

# **LWYSA**

## **Training Program**

### **Book 8**

#### **Technical Coaching Clinic**



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# **Technical Coaching Clinic**

## **Introduction**

I have played and coached soccer since I was four years old. The playing, in the beginning, was done on the streets and the coaching was a form of self-teaching using a ball, a wall and an extremely fertile imagination. I don't know what I enjoyed the most, the game playing with some friends or the imagining when I was alone. All of it helped me to prepare both mentally and physically to play the game at the highest standards available in my time. The quality of technique that I managed to groove was as near perfection as I could get and was a huge help in my climb to the top of the soccer ladder. However the kids today don't appear to have the enthusiasm for individual training as the kids of my past did probably because they have more choices of things to do than we did so it appears that teaching must be done in the time allotted for team training. With this in mind I am writing this booklet to show the coaches how they can take a technique from the basic technical description, all the way through a variety of drills and games, each one more advanced than the next, to a game specifically conditioned for that particular technique.

The coach would have the option of selecting the drills and games that would best suit the players according to their age and technical prowess and use them in either one training session or combine them over two sessions. The coach should be careful not to advance these sessions to a degree of

difficulty that might confuse the players or to bore them with simple grooving drills when they are clearly capable of attempting more difficult drills and games.

### **Technical description demo**

The list of drills and games start with the technical description which should be done clearly and precisely giving the player a chance to see and understand the break down of the technique and how the player puts it all together to make a play.

### **Grooving drill**

Two players taking turns to serve and receive the ball normally form the grooving drill team however a lone player can use a ball and a wall to execute the drill.

### **Moving drill**

This drill adds movement in any direction and can incorporate ‘give and go’ passes or any other sort of pass combinations that highlight the movement of ball and player.

### **Coordinated moving drill**

The coordinated movement drill is an exercise that needs precise movement such as a short-short-long drill. The intent of the drill is to encourage players to think while they perform the technique. Combining the thought of decision making and the artistry of the technique is an extremely important part of any player’s soccer education.

### **Drill with limited opposition**

At some time the player must show the ability to beat an opponent by controlling, dribbling, passing or shooting the ball or by regaining possession through tackling, stripping or intercepting the ball.

To encourage confident play this type of drill should start with a minimal amount of defenders opposing the attacking team.

Later, by increasing the number of defenders, the coach also increases the amount of pressure on the attacking team.

### **Conditioned Game**

A conditioned game should always end the session because it gives the players a chance to use the technique in the game. It is in the game that everything has to come together for the players and conditioned games are great because they allow the players to learn in realistic circumstances.

## **Passing**

Demonstrating the passing technique allows the coach to explain the technique in small recognizable pieces. By combining these pieces in a step-by-step manner the coach shows the players how to execute the technique correctly. By asking the players to approach their soccer ball, then stopping them just before they make contact with the ball, the coach and players can decide if their position over the ball is good or needs some adjustments.

### **Inside of foot pass**

Professional players use this type of pass more than any other. The reason for this is the high percentage of successful plays this pass produces once the player knows how to execute it correctly.

### **Demo**

The standing foot is planted alongside the ball with the knee bent to absorb body weight.

The kicking foot is taken back as if to execute an instep kick.

On the way down the foot is opened and the ankle is locked allowing the kicker to strike the ball with the inside of the foot.

The foot should hit through the middle or equator line of the ball.

The follow-through helps the player to impart power into the pass.

The pass should zip off the foot towards the target and roll as it nears the target.

### **Grooving Drill**

Players stand 10yds apart with a ball between them. One player with the ball hits the inside of foot pass to the partner. The partner collects the ball and serves a return

pass using the same method. The exercise continues until the coach calls a halt



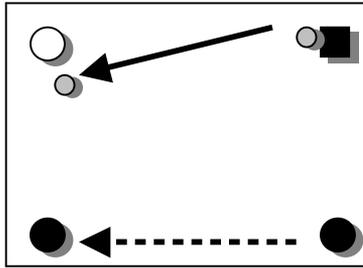
### **Movement Drill**

Three players and a ball are needed.

The coach marks off an area 5yds square. Each player occupies a corner of the area leaving one corner free.

The player with the ball should have two options to pass the ball square.

One of the receiving players must move to provide that option.



### **Coordinated Movement**

This drill needs three players and a ball.

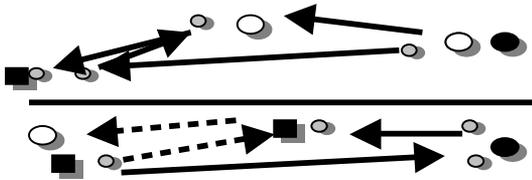
The players line up some 20yds apart with two players and a ball at one end and a player without a ball at the other.

