



Technical Coaching Points

Dribbling

- Low, balanced body position.
- Agile lateral (left-to-right) movement for dribbling in tight spaces, change of direction and faking out opponents.
- Proper use of insides and outsides of the feet and the toe to propel ball an appropriate distance.
- Proper use of soles of the feet to pull, push and roll the ball.
- Eyes up enough to survey the situation and to have good peripheral vision.
- Keep the ball close when under pressure (lots of touches).
- Propel the ball away from feet when dribbling into space away from pressure.

Receiving

Coaching Points (common to all surfaces)

- Keep body relaxed.
- Eyes on the ball while it is traveling and as you receive it.
- Position body in-line with the in-coming ball.
- Present a surface to receive the ball with.
- Cushion the ball if it arrives with velocity.
- Propel the ball away if it arrives slowly or if under pressure or in open field.

Coaching Points (unique to specific receiving surfaces)

Sole of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.
- Present the sole of the foot at about a 45 degree angle to the ground as the ball arrives.
- Wedge the in-coming ball between the sole and the ground.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.

- Just as the ball hits the ground, present the sole of the foot over the ball (wedge the ball between the sole of the foot and the ground).

Inside of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.
- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, prest the inside of foot over the ball and drag the ball away from pressure.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- One foot on the ground.
- Present the inside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Outside of the Foot

Ground Ball

- Comfortable body position.
- One foot on the ground.
- Present the outside of the foot to the in-coming ball.
- Pull the receiving foot back or propel it forward depending on the velocity of the ball.

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Allow the ball to hit the ground.
- Just as the ball hits the ground, present the outside of foot over the ball and drag the ball away from pressure.

Laces (In-step)

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- One foot on the ground.
- Present the laces to the in-coming ball.
- Lower foot (give with the foot) as ball is received.

Thigh

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- Straight back.
- One foot on the ground.
- Present the mid/upper thigh (horizontal to the ground) to the in-coming ball.
- Lower thigh (give with the thigh) as ball is received.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- One foot on the ground.
- Present the mid/upper thigh (perpendicular to the ground) to the in-coming ball.
- Pull the receiving thigh or propel it forward depending on the velocity of the ball.

Chest

Flighted Ball (Angled/vertical arrival)

- Comfortable body position.
- Arch back (limbo dance position).
- Arms out.
- Both feet on the ground or both feet off ground (if jumping).
- Present the chest (45-60 degree angle to the ground) to the in-coming ball.
- Bend the knees to absorb the ball (cushion) as it is received.

Line-Drive Ball (Horizontal arrival)

- Comfortable body position.
- Straight back.
- Arms out.
- Both feet on the ground or both feet off ground (if jumping).
- Present the chest (perpendicular to the ground) to the in-coming ball.
- Jump back to absorb the ball (cushion) as it is received.

Kicking (Passing and Shooting)

Coaching Points (common to kicking low/ground balls)

Low/Ground Balls

- Non-kicking foot placed comfortably next to the ball.
- Non-kicking foot pointed in the direction of the target.
- Body slightly over the ball.
- Knee of kicking leg slightly over the ball.
- Eyes on ball.
- Land on the kicking foot.

Coaching Points (unique to specific kicking surfaces)

Inside of foot

- Lock ankle with toe pointed up on kicking foot.
- **Straight kick**... Strike through the center (equator) or slightly above the center of the ball with the ankle surface of the foot.
- **Bent kick**...Strike/Slice the outside center (or slightly below center) of the ball with the inside of the foot.

Instep (laces)

- Lock ankle with toe pointed down on kicking foot.
- Strike ball with instep surface of the foot.

Outside of the foot (for deceptive passes and shots)

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.
- **Straight kick**...Strike (punch) the inside center (or slightly above center) of the ball with the outside of the foot.
- **Bent kick**...Strike/Slice the inside center (or slightly below center) of the ball with the outside of the foot.

Coaching Points (common to kicking flighted/air balls)

Flighted/Air Balls

- Approach ball from slight angle.
- Non-kicking foot placed comfortably next to and slightly behind the ball.
- Non-kicking foot pointed in the direction of the target.
- Body upright and slightly leaning back..
- Eyes on ball.
- Strike with laces or upper inside surface of the foot.
- Strike through the bottom/center of the ball.
- Land on the kicking foot.

Coaching Points (unique to specific types of kicks)

Chip

- Lock ankle with toe pointed up on kicking foot.
- Sharply cut the grass below the ball with the kicking foot (like a 9-iron or wedge shot in golf).
- The ball should travel with backspin.

Long/Driven ball

- Big power step (step right before the kick is taken).
- Lock ankle with toe pointed down on kicking foot.

- Strike ball with instep surface of the foot.

Outside of the foot (for deceptive passes and shots)

- Non-kicking foot placed slightly farther away from the ball than normal.
- Lock ankle with toe pointed down and turned in.

Bent kick...Strike/Slice the ball below the inside center with the outside of the foot.

Heading

- Square the body to the ball (body in line with the in-coming ball).
- Eyes on ball.
- Time the jump if one is necessary.
- Tighten the neck muscles.
- Arch the back.
- Arms out and forward for balance.
- Thrust upper body forward.
- Contact the ball with the top of the forehead.
- The head strikes the ball! (like the hammer hits the nail)

To drive the ball down...strike the upper half of the ball.

To drive the ball up...strike the lower half of the ball.

Tackling

Block tackle

- Maintain a comfortable playing distance from the opponent.
- Do not telegraph your intent.
- Shepherd the opponent to one side or the other.
- Do not commit yourself too early (do not dive in)...time your execution.
- Throw stabbing fakes at the opponent to force mistakes.
- Keep your eyes on the ball.
- Keep a low center of gravity.
- One foot slightly angled in front of the other with bent knees; back foot is the tackling foot; front foot is the plant/balancing foot.
- When tackling, place the front foot to the side of the ball (as if to make an inside of the foot pass).
- Use the inside of the back foot to drag through the ball keeping the ankle locked, toe up and knee bent.
- Lower same side shoulder (as tackling foot) thrusting it forward to provide the necessary forward momentum and velocity to handle the impact of the opponent's force.
- Drag the ball through and into the space behind the opponent and start the attack!

Toe Poke

- *Use the toe of the front foot to poke the ball away!*