


## 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"> <li>- Keep ball between feet</li> <li>- Rotate hips to help cut the ball back and forth</li> <li>- Angle inside of foot to point where you want ball to go</li> <li>- Push ball right with left foot and left with right foot.</li> </ul>	<a href="http://youtu.be/JzQv10colzw">http://youtu.be/JzQv10colzw</a>
Outside of foot 	<ul style="list-style-type: none"> <li>- Point toe down and slightly inward</li> <li>- Bend knees to help accelerate</li> <li>- Stay on toes, shifting body to side of ball</li> <li>- Use left foot when ball is on left and right when ball is on right.</li> </ul>	<a href="http://youtu.be/SvMr0HHdoXY">http://youtu.be/SvMr0HHdoXY</a> <a href="http://youtu.be/rVamrTne6xE">http://youtu.be/rVamrTne6xE</a>

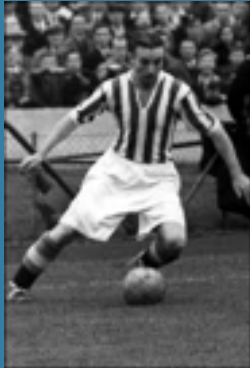

Skill	Coaching Points	Weblink
Sole of foot 	<ul style="list-style-type: none"> <li>- Bottom of the foot is placed on the ball</li> <li>- Drag ball towards center of body</li> <li>- Left foot to right side, right foot to left side</li> <li>- Can also use pull back technique to drag ball towards you</li> </ul>	<a href="http://youtu.be/bvmW6aMukHM">http://youtu.be/bvmW6aMukHM</a>
Laces 	<ul style="list-style-type: none"> <li>- Point toe downwards</li> <li>- Push ball in front of you into space</li> <li>- Accelerate after every touch</li> <li>- Don't let ball get too far ahead of you.</li> </ul>	<a href="http://youtu.be/SyEDr0IK6iE">http://youtu.be/SyEDr0IK6iE</a>
One foot only 	<ul style="list-style-type: none"> <li>- Keep ball on one side of body</li> <li>- Choose part of foot that pushes ball away from defender and into space</li> <li>- Stay on toes</li> </ul>	<a href="http://youtu.be/qyHxHcd328g">http://youtu.be/qyHxHcd328g</a>

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

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

## 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>Push pass</p>	<ul style="list-style-type: none"> <li>- Plant non-kicking foot next to ball and point it towards target, so it looks</li> <li>- Use inside of foot to pass the ball</li> <li>- Heel down, toe up on kicking foot</li> <li>- Locked ankle on kicking foot</li> <li>- Kicking foot, follow through toward target (do not cross feet over)</li> </ul>	<a href="http://youtu.be/y8w-hee2xPM">http://youtu.be/y8w-hee2xPM</a>

**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
Inside of foot 	<ul style="list-style-type: none"> <li>- heel down, toe up (larger surface area)</li> <li>- locked ankle on kicking foot</li> <li>- feet no further than shoulder width apart</li> <li>- judge weight of pass and cushion ball</li> <li>- push it out of feet for next pass/shot/dribble</li> </ul>	<a href="http://youtu.be/m30j6HXt8jQ">http://youtu.be/m30j6HXt8jQ</a>  <a href="http://youtu.be/YQkimZ9Dj1c">http://youtu.be/YQkimZ9Dj1c</a>


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



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





### Advanced Turns:


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

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

## 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
Shooting for power 	<ul style="list-style-type: none"> <li>- plant non kicking foot about shoulder distance to side of ball, with toe pointing at target.</li> <li>- curl toes of kicking foot to lock ankle and point to the ground at an angle</li> <li>- strike through center of ball with laces</li> <li>- get weight behind ball by following through, landing on the kicking foot.</li> </ul>	<a href="http://youtu.be/4vHArf61N0g">http://youtu.be/4vHArf61N0g</a> <a href="http://youtu.be/i85YT_SFED8">http://youtu.be/i85YT_SFED8</a>

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

Skill	Coaching Points	Weblink
 <p>Balls to the side</p> 	<ul style="list-style-type: none"> <li>- Push off foot closest to side diving (right foot to dive right, left foot to dive left)</li> <li>- Reach arms out to that side, while watching ball.</li> <li>- Should land on side of body (DO NOT land on back or stomach)</li> <li>- If ball is on the floor, can use 'third hand technique' to save. <ul style="list-style-type: none"> <li>- 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).</li> </ul> </li> <li>- If ball is higher, either push to side with palms of hand/fingertips, or catch ball.</li> </ul>	<p><a href="http://youtu.be/exgetruW8t8">http://youtu.be/exgetruW8t8</a></p> <p><a href="http://youtu.be/YvgjZRn4VQk">http://youtu.be/YvgjZRn4VQk</a></p>

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