The player with the ball delivers a pass to the isolated teammate then moves quickly to the middle.

The pass is returned to the middle player.

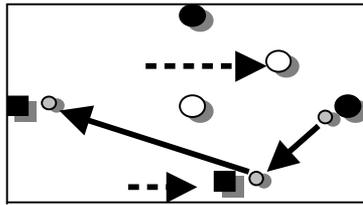
That player returns the pass to the player at the end and sprints forward to exchange positions.

The player with the ball starts the process all over again by passing the ball to the player at the other end.



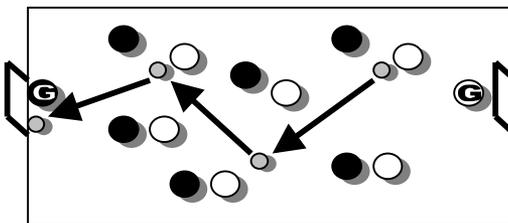
### Limited Opposition

The coach sets up some cones some 20yds square and has four attackers with one ball and two defenders positioned inside. The attackers attempt to keep possession of the ball by playing it square to each other or through the middle between the two defenders. The defenders change places with two of the forwards every 2 minutes or so.



### Conditioned Game

The coach picks two evenly matched teams. Each team has a goalkeeper, a goal to defend and a goalkeeper to attack. The restrictions are that each player is allowed to touch the ball once or twice only when receiving the ball. The team that scores the most goals wins.



### **Instep pass**

Because of the length this type of pass can be hit, the instep pass is used mainly to change the point of attack from back to front or from one side of the field to the other.

The value of the pass is that it can quickly transfer the ball from the opponents' strongest defensive area to their weakest defensive area.

### **Demo**

The ball is approached from an angle to allow the kicker to use the hip swing.

The plant foot should be placed about a foot or more to the side of the ball so that the plant leg can bend to absorb the body weight without jamming the kicking foot.

The kicker jumps the last stride into the ball to enhance the power of the kick.

The foot strikes ball at 45° angle to the ground with the ankle locked.

The follow through is used to impart more power to the kick.

### **Other C/P's**

If the kicker holds back on the follow through he/she will impart backspin on the ball causing it to drop softly to the receiver.

To get height on the ball the kickers foot must strike the ball under the equator line.

To keep the ball low the kicker must have the knee over the ball when striking it.

### **Grooving Drill**

Two players with one ball between them are positioned some 30yds apart.

The object of the exercise is to pass the ball to each other using the instep of the foot.

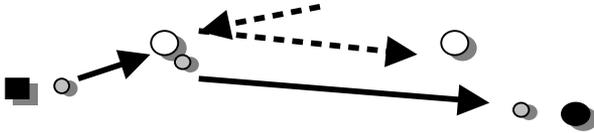
To ensure accuracy the players should pass the ball through a target gate in front of the receiver to score a point.



### **Movement Drill**

Three players and a ball are required for this drill with two players positioned some 40yds apart and one positioned in the middle.

The player in the middle takes a short pass and drives the ball long to the player on the opposite side before sprinting towards the receiver for a short return pass.



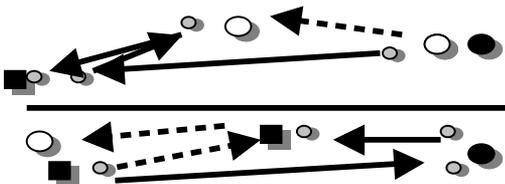
### **Coordinated Movement Drill**

The requirement for this drill is three players and a ball with the end players two at one end and one at the other some 40yds apart.

One of the two end players passes long to the single end player then sprints forward for a short return pass.

The middle player returns the short pass and moves to that end.

The player receiving the short return pass plays a long pass to the teammate at the other end and sprints forward to receive and return a short pass.



## Limited Opposition

Match the players into three teams and mark out three areas of square field space connected together as shown in the diagram. Two teams position themselves in the outer squares and the defending team stays in the central square.

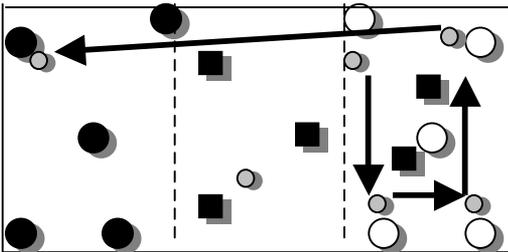
The ball is given to a team in the outside square and two defending players are allowed into that square to try to win possession by touching the ball.

The possessing team can score a point by passing the ball five times then hitting a long pass to the team in the other outside space.

The three defending players in the center square attempt to intercept the long pass.

