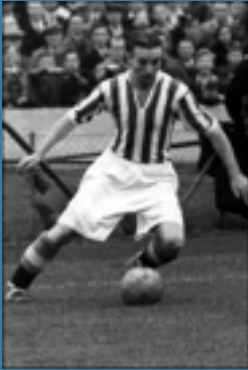

Skill	Coaching Points	Weblink
<p>Soul of foot</p> 	<ul style="list-style-type: none"> - Bottom of the foot is placed on the ball - Drag ball towards center of body - Left foot to right side, right foot to left side - Can also use pull back technique to drag ball towards you 	<p>http://youtu.be/bvmW6aMukHM</p>
<p>Laces</p> 	<ul style="list-style-type: none"> - Point toe downwards - Push ball in front of you into space - Accelerate after every touch - Don't let ball get too far ahead of you. 	<p>http://youtu.be/SyEDrOIK6iE</p>
<p>One foot only</p> 	<ul style="list-style-type: none"> - Keep ball on one side of body - Choose part of foot that pushes ball away from defender and into space - Stay on toes 	<p>http://youtu.be/qyHxHcd328g</p>

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Feints and Disguises:

The following coaching points are used for all of the feints and disguises...

- Keep ball under close control
- Take positive touches toward opponent
- Run at defender at pace
- Get head up to see where space is
- Sell the 'fake'
- Push ball forward past opponent
- Move forward with the ball
- Accelerate past opponent out of move

Move	Coaching Points	Weblink
Matthews 	<ul style="list-style-type: none"> - keep ball between feet when dribbling - step to one side of the ball - bend knee and drop shoulder - bring other foot across to the side of ball, toe pointed down - push ball diagonally forward with outside of foot 	http://youtu.be/SBX_YsezsTc http://youtu.be/nnXn_gwOtVM
Scissors 	<ul style="list-style-type: none"> - take ball left or right foot - move foot around the ball, from the inside to the outside (clockwise with right, counter clockwise for left) - plant foot (that rotated round ball), bend knee, drop shoulder - bring opposite foot to the side of the ball and point toe down - use outside of foot and push past defender 	http://youtu.be/eVYe9umVk2M

Advanced Feints and Disguises:

The below moves are for players, who are comfortable with the previous moves covered...

Move	Coaching Points	Weblink
Reverse scissors 	<ul style="list-style-type: none"> - bring foot round the ball from the outside to the inside (clockwise with left foot, counter clockwise with right foot) - point toe down of the same foot - push ball forward with outside of foot 	http://youtu.be/7Ahsj9PKgNY
Double touch 	<ul style="list-style-type: none"> - keep ball in between feet - use inside of one foot to play a strong pass to opposite foot - ensure arch of foot is angled to push ball passed defender - pass should be strong enough to play off other foot and passed defender - use hips to sell fake - this is most effective, when both feet are off the floor at the same time 	http://youtu.be/XODZ10eDmDI http://youtu.be/HSLokSt6u-s
Inside-outside 	<ul style="list-style-type: none"> - use inside of one foot to move ball towards opposite foot - bend knee and drop shoulder - bring foot to opposite side of ball and point toe down - use outside of foot to push ball diagonally forward past opponent 	http://youtu.be/VixQdCYyPcQ
Jay-Jay 	<ul style="list-style-type: none"> - roll ball diagonally forward and across body with soul of foot - step opposite foot round the ball, so feet become criss-crossed <p>Progression...</p> <ul style="list-style-type: none"> - at this point in move, use inside of back foot to push ball past defender 	http://youtu.be/VixQdCYyPcQ

Passing:

the following coaching points should be used whenever a player passes the ball...


- Look up to see target before playing pass (usually after receiving)
- Step into pass from an angle where possible (from left when using right foot, right when using left foot).
- Eye on ball when making contact
- Hips facing towards target
- Arms out for balance

Skill	Coaching Points	Weblink
<p data-bbox="201 1213 269 1283">Push pass</p> 	<ul style="list-style-type: none"> - Plant non-kicking foot next to ball and point it towards target, so it looks - Use inside of foot to pass the ball - Heel down, toe up on kicking foot - Locked ankle on kicking foot - Kicking foot, follow through toward target (do not cross feet over) 	<p data-bbox="1027 1234 1412 1266">http://youtu.be/y8w-hee2xPM</p>

Receiving:

The following coaching points should be used whenever a player receives the ball.

- player should be on toes ready to control ball
- get body behind ball
- move towards ball
- eye on ball when taking touch
- adjust hips to face out of pressure
- take ball into space

Skill	Coaching Points	Weblink
<p data-bbox="201 1234 285 1304">Inside of foot</p> 	<ul style="list-style-type: none"> - heel down, toe up (larger surface area) - locked ankle on kicking foot - feet no further than shoulder width apart - judge weight of pass and cushion ball - push it out of feet for next pass/shot/dribble 	<p data-bbox="1032 1192 1414 1230">http://youtu.be/m30j6HXt8jQ</p> <p data-bbox="1032 1304 1414 1341">http://youtu.be/YQkimZ9Dj1c</p>

Turning:

The following coaching points are used for all turns...

