

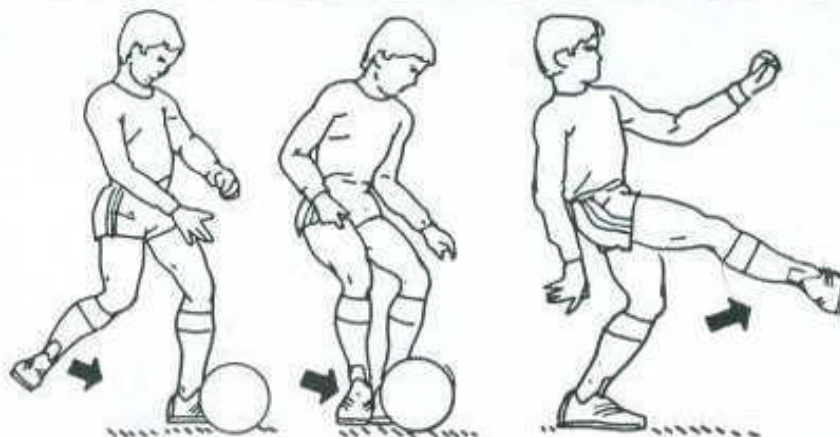
passing

The best soccer players are all great at passing the ball. By putting their passes right on target they keep the ball with their team, and away from the other team. Your team cannot score goals unless you have the ball, and the longer your team keeps the ball, the more chances you will have to score. Practice short passes and long passes. Practice pinpoint passes with the inside of the foot, with the instep, and with the outside of the foot.

TIPS FOR PASSING

1. When you pass, kick the ball to your teammate's feet. Do not pass too hard or too soft.
2. Make sure your body is over the ball as you kick it. Do not lean back.
3. Pick a spot on the ball where you want your foot to kick it. Keep your eyes on this spot until after you have kicked the ball.
4. Place your balance foot (your non-kicking foot) right next to the ball pointing in the direction you want your pass to go.
5. Hold your ankle rigid when you kick the ball. If your ankle is loose, your pass will be weak and off target.

INSIDE OF FOOT PASS

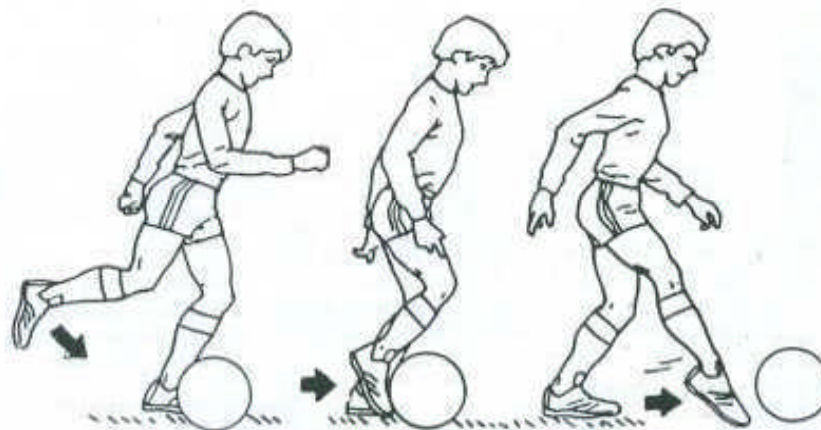


Bring your foot back and keep your eyes on the ball.

Turn your foot sideways and kick the ball with the inside of your foot, between your big toe and heel.

As you kick, keep your ankle rigid and follow through towards the target.

INSTEP PASS

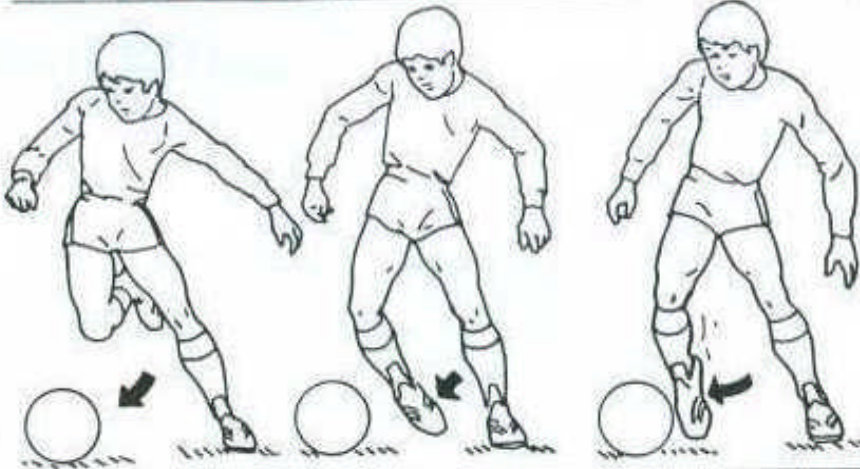


Bring your foot back and keep your eyes on the ball.

Point your toes down so that the ball is hit by the laces of your shoe.

Kick through the center of the ball and follow through with toes pointed down.