If a pass is intercepted or touched by either the two defenders or one of the three central defenders then the defending and attacking teams change places.

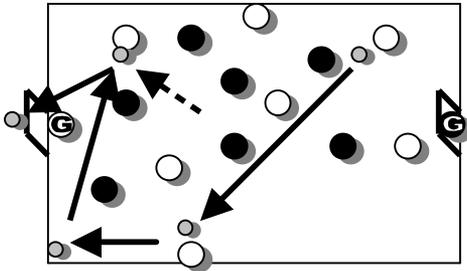
The team with the most goals at the end of the game wins.



## Conditioned Game

The conditioned game to promote long to medium range instep passing would be a one or two touch game on a wide field.

The width would allow the players the opportunity to switch the point of attack with long cross-field passes.



## **Dribbling**

Whether to dribble pass or shoot is one of the tactical decisions a player has to make, often before the ball arrives. If players consistently choose the right time to dribble they become very important players on the team. If they consistently choose the wrong time to dribble they will become liabilities to the team and will probably sit on the bench for long periods of game time. It is therefore in the best interest of all youth players to study the habits of professional players who know that dribbling is almost always a means to an end and not the end product. Being a good dribbler means knowing when to dribble and more importantly what type of dribbling skill to use in a given situation. Learning the many varieties of dribbling moves means nothing if players don't also learn when and where to use each move to their best advantage. There are three main tactical ways to dribble, the first being to attack the opposing defenders by dribbling forward aggressively, the second to attempt to escape the attention of the defender by dribbling sideways and the third to execute a full blown retreat by dribbling in a backwards direction. The sideways movement can result in either forward advancement or backward retreat and therefore forms a transition mode in dribbling technique.

## **Forward dribbling**

### **Speed dribbling**

Running in a straight line for some 30yds keeping the ball under control.

## **C/Ps**

Head should be raised at different times to see playmaking opportunities.

Also the dribbler should run at speed while controlling the ball by using the outside of the foot and protect the ball by placing the body between the ball and a defender.



## **Weaving**

Running fast in and out of cones

### **Outside and inside combo**

Learning to weave with the ball while moving towards a player [Body position keeps changing to provide player the opportunity to explode in one direction or the other].

## **C/Ps**

Touching the ball lightly on either side until arriving at explosion point.

Making a powerful angled thrust forward with the attacking move.

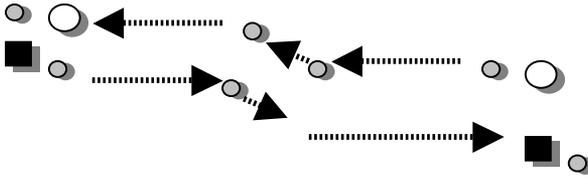


## **Speed moves**

Changing pace and direction in explosive bursts using step-over, head fake, touch in-touch out and drag back moves.

Two players with a ball each drive at each other then make their move before they collide

This practice move is performed several times using different moves



### **Drag back**

Put the sole of the foot on top of the ball and drag the ball backwards, then continue the move by using the inside of the same foot to push the ball forward at a forty-five degree angle to the standing foot

### **C/Ps**

The whole move should be done in a continuous way even though it's a combination of two different moves

### **Step over**

The player moves forward with the ball and prepares to move the ball forward at forty five degree angle using the outside of one foot. Instead of hitting the ball the foot is moved over the ball and planted on that side of the ball. The other foot is pulled behind the ball until it is positioned on the other side of the ball. With both feet positioned on one side of the ball the dribbler can use the outside of the back foot to explode forward at a forty-five degree angle to complete the move

### **C/Ps**

All aspects of this move must be done in an explosive and convincing fashion to cause the defender to buy in on the fake move in order to utilize the space that the move opened up

### **Shoulder Dip**

The dribbling player moves forward at speed towards the defender. The dribbler dips the left shoulder and pulls the ball in the same

direction with the inside of the foot before moving that foot to the opposite side of the ball and using the outside of the foot to move explosively past the defender into the open space.

### **C/Ps**

The success of the move depends on the dribbler convincing the defender that he intends to take the ball to the left. The quick change from inside to outside of the foot and the resultant burst forward will allow the dribbler to go past the defender before he can recover.

### **The Drag behind the heel**

The player on the ball prepares to hit the cross or shot by swinging the instep of the foot down towards the ball. However the standing foot is planted to the side and in front of the ball giving the dribbler the option of hitting the cross or dragging the ball behind the heel of the standing foot.

### **C/Ps**

The move will almost always fool the defender coming in to block the original cross and provide the dribbler a chance to continue the run towards goal or to cross the ball with the other foot.