- Plant foot in correct position (see each turn below)
- Bend knee in order to allow leverage to accelerate out of turn
- Glance over shoulder to ensure turn is away from pressure
- Either fake (Pull back/Cruyff/Stepover), or stretch (inside/outside hook) to create space to evade defender
- Solid contact on the ball to get it out of feet
- Accelerate into space for next pass/shot/dribble
- Turn away from opponent (keep body between ball and defender)

Skill	Coaching Points	Weblink
<p>Pull back</p> 	<ul style="list-style-type: none"> - plant non kicking foot about eight inches to side of ball - place soul of the opposite foot on the ball and roll directly behind you - turn 180 degrees in direction of the ball (turn right when using right foot, left with left) 	<p>http://youtu.be/k66Hvv4YJ1E</p> <p>http://youtu.be/p1rcy1Gz1Nw</p>
<p>Inside hook</p> 	<ul style="list-style-type: none"> - plant closest foot to the side and behind the ball (approx 8 inches). - use the foot furthest from the ball to perform the turn. - pivot on non kicking foot, bringing opposite foot down in a chopping motion - take ball away with the inside of the foot. 	<p>http://youtu.be/Z_BAVnfX_y4</p>

Skill	Coaching Points	Weblink
<p data-bbox="199 453 302 520">Outside hook</p> 	<ul style="list-style-type: none"> - plant furthest foot to the side and behind the ball (approx shoulder distance). - use foot closest to ball to turn. - pivot on non kicking foot, bringing opposite foot down in a chopping motion. - take ball away with the outside of the foot. 	<p data-bbox="1027 468 1412 504">http://youtu.be/S_s060Vz5yk</p>



Advanced Turns:


The turns below, are for players, who are comfortable with the previous turns covered...

Skill	Coaching Points	Weblink
<p>Cruyff turn</p> 	<ul style="list-style-type: none"> - plant non kicking foot alongside ball, as if to pass or shoot. - fake to pass/shoot - bring kicking foot round ball, so that toes end up pointing towards each other at a right angle. - push ball between legs, using inside of foot - turn body to left when using right foot and right when using left foot. 	<p>http://youtu.be/lBVkuIRnIVg</p> <p>http://youtu.be/RFULtObRJzw</p>
<p>Stepover turn</p> 	<ul style="list-style-type: none"> - start with ball in between feet. - step one foot round ball, so that feet end up one in front of the other (as if walking a tight rope) - ball will now be beside outside of foot that stepped around the ball. - use opposite foot to take ball with inside of foot and turn (inside hook technique). 	<p>http://youtu.be/qvSOEMi0EBs</p>

Shooting:

The following coaching points are used for all types of shots...

- Approach ball from an angle when possible
- Get arms out for increased balance
- Look up before connecting with ball, to see where target is
- Keep eye on the ball when making contact
- Try to shoot hard and low in corners



Skill	Coaching Points	Weblink
<p>Shooting for power</p> 	<ul style="list-style-type: none"> - plant non kicking foot about shoulder distance to side of ball, with toe pointing at target. - curl toes of kicking foot to lock ankle and point to the ground at an angle - strike through center of ball with laces - get weight behind ball by following through, landing on the kicking foot. 	<p>http://youtu.be/4vHArf61N0g</p> <p>http://youtu.be/i85YT_SFeD8</p>

Goalkeeping:

The following coaching points are used for all basic handling...

- Get into ready stance
 - feet slightly wider than shoulder width apart
 - Knees bent
 - Hips facing towards where ball is approaching from
 - Arms out with palms of hand facing where ball is approaching from
 - Stay on toes (DO NOT lean back on heels)
- Get body behind ball where possible
- Keep strong wrists whenever catching

Skill	Coaching Points	Weblink
Balls on the ground 	<ul style="list-style-type: none"> - Go down on one knee only - Knee should rotate to touch heel of opposite foot, creating a 'long barrier' - Use both hands to 'scoop' the ball up and into chest 	http://youtu.be/4lvdnRcQzus
Balls into chest 	<ul style="list-style-type: none"> - With body behind ball, scoop ball with both hands into chest - Absorb impact by arching back 	http://youtu.be/5EN75NmxdAk
Balls above head 	<ul style="list-style-type: none"> - Aim to retrieve ball at its highest point - Spring off foot and bring opposite knee up towards chest - Keeping eye on the ball and hands in 'W' shape, catch ball - Then smother ball into chest 	http://youtu.be/35Mfgm4lXD0

Skill	Coaching Points	Weblink
 <p data-bbox="199 636 305 701">Balls to the side</p> 	<ul style="list-style-type: none"> - Push off foot closest to side diving (right foot to dive right, left foot to dive left) - Reach arms out to that side, while watching ball. - Should land on side of body (DO NOT land on back or stomach) - If ball is on the floor, can use 'third hand technique' to save. <ul style="list-style-type: none"> - This is where you place one hand behind the ball, one above and use the ground as a third hand, to safely retrieve the ball (see lower pic). - If ball is higher, either push to side with palms of hand/fingertips, or catch ball. 	<p data-bbox="1036 579 1409 611">http://youtu.be/exgetruW8t8</p> <p data-bbox="1036 653 1414 684">http://youtu.be/YvgjZRn4VQk</p>

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