OUTSIDE OF FOOT PASS

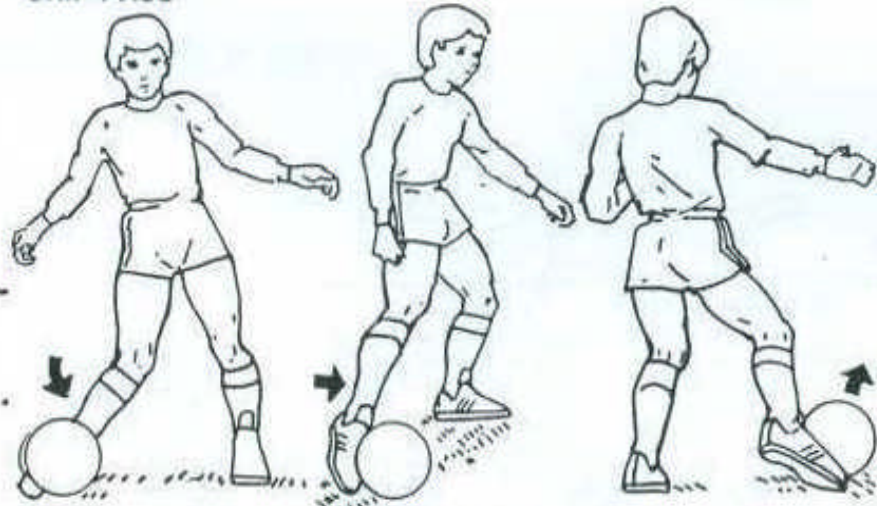


Put your balance foot ahead and away from the ball so that you have room to swing your kicking foot.

Point your toes down and kick with the outside of your laces through the center of the ball.

Keep your eyes on the ball and follow through with your kicking foot.

CHIP PASS



Put your balance foot away from the ball and kick with a sideswing motion.

Turn your ankle sideways and use the inside of your laces so you hit the lower part of the ball.

Kick underneath the ball and give it backspin by holding back on your follow through.

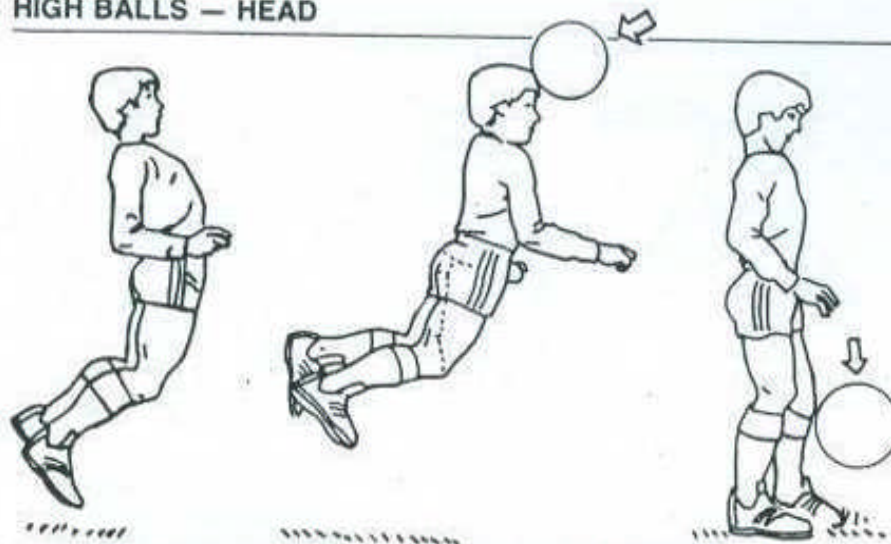
receiving

You must be able to give a good pass, and you must also be able to receive a pass. When the ball comes toward you, you must trap it before it bounces away to the other team. Unless you are good at trapping you will find yourself losing the ball before you have time to use it. You must learn to trap both high and low balls. You can't pass the ball until you have trapped and controlled it.

TIPS FOR RECEIVING

1. Before the ball comes to you, look around. You must know what to do and where to pass after you have received the ball.
2. Keep your eyes on the ball as it comes to you. Move into its path to make sure it doesn't get past you.
3. Always meet the ball and cushion it by withdrawing at the moment of contact.
4. After cushioning or trapping the ball, be sure to control it on the ground. Do not let it bounce.
5. Once you have controlled the ball, play it as soon as possible to an open teammate.

HIGH BALLS — HEAD

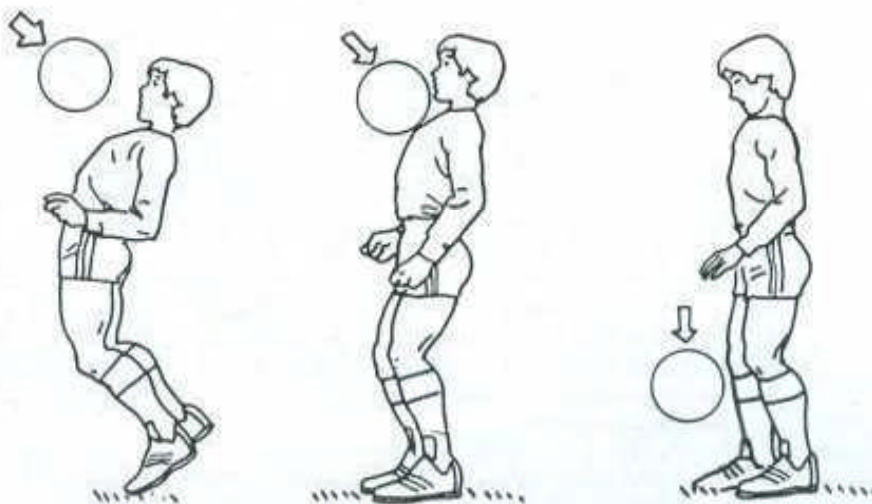


Keep your eyes on the ball as you jump up to meet it with your forehead.

Meet the ball at the high point of your jump and bring it down as you land.

Cushion the ball by letting your head move back a little and let the ball drop to the ground.

