

Ball Control

It is important for the players to learn and practice the proper techniques.

Practice all foot skills with both right and left feet.

Inside of the foot pass

1. Ankle locked
2. Foot slightly up at the toe
3. Thigh turned outward
4. Look up to establish eye contact
5. Connect with the middle of the ball just before the instep
6. Follow through (contributes to direction and pace of the pass)

Outside of the foot pass

1. Ankle locked
2. Foot pointing slightly downward at the toe
3. Leg swings across the ball
4. Ball should spin when kicked

Receiving a pass

1. Move toward the ball (don't wait for it to come to you)
2. Inside or outside of the foot used most often
3. Foot surface first touching the ball should be withdrawn slightly on contact to take the momentum out of the ball ("cushioning")
4. Ball should not be stopped completely, but under close control
5. Redirect ball in front or to the side in anticipation of moving in that direction to pass or dribble

Dribbling

1. Small, controlled steps ... ball should be kept approximately 2-3 feet in front of you
2. Strike the ball with either the inside or outside of the foot (softly and not with the toe)
3. Look up frequently to establish eye contact
4. Change speed and direction