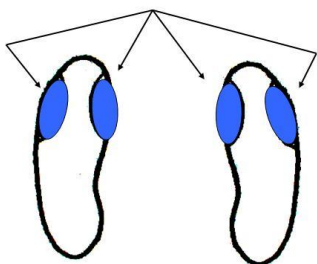


BASIC FOOTBALL SKILLS

PASSING

Touch the ball here



How to pass the ball using the inside of the foot



Kick through the ball's horizontal mid-line to keep it low



use the area from the base of the big toe to the central area of the heel under the ankle bone

Get your players to do simple side foot passing

1



They need to use their whole body to pass the ball properly

2



Tell them to put their left foot to one side of the ball

3



Then tell them to kick through the centre of the ball keeping it low and easy to control

4

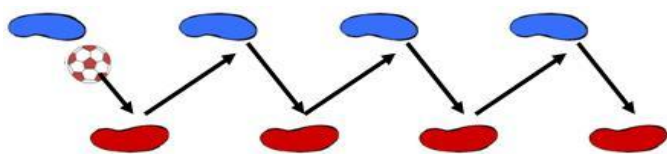
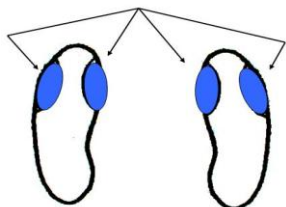


They must use their arms for balance and keep their head still

For longer passing distance lean back more. This propels the ball through the air rather than along the floor.

DRIBBLING

Touch the ball here

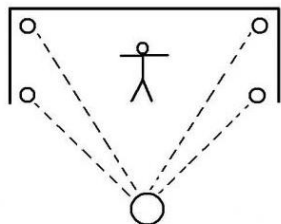


Slow

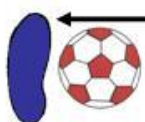
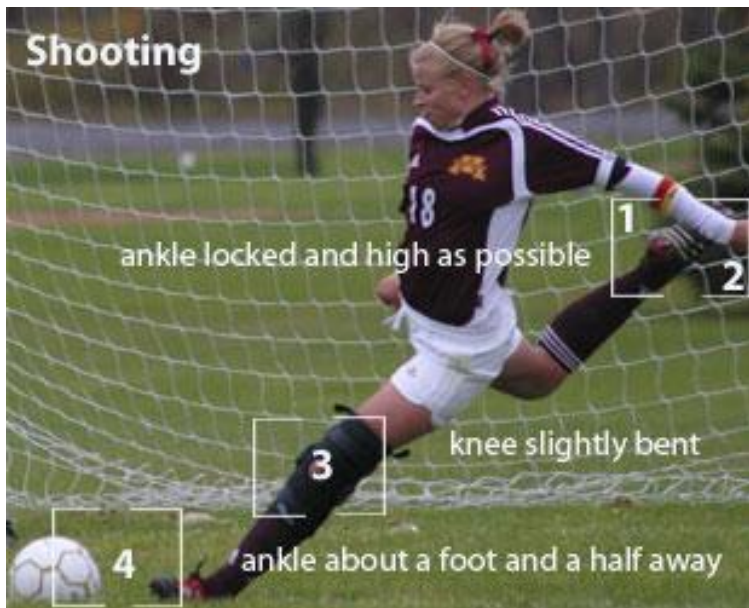
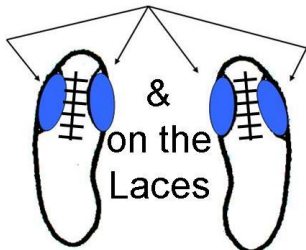


BASIC FOOTBALL SKILLS

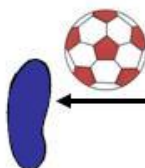
SHOOTING



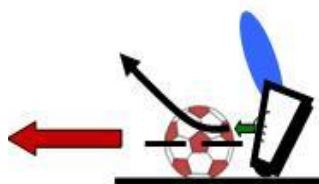
Touch the ball here



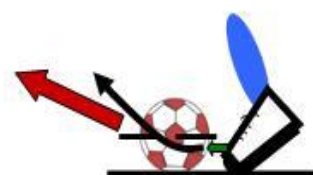
Plant your non-kicking foot here for a low shot



Plant your non-kicking foot here for a high shot



Ball moves on the ground.



Ball moves through the air.



BASIC FOOTBALL SKILLS

GOAL KICKS

Get your goalkeeper to drop-kick into attack



As you move forward release the ball



Kick the ball just before it bounces



A full follow through gets the greatest distance

THROW INS

Throw-ins: Drag that back foot!



TACKLING



The sliding tackle



The sliding tackle should be made from the side and across the path of your opponent.

Making the block tackle



See Jockeying, Block and Sliding tackles on:
<http://news.bbc.co.uk/sport1/hi/football/skills/4187590.stm>

BASIC FOOTBALL SKILLS

CONTROL & TURNING

Making ball control second nature



Good first touch important



Get into line with the flight of the ball quickly



Get the area of the body you're using behind the ball



Relax surface area in contact with ball to cushion it

Stop, turn and leave the defender behind



Get your players running at pace like a car with great acceleration and superb brakes



Tell your players to put one foot on top of ball to halt its path, and stop their run



They must use their balancing foot to turn and push off in another direction, fooling the defender



You must coach your players to push the ball with the other foot and move away into the space

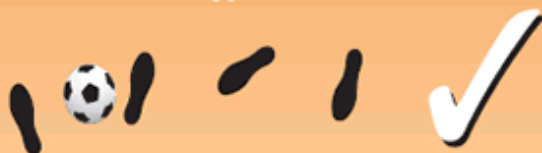
SHIELDING

Position of feet

Ball unshielded from opponent



Ball shielded from opponent



The Cruyff turn



Shape your body as if you were going to pass or cross the ball.



But then drag the ball behind your standing leg with the inside of your foot.



Turn your shoulders and your hips so that you are back in line with the ball and then race away. Your marker will not be happy!