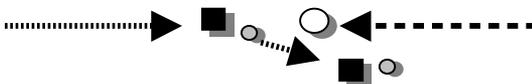
### **Live opposition**

The dribbler now moves against a live defensive opponent.

Dribbler moves directly at opponent at speed.

Move is made a couple of yards before the defender can make contact with the ball.

Move is performed quickly and cleanly using an explosive burst of energy.

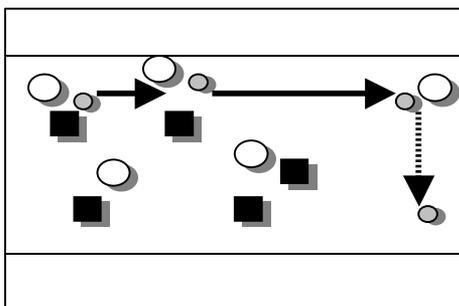


## Conditioned Game

Game to end zones [wide field]

The team in possession of the ball attempt to dribble it into the end zone to score.

Game strategy requires the team in possession of the ball to change the point of attack to any unmarked wide player who dribbles the ball quickly into the end zone.



## Sideways dribbling

### Lateral movement

The forward dribble of the attacker has been stopped without the loss of the ball.

The attacker must now produce some side-to-side moves with the ball in an attempt to shake off the defender creating space to continue to move forward or to play a forward pass.

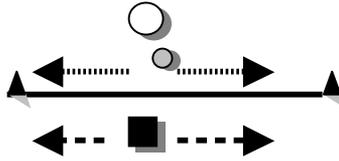
### Head and body-fakes

When a dribbler gets stopped the natural instinct is to combine head fakes, body fakes and fast foot movement dribbles in an attempt to wrong foot the opposing defender.

### C/P's

The dribbler must look for any opening caused by his movement and take advantage of the space that has been opened up by

passing forward to a teammate or by dribbling explosively through the gap.



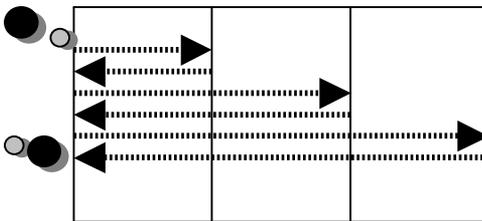
## Backward dribbling

### Turning and Shielding

These types of dribbling moves are performed when the direct attacking thrust has been slowed down or stopped. If the dribbler cannot create some type of forward space by using sideways moves then the decision should be to abort the forward movement and by using turning or shielding techniques, exit the area without losing control of the ball.

### Turns

All turns involve a change of body and ball positioning to allow the player to move in the opposite direction. Shuttle runs are a great way to practice the various types of turns because a normal shuttle run could involve up to six turns. Those turns must all be performed in an explosive manner to gain the maximum benefit from the practice.



### **Inside of foot turn**

Both feet are placed on one side of the ball with the turning foot placed a short distance ahead of the ball and the outside of that foot closest to the ball. The player pivots on the turning foot towards the ball using the inside of the other foot to gather the ball.

#### **C/P's**

The move needs to be executed quickly and cleanly and the turn must be a tight one to stop the defender from poking the ball loose.

### **Outside of foot turn**

Both feet are placed on the same side of the ball with the inside of the turning foot closest to and ahead of the ball. The player pivots towards the ball using the outside of the other foot to gather the ball.

#### **C/P's**

Once again the turn must be a tight one and the move must be cleanly and quickly executed.

### **The sole of the foot turn**

The dribbler stops the ball by putting the sole of his/her foot on top of the ball to stop it rolling. The player then jumps forward spinning the body around to face the opposite direction. The player then moves away with the ball.

#### **C/P's**

The turning player must keep the weight on the grounded foot not the foot that stops the ball. This allows the player the power to jump and spin quickly.

### **Shielding**

In performing this technique the player uses body width to protect the ball from an opponent. The body should be positioned sideways between the defender and the ball

to protect the ball from the attention of the defender.

**C/P's**

Extend the arm slightly to feel the defender and record his/her position.

**Moving to shield and turn**

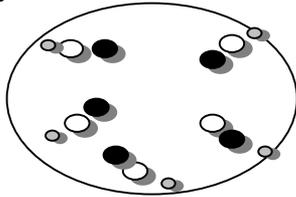
If the defender attacks on one side or the other the dribbler must be aware of that attacking move.

**C/P's**

Once the dribbler knows which side the defender is pressing he/she can spin away in the opposite direction.

