

Dribbling

- Keep the ball close to your feet to maintain control.
 - Ball should not be in your feet but rather in front of you.
 - Ball should be close enough to prevent defender from reaching the ball and so that you can change direction quickly and easily.
- Use soft touches to push ball forward. Should have enough control so that you can pass or shoot with every touch.
- Use the correct part of your foot (inside, outside or laces) to maintain balance.
 - Inside/outside of foot good in tight spaces
 - Laces good in open space and dribbling at full speed.
- Keep head up and use peripheral vision so you can see the ball and as much of the field as possible.
- Dribble to open space, find the open lanes.
- Keep your body between the ball and the defender. Do not expose the ball.
- Easiest way to beat a defender is change of direction and change of speed.
- Rule of 3
 - If you beat the first defender, you are good, now pass or shoot the ball.
 - If you beat the second defender, you are lucky, so pass or shoot the ball.
 - The third defender will get you every time.

Passing

Tips on side-foot soccer passing technique.

- Use the inside of the foot – that is the area from the base of the big toe to the central area of the heel, under the ankle bone.
- Toe should be facing up to create a large passing surface.
- Kicking foot at right angle to the ball.
- Belly button should be facing the player receiving the pass.
- Non-kicking foot (Plant foot) alongside the ball.
- Plant foot facing target.
- Knee and ankle joints held firm. Ankle locked.
- Body over the ball.
- Head steady, eyes on the ball.

- Use the arms to keep balanced.

Receiving

- Use the inside of the foot – that is the area from the base of the big toe to the central area of the heel, under the ankle bone.
- Toe should be facing up to create a large receiving surface.
- Receiving foot at right angle to the ball.
- Ankle locked, toe up and raise foot an inch or so off the ground.
- Position inside of your foot to the incoming ball, toe should be facing up.
- Push ball forward or cushion ball in
 - If the ball is coming in soft, then you want to push the ball forward a little bit. Ball should be out of your feet and a step-in front of you.
 - If the ball is coming in hard, cushion the ball in and try to take some pace out of the ball. Right as it hits, bring your leg back, like catching an egg.
- Your first touch should set up your next move (dribble, pass, or shoot)
 - Typically, if no defenders are around, you want to take a touch a few steps in front of you towards your dominant foot to set up your next touch.
 - Get the ball out of your feet so you are not tripping over the ball.
 - First touch should be to open space.
 - Turn your hips to the open space and adjust your body posture.
- A bad first touch will most likely lead to losing the ball.

Shooting

- Your plant foot (non-kicking foot) should be next to and about even with the ball.
 - Your plant foot should be pointed at the target.
 - Do not reach for the ball.
 - Feet should be about shoulder length apart.
- As you approach the ball, focus on keeping your shoulders and head down and over the top of the ball to keep your shot on target.
 - Leaning back on contact will cause the ball to fly.
 - Shoulders should face the target, do not rotate them.
 - Keep your head down.
- Strike the ball with your toe down and ankle locked, making contact on the top inside position of our foot, right where the laces should be.

- Your foot should be firm and stable through contact, not flimsy.
- Generate power from your thigh, not your calf.
- Allow your body to twist through the ball to generate additional torque and power.
- Land on your kicking foot
 - This will generate more power and keep the ball low.

Turning

- 4 basic ways to turn with the ball
 - Open Gate
 - Inside Foot
 - Outside foot
 - Inside foot but controlled behind the back
- Open Gate
 - Step toward the ball while it rolls across the body. Receive the ball on the inside (back) foot and play it away to the outside of the same foot. Let it roll, do not stop the ball. If playing with your left foot, you want to go right.
- Inside Foot
 - Receive it on the inside (back) foot. Let the ball come across the body, receive the ball while opening up your hips into space, turn and play the ball into space. If you are receiving the ball with your right foot, you will typically play the ball to your right.
 - Body position is very important
- Outside foot
 - If the ball is played to the right foot, you use the left foot by bringing your foot across your body. Then use the outside of your foot to bring the ball back across your body. Need to turn your foot so that you are hooking the ball. If you are using the outside of your right foot, you want to play the ball to your right.
- Inside foot-behind the back
 - Use the inside of your foot to receive the ball but play the ball behind your plant leg, behind your back. If you are using your right foot to receive the ball, you want to play it to your left side, behind your left leg. Need to step up to the ball so there is room behind you to play the ball

