



Technical Elements of Receiving

Balls on the ground

- Keep your eyes on the ball and move your body (not just your leg) into the path of the ball (“on your toes” and anticipating, not reacting)
- Toe up and ankle locked, receiving with the inside of your foot
- Take the “steam” out of the pass and cushion ball, bringing ankle back at point of contact (receiving under your body)
- Keep ball moving and prepare it for the next action: shot, dribble, pass
- **Resource video:** <https://www.youtube.com/watch?v=NfiEj1pcfnM>

Technical Elements of Striking with laces (shooting or instep drive)

- Shoulders and hips facing the target
- Approach slightly to one side/”off center”
- Plant foot (non-kicking foot) even with ball and about a foot apart from ball
- Toe pointed down and at angle (showing laces or instep to the ball and NOT your toe) and ankle locked
- Strike through the ball and land on kicking foot
- **Resource video:** <https://www.youtube.com/watch?v=XSOx4wMnNbA>