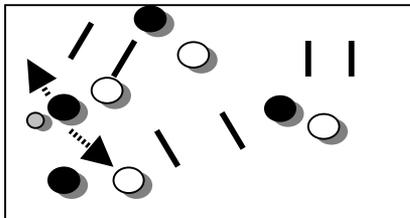
**Players paired in twos with a ball**

The player on the ball attempts to shield the ball from an opponent by keeping his/her body between the defender and the ball



**Small field with three open gates**

The attacking players must dribble the ball through one of the gates to score a point while the defenders try to force the dribbler away from the gates. Sooner or later the attacker must protect the ball by shielding it. The game is also a good for turns, head fakes and other dribbling moves.



## **Control**

Learning to control the ball is a lifetime endeavor for most players. I've always thought that this technique is the most important one if players are to provide consistency to their game. If we take away the ability to control the ball the game degenerates into a huge scramble with the ball bouncing about all over the place and players lunging after it. If there is no control by the players it looks like the ball becomes the controller and the players are left to chase after the ball. Controlling the ball is the most important technique because it allows the players to take charge of the pace and rhythm of the game.

There are two main types of controlling methods, the first being cushion control and the second being wedge control. The professional players tend to prefer the wedge control to snare bouncing balls because it allows them to control and maneuver the ball at the same time. However when the pass is on the ground those players can also cushion control and maneuver the ball using the same move to do both. Young players need to practice control techniques as soon as they can and it would be preferable for them to learn using a small type of ball [for example a tennis ball] and any available wall that will not be damaged by the ball bouncing against it. The size of the ball makes the exercise more difficult and controlling the larger soccer ball easier.

## **Demo**

Inside of foot, outside of foot and top of foot  
cushion and wedge technique

### **Cushion**

Taking the bounce out of the ball by retracting the foot on contact with the ball.

### **Lob serve**

Move into line with the ball and advance the top of the foot to make contact with it. Withdraw foot on contact to kill the bounce.

### **Low ball serve**

Move into line with the ball using the inside of the foot to initiate the contact. Withdraw the foot allowing enough contact to maneuver the ball to one side by controlling the bounce.

### **Wedge**

Taking the bounce out of the ball by trapping it.

### **Lob serve**

Get in line with the ball and as it arrives trap it as starts to bounce. By using the inside or outside of the foot to smother the bounce the player can use part of that bounce energy to maneuver the ball to either side.

## **Other Controls**

### **Chest control**

This type of ball control can be done in either the cushion or wedge style.

To cushion the ball the player must withdraw the chest as the ball arrives.

To wedge the ball the player must bend forward at the waist using the chest to control any bouncing ball by knocking it back down to the ground.

### **Thigh control**

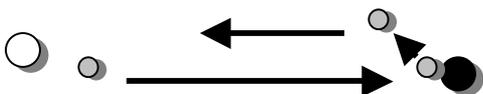
To control the ball using the thigh the player must advance the thigh towards the dropping ball and withdraw it at contact.

## Head control

The player withdraws the head on contact with the ball allowing it to drop directly to the ground.

## Grooving drill

Player and partner serve the ball to each other

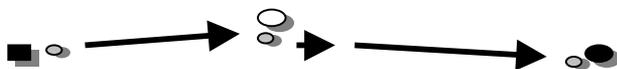


## Movement drill 1

Three players, one at either end and one in the middle.

The receiver controls, gathers and turns with the ball before passing to a teammate at the other end.

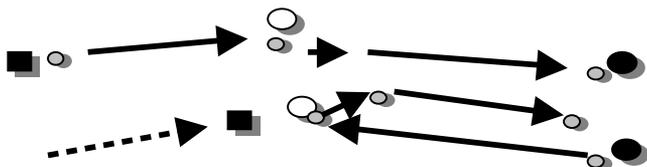
The middle player works for 5 to 10 turns before changing places with an outside player.



## Movement drill 2

Using the same three-player format, when the ball is passed to the player in the middle the third player has the choice of advancing to threaten the controller forcing him/her to play the ball back to the server.

The third player can also choose to stay allowing the controlling player to control and turn before passing.



### Coaching point

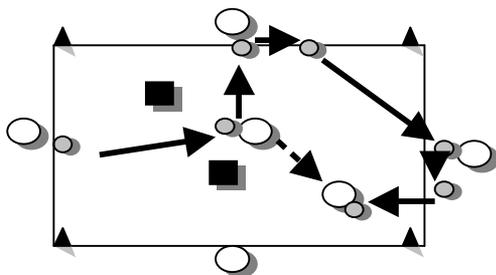
The receiving player must become aware of the third player's movement which calls for an early look before receiving the ball.

### Drill with opponents

Four players form a square and another two players position themselves in the center of the square as defenders.

A third player enters the square as an attacker to assist with the ball possession.