HIGH BALLS — CHEST

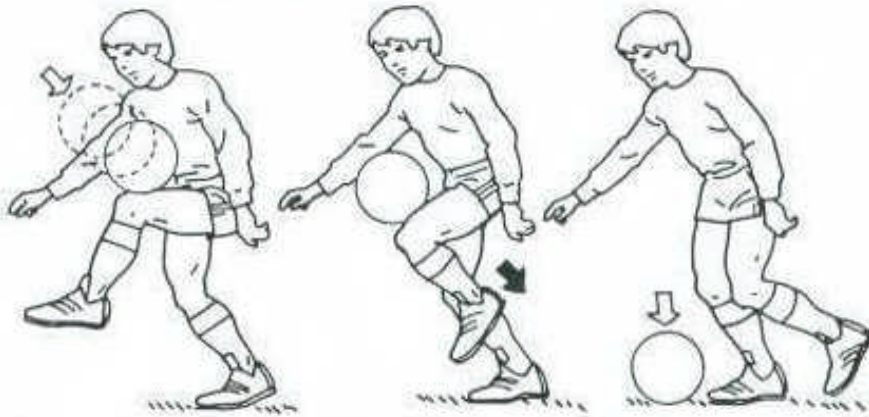


As you meet the ball with your chest, arch backwards to cushion it.

Meet the ball with the center of your chest. Bend your knees to aid the cushioning.

Straighten your chest right away so that the ball drops to your feet.

HIGH BALLS — THIGH

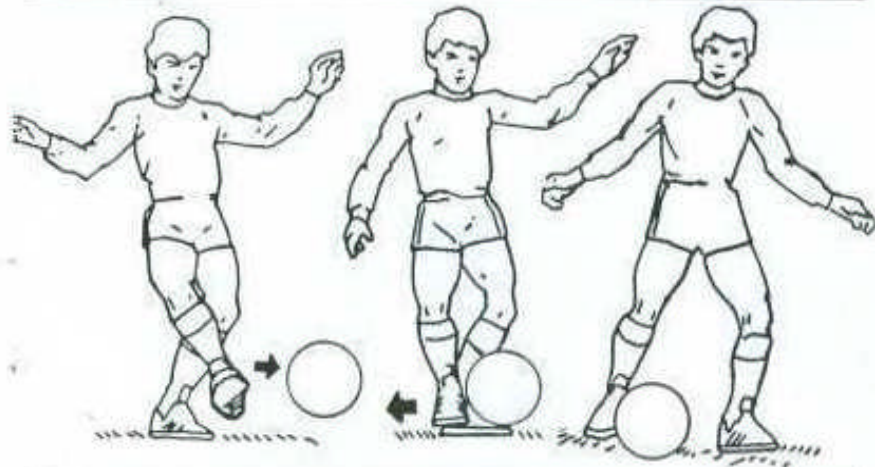


Meet the ball in midair with your thigh.

Let the ball land midway between your knee and the top of your thigh.

Withdraw your thigh on contact so that the ball drops to the ground.

LOW BALLS — INSIDE OF THE FOOT



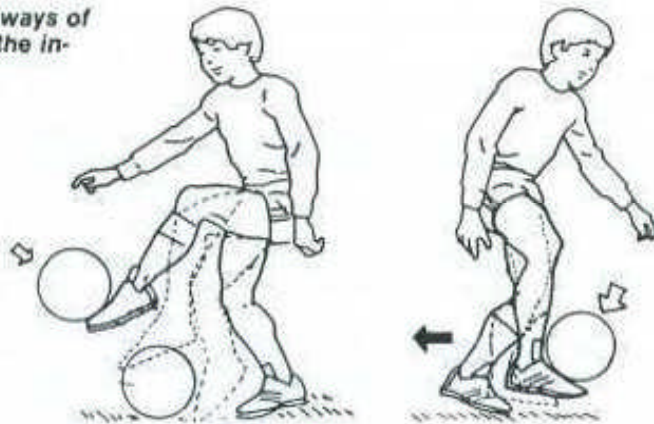
Move your foot forward and meet the ball with the inside of your foot.

Move your foot back with the ball to slow it down.

Bring the ball far back to control it and stop it dead.

HIGH BALLS — INSTEP

There are two ways of trapping with the instep.



Meet the ball in midair with your instep. Let the ball land on the laces of your shoe, and pull your foot, with the ball, to the ground.

Lift your foot a few inches off the ground to meet the ball with your laces. Cushion it by pulling your foot back very quickly.

dribbling

There are two ways of dribbling. It can be used to move the ball around on the field and it can also be used to beat an opponent. If you can't safely pass to a teammate, it's up to you to keep the ball until a teammate can get into open space. If your way is blocked by an opponent, it's up to you to fake him out and beat his tackle.

TIPS FOR DRIBBLING

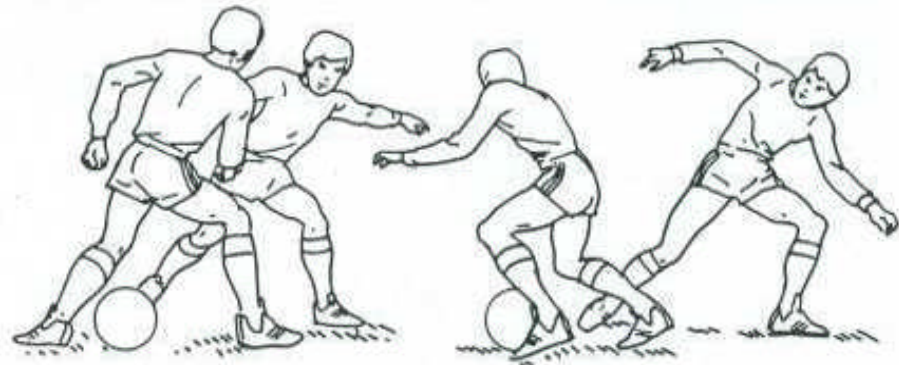
To Beat an Opponent

1. Always keep the ball close to your feet. Dribble slowly and straight toward's your opponent.
2. Keep your eyes on your opponent's hips to see which way he's leaning.
3. Try to fake out your opponent by suddenly dropping your shoulder or leaning to one side.
4. As soon as your opponent makes his move, take the ball the other way and sprint right past him.
5. When you have beaten your opponent, look up to see what to do with the ball. If a teammate is open, pass to him immediately. Don't give the man you just beat a chance to get back into the game.

