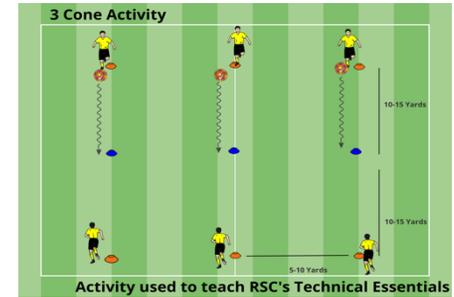


RSC Recreational Technical Essentials

RSC Technical Essentials are the “essential technical” individual soccer skills that player must have to competently play the game. *3 Cone Technical Activity will be used to teach all Technical Essential Skills.

Set up- 3 cones lined up in a row, 10-15 yards apart (adjust distance if needed); each row of cones should be used for 2-4 players (1-2 players per cone); create as many rows as needed; see diagram to right

*Only 10-15 minute duration for 3 Cone Technical Activity, then 10-15 min Game Activity for application



Week 1- Ball Manipulation (Ball Control) Skills to closely control the ball in tight spaces

Age:	Skill:	Description: Technical/Technique Coaching Points	Progressions:
U4-U10	1A Soccer Stance	Foot on top of ball while balancing on opposite leg	1. Standing in place, roll ball forward & back 2. Standing in place, roll ball side to side
U4-U10	1B Soccer Hop (Soccer Dance)	Soccer Stance, then hop switching leg with foot on top of ball vs. leg standing on ground, stand in place	
U8-U14	1C Moving Soccer Hop (Roll-Catch)	Soccer Hop, roll ball forward with sole of foot, hop forward, and catch with sole of opposite foot	1. Dribble to middle cone
U4-U12	1D Bobble	Move the ball side to side using the inside of both feet, bend knees for balance	1. Bobble standing in place 2. Moving forward, then backwards from cone
U6-U14	1E The Weave	Move the ball side to side using outside to inside of the foot (big toe to little toe), weaving side to side as you dribble forward	1. Use each foot individually 2. Use both feet in rhythm
U6-U14	1F Roll Over	Roll the ball across your body with the back foot	1. Dribble to middle cone 2. Switch feet

Game Activity: *Ball Bump*- a couple players have soccer balls in hand and try to bump (not throw) other players soccer balls who are dribbling around the grid

Tactical Idea (Coaching Point): Keep the ball close and under control, so the opponents can not steal it

Week 2-Passing & Week 3- Receiving Skill to pass the ball to teammates and also control the ball when receiving from teammates

Age:	Skill:	Description: Technical/Technique Coaching Points	Progressions:
U6-U14	2A Passing	Busy feet, hop and load, step next to ball, hips and non-kicking foot pointed towards targets, lock ankle, strike with <i>inside</i> of foot, hit center of ball	1. Practice with ball in partner’s hands 2. Pass with partner in lane
U4-U8	3A Receiving (Sole of Foot)	Busy feet, use sole of foot/soccer stance to receive the pass, heel down & toe up, give cushion when receiving	1. Pass with partner in the lane
U8-U14	3B Receiving (Inside of Foot)	Busy feet, use inside of foot to control, heel down & toe up, allow ball to travel across body and receive with back foot, give cushion when receiving, 1 st touch towards next move	1. Pass around diamond 2. Change directions using different feet

Passing Game Activity: *Knock Off*- in their 3-cone lane, players try to knock off a ball on middle cone using passing skills, hit the ball for point

Receiving Game Activity: *Relay Race*- Pass the ball around a diamond, players follow their pass, 1st team with all players rotate around entire diamond wins

Tactical Idea (Coaching Point): Big shape and spread out to pass the ball around or through the opponents

Week 4- Dribbling for Penetration (Attack Moves) *Skills to dribble at and past an opponent to attack*

Age:	Skill:	Description: *change of direction and speed is key in all dribbling moves	Progressions:
U6-U14	4A Running with the Ball	Use laces to push ball forward into space, hop when pushing ball, take big touches, under control	1. One cone to far cone 2. Race w/players
U8-U14	4B Deek	Dribble at opponent/cone under control, drop shoulder in one direction ("deek"/fake), then quickly push the ball with outside of the foot in opposite direction, dribble away with speed	1. Try with ball in hands to practice shoulder drop/fake 2. Practice with ball at feet
U8-U14	4C Chop	Dribble at opponent/cone under control, fake a pass/shot by raising leg back in one direction, then "chop" across your body with laces in opposite direction, & dribble away with speed	1. Practice faking both directions
U10-U14	4D Scissors	Dribble at opponent/cone under control, "scissors" or step in to outside over ball, plant foot, drop shoulder, then quickly push ball with outside of foot in opposite direction, dribble away w/ speed	1. Practice faking both directions

Game Activity: *Line Ball*- Use lanes in 3 Cone activity, players defend their end-line, attackers attempt to dribble past opponent and over end-line to score

Tactical Idea (Coaching Point): Dribble at with speed and attack open spaces on the field

Week 5- Turning (Escape Moves) *Skills to dribble away and in the opposite direction of an opponent to escape*

Age:	Skill:	Description: *change of direction and speed is key in all dribbling moves	Progressions:
U6-U14	5A Running with the Ball	Use laces to push ball forward into space, hop when pushing ball, take big touches, under control	1. One cone to far cone 2. Race w/players
U6-U14	5B Roll Back	Dribble at opponent/cone under control, use sole of foot (soccer stance) to stop and roll the ball backwards, turn in the same direction as the foot used to roll back (if you roll back with right foot, then body turns right), then dribble away with speed	1. Practice both feet 2. Add a fake pass/shot by raising legging before turning
U8-U14	5C Twist	Dribble at opponent/cone under control, use outside foot to stop & push the ball backwards, turn in the same direction as the foot used to roll back (if you roll back with right foot, then body turns right), then dribble away with speed	1. Practice both feet 2. Add a fake pass/shot by raising legging before turning
U10-U14	5D Cruyff	Dribble at opponent/cone under control, approach ball as striking the ball, instead of kicking ball stand over it, bring raised kicking foot to 90* angle with planted foot, pull ball backwards with inside of foot, turn and dribble away with speed	1. Practice both feet

Game Activity: *Cone Tag*- Attacker and defender start at middle cone, attacker attempts to tag either outside cones using turns to escape defender, cone tag earns a point

Tactical Idea (Coaching Point): Turn and change direction if there is NO open space and/or too many defenders

Week 6- Striking the Ball (Shooting)

Age:	Skill:	Description: Technical/Technique Coaching Points	Progressions:
U4-U14	6A Striking the Ball	Busy feet, hop and load, step next to ball, hips and non-kicking foot pointed towards targets, lock ankle, toe pointed down to ground, strike with <i>laces</i> (top of foot), hit center of ball, continue to run forward for follow through	1. Practice with ball in partner's hands 2. Game- Knock Off 3. Game- Goalie Wars

Tactical Idea (Coaching Point): If you close to the goal and see an opening, shoot the ball on goal