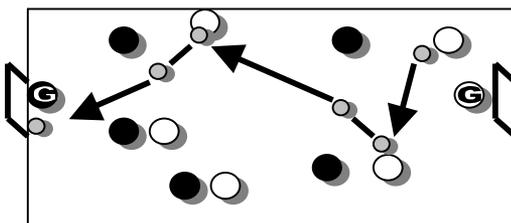
The outside players must touch the ball two times when receiving it, one to control and one to pass.



### Game

Two teams defending a goal at each end must play the ball at least twice when they receive it.

They can touch the ball more than twice if they wish but they must use the first touch to control the ball.



## **Shooting**

Of all the techniques shooting is the one that brings the most excitement to the player mainly because it leads to goal scoring. Although there are many ways to score goals, in this session we concentrate on three of the main types of shots that consistently achieve success. Before the striker hits either of these shots the ball should be moved to a 45° angle from the shooter to allow the shooter to bring the hip movement into the swing. This move can confuse the keeper because it presents the shooter with options as this set up position allows the shooter to choose any one of the three shots described below without changing the back swing or the main part of the down swing.

### **Ball driven to far post area**

The shot that is driven crisply to the far post area of the goal is a difficult one for the keeper to save especially if it is accurate and if the shot is hit before the keeper can set up a stance in order to dive. This shot needs to be hit as low as possible to make it more difficult for the keeper to save it.

### **C/P's**

To hit the ball cleanly this shot requires a short back swing a move that allows the clean hit and usually catches the keeper moving out when the ball is shot making any dive to the side more difficult.

### **Shot placed to near post area**

This shot takes the shorter route to goal and is usually more successful when the ball is hit with either the inside of the foot because it can be hit more accurately with that part of the foot. By using the inside of the foot the shooter can also bend the ball around the keepers position and inside the near post.

## **C/P's**

If the position of the ball does not allow the shooter the chance to hit the ball with the inside of the foot then the shooter can use the toe of the foot to prod the ball into the near side of the goal.

## **Chip to far post area**

This type of shot becomes necessary when the shooter allows the keeper to advance to a set position making the other two shot types difficult to score with. The shooter gets lift on the ball by flattening out the kicking foot on the downswing enabling causing the ball to lift over the keeper's position and drop softly into the goal.

## **C/P's**

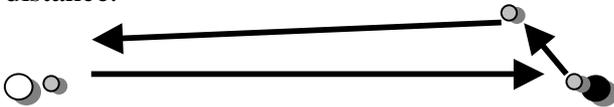
The shooter can fool the keeper by setting up to drive the ball across the keeper to the far post then flatten out the kicking foot and chip the ball over the keepers dive.

## **Demo**

Demonstrate the shot types for practice.

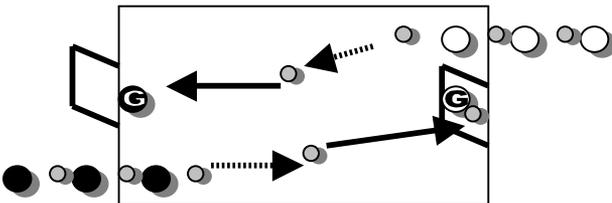
## **Grooving drill**

Have two players practice the shot by hitting the ball to each other from a shooting distance.



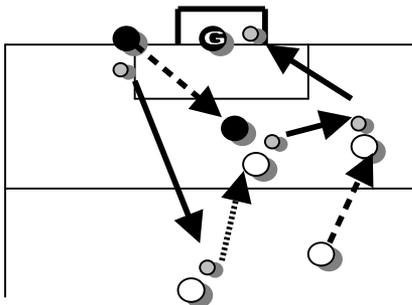
## **Movement drill**

Have the players practice the shot by moving in on goal in a dribble, or by collecting a pass, before shooting.



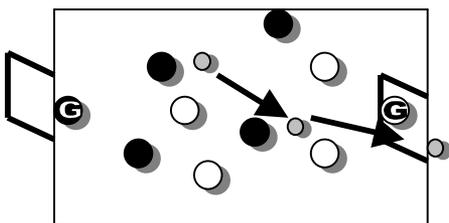
### **Drill with limited opposition**

Play two attackers against one defender in an attack on goal giving the attackers the opportunity to dribble and shoot or to pass to a supporting teammate for a shot.



### **Game**

On a small field with a goal at either end two teams of four or six players plus a goalkeeper play against each other. The players get credited for two goals if they score a goal on the shot they've been practicing.