To Keep the Ball

1. Dribble in a natural way. Use the instep, the inside of the foot, or the outside of the foot — whichever is easiest and fastest.
2. Always keep the ball close to your feet. Don't chase it.
3. Look up and around while you're dribbling. Keep your eyes on where you're going, where your teammates are, and where your opponents are.
4. Don't dribble just for the sake of dribbling. If there are open teammates, pass the ball. If not, dribble slowly to give them a chance to get free.
5. Don't run with the ball over longer distances. It is much quicker to pass it.

TO BEAT AN OPPONENT



Facing the opponent, and keeping the ball close to your feet, lean your upper body to one side.

As your opponent moves to that side, quickly shift balance and sprint in the opposite direction.

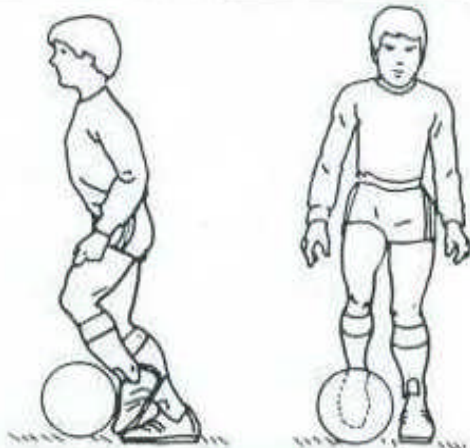


With your back to the opponent, and keeping the ball close to your feet, lean your upper body to one side.

As your opponent moves to that side, quickly shift balance and sprint in the opposite direction.

TO KEEP THE BALL

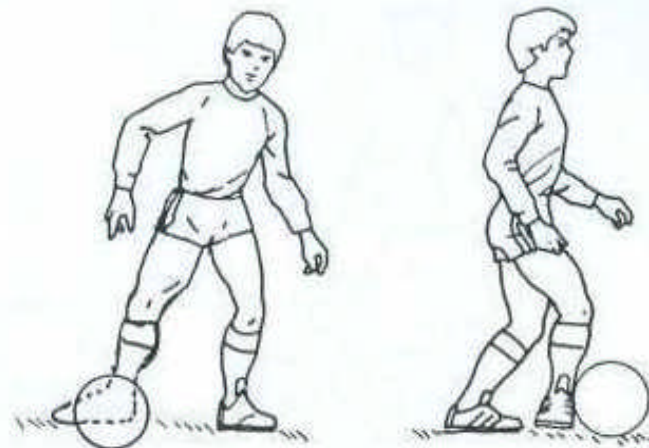
INSTEP



Watch where you're going while pushing the ball with your instep, toes pointing down.

As you push the ball with your laces, don't let it get more than one or two feet in front of you.

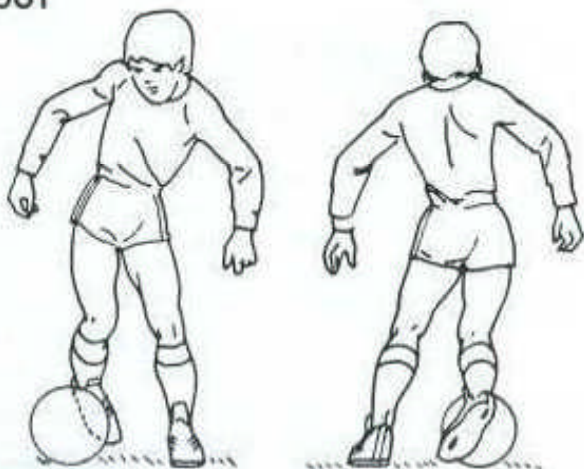
INSIDE OF THE FOOT



Watch where you're going. Push the ball with the inside of your foot, toes pointed up.

Contact the ball midway between the big toe and the heel. Keep it close to your foot.

OUTSIDE OF THE FOOT



Watch where you're going. Push the ball with the outside of your foot, toes pointing down.

As you push the ball, don't let it get more than one or two feet in front of you.

shielding & charging

Although shielding and charging are very different skills, they are closely related. Shielding is a way of keeping the ball from your opponent. Charging is a way of taking it from him. You shield or screen by keeping your body between your opponent and the ball. You charge by pushing shoulder to shoulder, trying to get to the ball by pushing your opponent away from it.

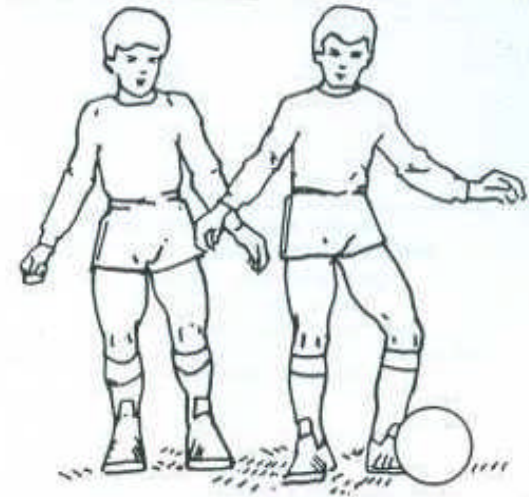
TIPS FOR SHIELDING

1. Keep your head up, look around for chances to pass or dribble away from your opponent.
2. The referee will call you for obstruction unless you keep the ball within playing (touching) distance and keep your body in a normal upright position.
3. If your opponent tries to charge you off the ball or to go around you, move so that you are shielding the ball.
4. Keep the ball as far from your opponent as possible. Keep your eyes on both your opponent and the ball so that you know where to move.
5. Don't fight back if you think your opponent is getting rough. In a fair game of soccer you play the ball, not your opponent.

