

Ball Juggling

Continuous bouncing of ball off head, shoulders, thigh, foot, etc. without the ball touching the ground ...
This will develop ball control.

Shielding

1. Legs bent
2. Shoulders down
3. Arms out at the sides. Used as a means of keeping an opponent away from the ball, or to stall for time waiting for a teammate to get open for a pass.

Heading

1. Lean back at the waist
2. Lunge into the ball
3. Strike the ball with the middle of the forehead

Shooting

1. Head down
2. Let the ball come under the body (allows shot to stay low)
3. Ankle locked with foot pointing downward at the toe
4. Strike the ball with the laces of the shoe
5. Accuracy before power (avoid shooting directly at the goalkeeper)

Throw-ins

1. Ball MUST go directly over the head
2. Both hands must remain on the ball (R and L thumbs meet behind the ball; thumbs and fingers of both hands form a W)
3. Both feet must be on the ground (not necessarily flat; it is permissible to drag the toe of the trailing foot)
4. As soon as ball is released, player should get back onto the field (often to receive a return pass)

“Trapping” (Settling or Controlling)

1. Controlling the ball using any legal part of the body (NO HANDS unless you are the goalie)
2. The controlling surface must “give” on contact to cushion the ball
3. Ball should stay close to the player (not bounce away)
4. If using a chest trap, bend the body backward slightly so the ball rolls down onto the ground at the feet
5. Important when controlling the ball from the air to the ground, that it settles at your feet.