## **Crossing**

Perfecting the art of crossing the ball is a very effective way of setting up goal scoring opportunities. Since the early years of soccer playing the two main ways of assisting on goals has been penetration passes down the middle of the field and crosses from wing areas. In recent surveys taken from World Cup and European Cup games the crossing assists have overtaken the penetration passes as a main source for goal scoring set ups. With this in mind coaches need to provide their players with crossing and finishing practices in equal numbers to the shooting practices. Crossing and finishing drills are easy to set up. The coach selects two players for each wing to take turns crossing the ball into the penalty area allowing the attackers opportunities to score goals. There are many different types of crosses but the three basic ones are the chip to the back post, the cut back chip to the central area of the penalty box and the ball driven hard across the goal area.

### **Chip to far post**

The chip to the far post demands enough height on the ball to miss out the goalkeeper and all the defenders swarming around the central goal area. This allows any free player on the far post a golden opportunity to score.

### **C/P's**

Flatten out the kicking foot so that the cross gains height immediately it leaves the foot. Hold back on the follow through to impart backspin to the ball making it easier for the receiver to head the cross accurately.

### **Cut back chip to central area**

When a player dribbles the ball to the end line inside of a crowded penalty area a chip

cross aimed back outside the six yard box should give a forward a chance to score.

### **C/P's**

The player crossing the ball should try to convince the defending players that the intention is to cross the ball directly across the goalmouth then cut the ball back outside the six-yard box. The crossing foot is flattened out and contact is made with the front part of the ball to execute the cut back.

### **Driven ball across the goal**

The crosser, two yards short of the end line, drives the ball low and hard across the goal hoping that a supporting forward can redirect the ball into the opponents' goal.

### **C/P's**

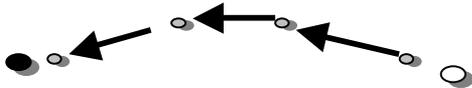
The cross should be aimed at the space between the goalkeeper and the back line defenders and struck firmly.

### **Demo**

Demo the type of cross to practice.

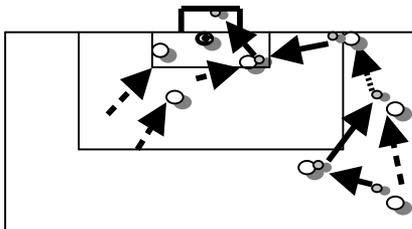
### **Grooving drill**

Two players standing some 30yds apart practice crossing the ball to each other.



### **Movement drill**

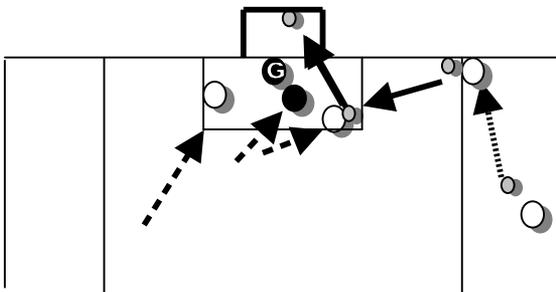
The players dribble the ball down the wing or work a give and go pass down the wing before crossing the ball into the penalty area for one of three attacking teammates to convert on goal.



### Drill with limited opposition

A winger and two supporting forwards attack a goal defended by a goalkeeper and an outfield defender

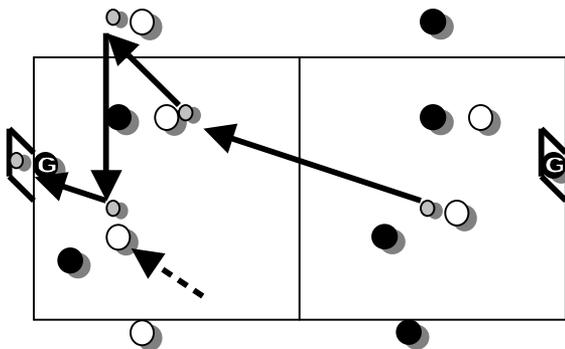
The crosser attempts to hit the type of cross being practiced with enough accuracy to give one of the attacking players an opportunity to beat the defender to the ball and score



### Game

Two teams of four or more outfield players, two attackers and two defenders are supported by a goalkeeper and two wingers positioned on the outside of each wing

A goal can only be scored directly from a cross or from the knockdown from a cross



## **Heading**

As a player I derived the greatest thrill from leaping up in a crowded penalty area and winning the challenge to either head the ball into the opponents goal or when in a defensive role to head the ball powerfully into the air and out of the danger area. The thrills provided did not come without some pain from accidental head collisions and some uncontrolled falls but the thrills outmatched any downside and some of my greatest memories as a soccer player are carved out of aerial duels. I learned how to head a ball when I was a young boy by heading a tennis ball back and forward against a wall and by playing a game of heading and goalkeeping against another soccer friend. The ball and wall drill brought touch and timing to my heading while the game to goal taught me to generate power when propelling the ball towards goal. In time I learned to pass the ball with my head, to head the ball in a defensive fashion and ultimately to head the ball towards goal in all manner of ways. To be able to pass this heading information on to up and coming soccer players is just as thrilling for me now as taking off from the ground to leap fearlessly into a challenge and win the battle to head the ball was in my playing days.