TIPS FOR CHARGING

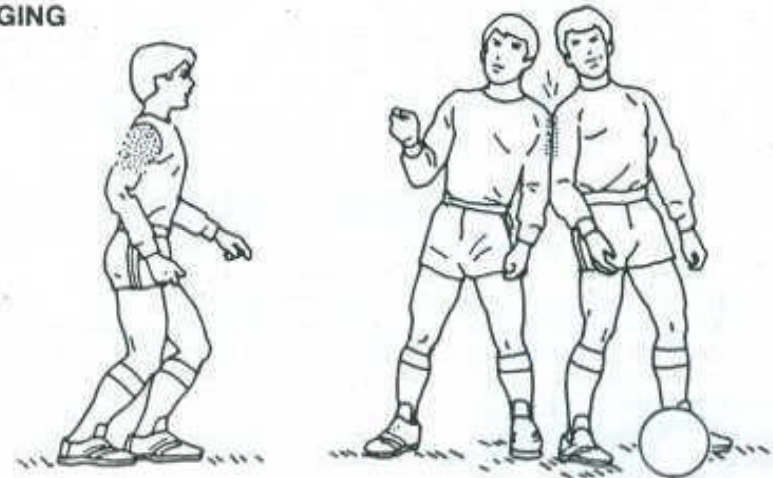
1. Charge your opponent only when he is playing the ball; otherwise, the referee will call a foul on you.
2. When charging, the only body contact allowed is shoulder to shoulder. It is a major foul if you hit your opponent's back or chest with your shoulder.
3. Make the charge when your opponent is off balance or when he has only one foot on the ground.
4. When your opponent is stationary, you must charge strongly. When he is running, a gentle charge is usually enough.
5. If your charge pushes your opponent off the ball, take it and dribble it away or pass it to an open teammate.

SHIELDING



Screen the ball by keeping your body between your opponent and the ball.

CHARGING



Charge with your upper shoulder area only.

Push with your shoulder to get your opponent away from the ball or to upset his balance.

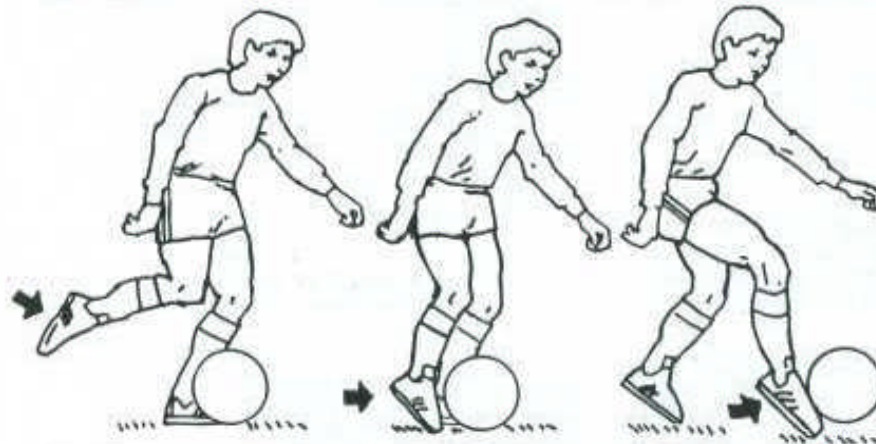
shooting

In today's soccer every player must be able to play in every position. Even fullbacks must be able to score goals when they have a chance. You must learn to shoot the ball with power and accuracy into the goal. Until you learn how to shoot and score goals you can't really call yourself a soccer player.

TIPS FOR SHOOTING

1. Don't waste time. Scoring chances often last no more than a split second. When you have a chance, shoot.
2. It's best to be in balance when you shoot, but if you're off balance and have a scoring chance, shoot anyway.
3. Don't just shoot blindly into the goal. Try to put the ball out of the goalkeeper's reach.
4. To get more power, put all your weight into the shot. Good shooters are almost airborne at the moment of ball contact.
5. Before the kick, keep your eyes on the center of the ball. Keep your eyes there during the kick. After the kick, follow through with your foot.

INSTEP



As you run up to the ball, plant your balance foot next to it.

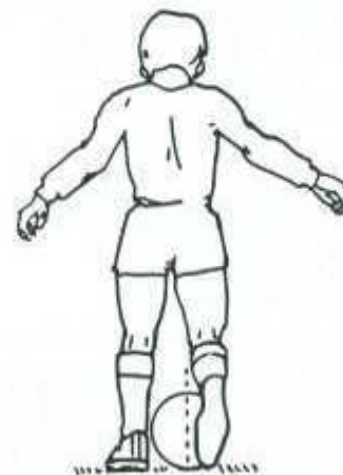
Point your toes down and keep your ankle rigid as you kick through the center of the ball.

Put plenty of weight behind the shot by lifting your balance foot off the ground at the moment of impact.

BENDING BALLS TO THE RIGHT BENDING BALLS TO THE LEFT



To put a spin on the ball to the outside, kick through the ball with your instep a little to the inside of the center.



To put a spin on the ball to the inside, kick through the ball with your instep a little to the outside of the center.

volley kick

If you want to be a complete soccer player, you must learn how to kick the ball when it is flying through the air. Unless you can volley kick you'll be missing many chances to score or clear the ball in defense. This kind of kick is not easy, but it is often useful and well worth learning.

TIPS FOR THE VOLLEY KICK

1. Step into the path of the ball as you would if you were going to receive and trap it.
 2. Keep your eyes on the ball and lean into it as you meet it.
 3. As your foot kicks through the center of the ball, keep your head down and aim the ball carefully.
 4. To keep the ball from shooting straight up in the air, lean forward and into it as you kick.
 5. To keep the ball low and to keep your body in balance, let your foot follow through completely in the direction you want the ball to go.
-

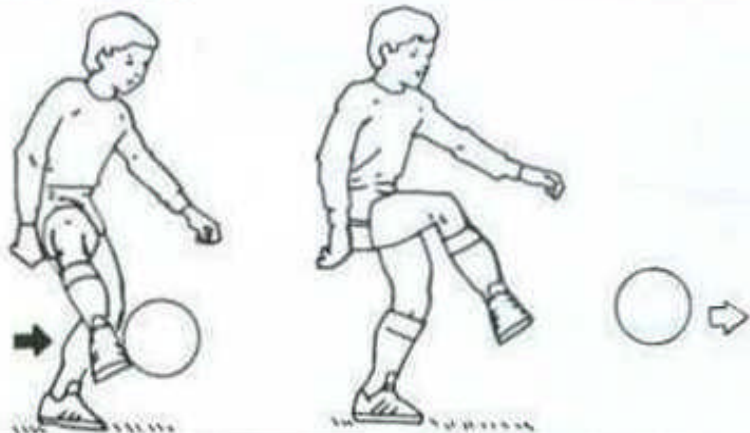
INSTEP



As you prepare to kick the approaching ball, face it and point your balance foot towards it.

Point your toes down and keep your ankle rigid, as in instep passing. Kick through the center of the ball.

INSIDE OF THE FOOT



As you prepare to kick the approaching ball, face it and point your balance foot towards it.

Turn your foot sideways, as in inside of foot passing. Kick through the center of the ball.

SIDEWAYS INSTEP



As you prepare to kick the approaching ball, face it and point your balance foot towards it.

Keep your toes down and your ankle rigid as you kick the ball through the center.

Follow through and pivot on your balance foot into the direction you want to shoot.

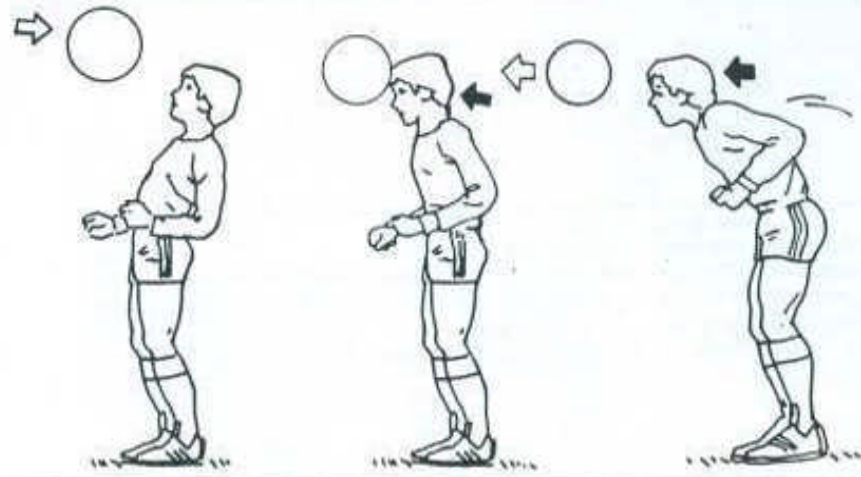
heading

Heading is an important skill no matter what position you play. When a ball comes to you in the air you must be able to control it — to pass it, to clear it, or even to score. Most players are weak in heading and shooting and need to improve these skills. To be a complete player you must learn how to use all the skills.

TIPS FOR HEADING

1. Get into the path of the ball as you would for receiving or trapping.
2. Keep your eyes on the ball as it comes towards you. Arch your upper body back and prepare to head the ball.
3. Don't be afraid of the ball. You won't get hurt if your head comes forward to hit it.
4. Keep your eyes open. Watch the ball as it approaches you and watch where it goes after you head it.
5. Good timing is important. Start to move your head to meet the ball when it is about 12 inches away. Hit it with the upper part of your forehead.

STATIONARY HEADING

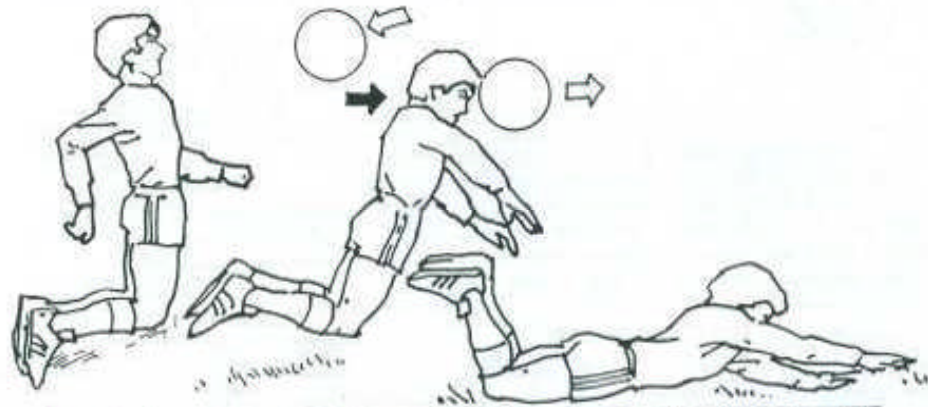


Keep your feet shoulder width apart. Bend your knees and arch back from your hips.

Tuck your chin into your chest and whip your body forward so that you hit the ball with your forehead.

As you make contact, release your chin and follow through with your forehead.

DIVING FROM THE KNEES (Learning Stage Only)



Kneel facing the ball and arch back from your hips.

Dive forward and meet the ball with your forehead when it is about three feet in front of you.

Cushion your fall with your hands and then your forearms. Land on your chest with a rocking motion.

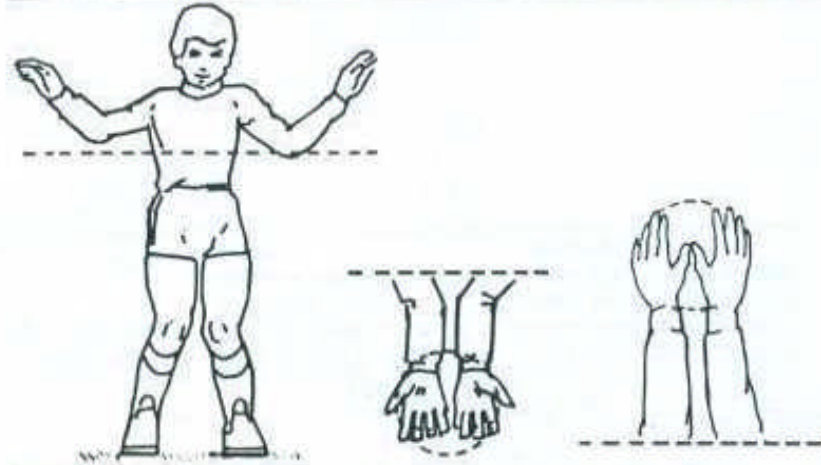
goal keeping

The goalkeeper is the only player who can use his hands. Because of his special job, he has to learn how to use both his feet and his hands. In spite of his freedom to use his hands, the goalkeeper's job is far from easy. In some ways, the goalkeeper is the most specialized and important member of the team.

TIPS FOR GOALKEEPING.

1. A goalkeeper must be quick with his hands. He must not be bothered by fear of getting hit by the ball or by attacking players.
2. Besides regular team practice, the goalkeeper needs special training for his job.
3. To protect your goal, you must play well in the penalty area, not just between the posts.
4. Most shots and high crosses should be saved inside your goal area. For this, you must be able to dive long and jump high.
5. In some cases, you'll want to come out of the goal and move toward the opponent with the ball. This will make it harder for him to get a clear shot.

POSITIONING AND GRIP

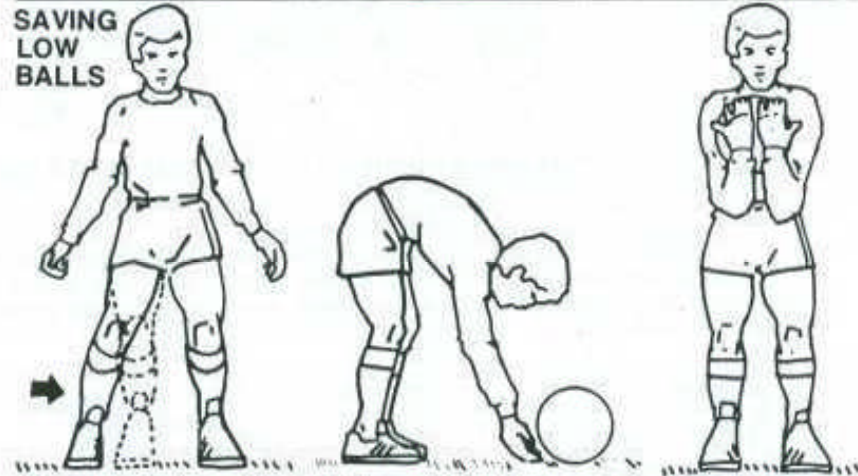


Keep your feet about shoulder width apart, your knees bent, and your arms up to screen the goal.

For shots below the dotted line your hands must grip the ball underneath. Keep your little fingers and elbows close together.

For shots above the dotted line your hands must grip the ball behind. Keep your thumbs and elbows close together.

SAVING LOW BALLS

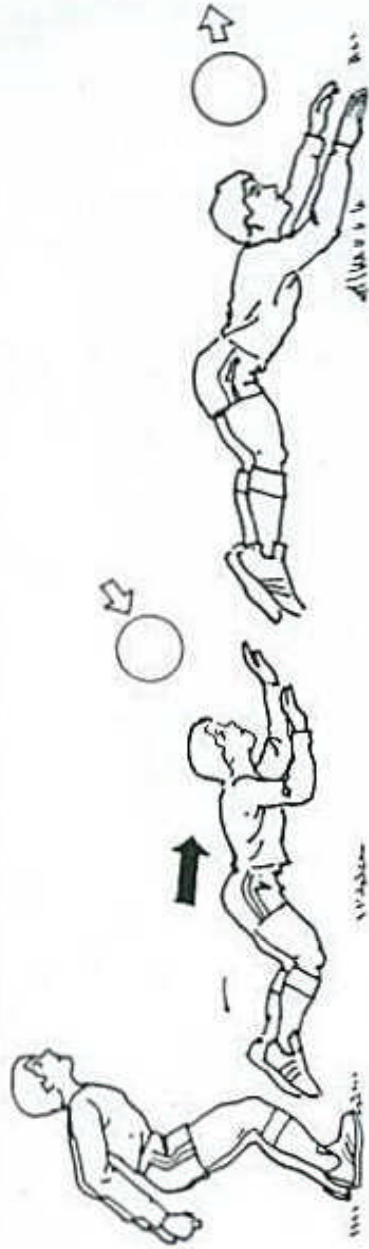


Move your body behind the shot as it comes to you. Do not cross your legs as you move sideways.

Meet the shot with your hands. Bend your knees as you reach down for the ball, and keep your feet close together.

As soon as you have the ball, bring it up and protect it against your stomach to make sure it doesn't bounce away from you.

DIVING FROM THE FEET

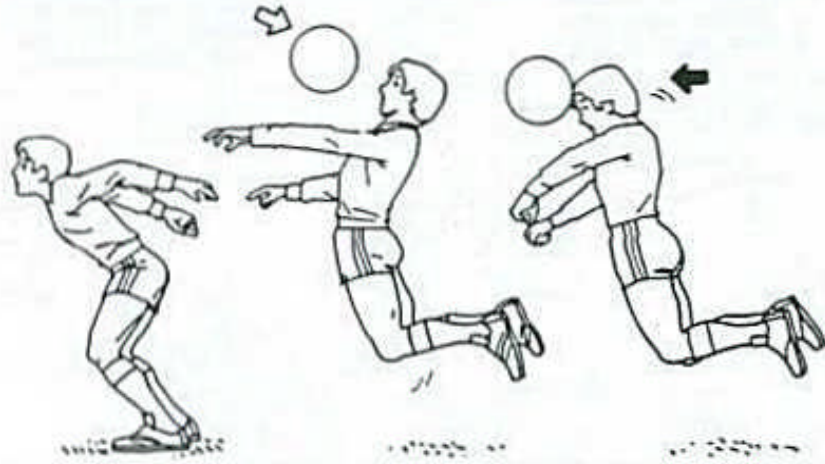


Face the ball with your feet shoulder width apart and your knees bent. Lean forward slightly from your hips.

Dive forward so as to meet the ball with your forehead when it is about five feet in front of you.

Cushion your fall with your hands and then your forearms. Land on your chest with a rocking motion.

JUMPING HEADER

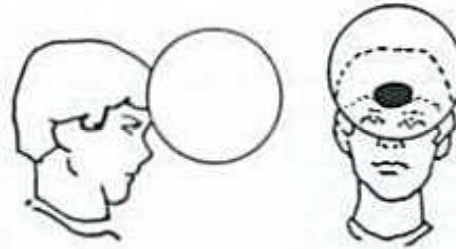


Keep your eyes on the ball as you jump up to meet it. Arch back a little.

Meet the ball at the high point of your jump with the upper part of your forehead.

Follow through with your head and upper body in the direction you want the ball to go.

CONTACT AREA



Tuck your chin into your chest and keep your eyes open at the moment of impact.

Hit the ball with your upper forehead at the hairline.

ball juggling

Juggling is the easiest way to learn how to control the soccer ball. It is the best way to develop a feel for the ball. Without good ball control and feel, you'll be missing a lot of the fun of soccer. If you really want to improve your game, fill up your free time with juggling. Try to be the best on your team. Keep increasing the number of times you can juggle without the ball touching the ground.

TIPS FOR BALL JUGGLING

1. At first, start the juggling by holding the ball and dropping it onto your foot or thigh.
 2. When you get better, start with the ball on the ground and lift it up into the air with your foot.
 3. Make sure the juggling contact area is level when the ball comes down on it. Unless it is level, the ball won't bounce straight up, but away from you.
 4. Keep your eyes on the ball and juggle easy. Try to stay in the same place and to keep the ball low.
 5. Set goals for yourself. Start with five juggles and set a higher goal when you reach it. When you can juggle well standing still, try juggling as you move across the field.
-

THIGH



Start juggling on one thigh. Then juggle back and forth between both thighs. Let the ball land on the middle of your thigh.

INSTEP



Point your toes so that your instep is level. Let the ball land on the laces of your shoe.

HEAD



Tilt your head back and let the ball hit on the upper part of your forehead. Bend your knees and hit the ball with an upward stabbing motion.

ball lifting

Good soccer players have super control over the ball with their feet. They are as good with their feet as basketball players are with their hands. To start learning this control, practice lifting the ball off the ground with your feet. Try to get as good with one foot as you are with the other. In practice, you can use ball lifting to start juggling. In the game, you can sometimes use it to get the ball past an opponent.

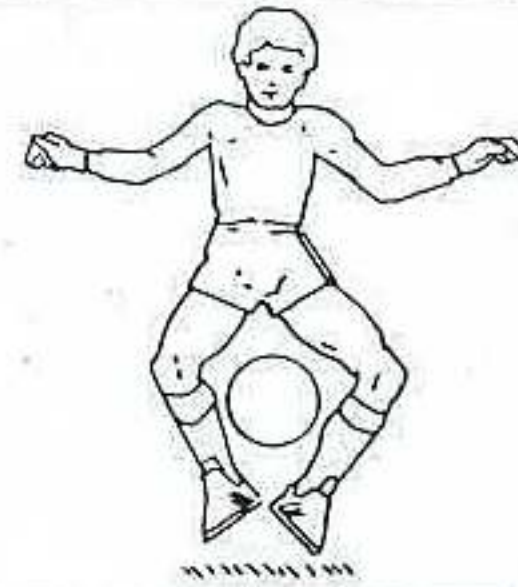
TIPS FOR BALL LIFTING

1. Get into the habit of using your feet rather than your hands to lift the ball off the ground.
 2. Any round ball will do for lifting practice. A tennis ball is smaller than a soccer ball, but it's OK for practice.
 3. Be alert. Concentrate. Keep your eyes on the ball and your body in balance.
 4. Don't force the ball. Lift it gently. The best soccer players develop a fine feel for the ball.
 5. After lifting the ball, juggle it or trap it. Practice until you have good control.
-

WITH THE INSIDES OF THE FEET

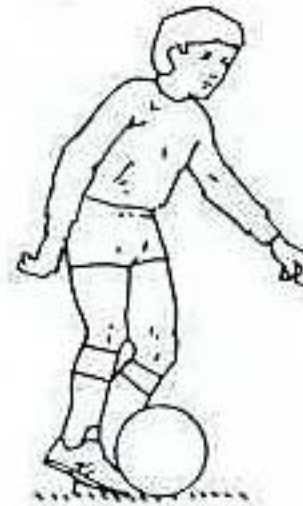


Place the insides of your feet as close to the ball as you can.



Carefully and quickly, scoop the ball up by jumping off the ground.

WITH THE INSTEP



Point your toes. Push your instep under the ball.



Carefully and quickly, scoop the ball up by lifting your knee.