### **Technical description**

Defensive headers require the player to hit the ball as high and as far as possible in order to give the defenders time to re-organize

The player gets height on the ball by heading it below the equator line of the ball  
The player gets distance on the header by using the combined forward thrust of the

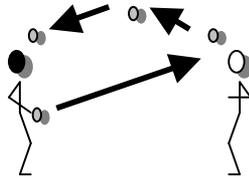
neck, shoulders, torso and legs to power the head through the ball

### **Grooving drill**

Two players some 10yds apart with one player serves the ball to the other by throwing underhand to the partner's head  
The receiving player heads the ball in the air so that it drops down into the server's hands  
As the player heading the ball becomes more comfortable the server can step back five yards so the headers become longer

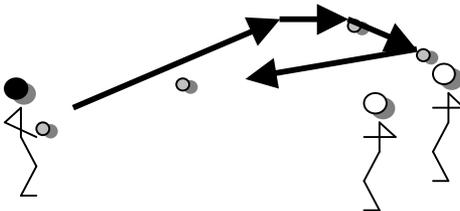
### **C/P's**

The player heading the ball hits the ball with the forehead just below the equator line of the ball so that the ball lobs back to the server. The player heading the ball must keep eyes open until the head makes contact with the ball and should also head through the ball to propel it forward.



### **Jumping and heading drill**

This drill needs three players and a ball.  
The receiving player is positioned behind the middle player while a server throws the ball over the head of the middle player for the receiver to head back towards the server.  
This drill can be used for attacking or defending heading practice.

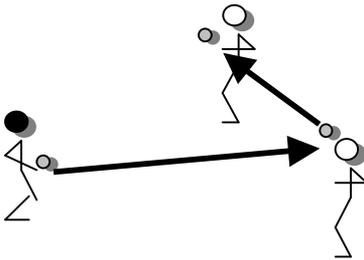


## Attacking

The attacking header can be a power header using the whole of the forehead to make contact with the ball or it can be a redirected header from a cross that only requires a touch from the corner of the forehead.

### C/P's

In general these types of headers require the head to contact the ball on or below the equator line of the ball. In many cases the head will only have to glance the ball to redirect it towards the goal.

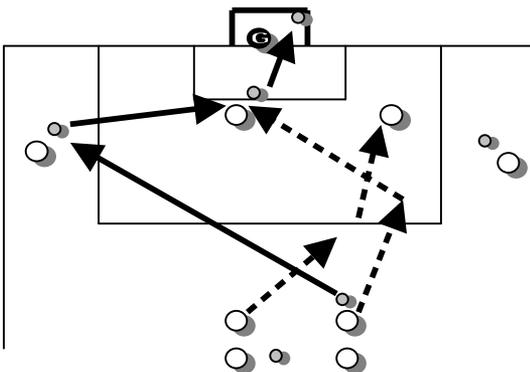


## Limited opposition drill

Two wing players cross the ball in turn from the right then left wing areas.

One central player serves the ball wide and both central players coordinate their runs into the penalty area to meet the cross.

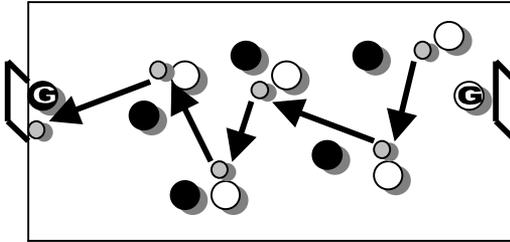
The only opponent is the goalkeeper who is free to collect crosses in the six-yard box.



### Conditioned game

A medium sized field with a full sized goal at either end.

Two teams play a game of throw head catch attempting to head the ball into the opponents' goal for a score.



## **Tackling**

All players should know how to tackle for the ball by staying on their feet. Too many coaches are encouraging players to slide tackle their opponents and that method of winning the ball can cause these players and their opponents' serious harm mainly because the player sliding in cannot stop half-way through the slide and has therefore lost control. The first thing we must teach is how to approach an opponent without charging, then how to tackle while staying on our feet and finally how to steal the ball. When players know how to recover the ball through individual defending methods they have taken a giant leap forward.

## **Control/restraint positioning**

This positioning calls for the defending player to close down the attacker with the ball. The defender should close down using a quick approach but must put the brakes on some two to three yards from the attacker to ensure that the attacker does not push the ball beyond the defender and run onto it. When the defender has closed down the attacker he/she must adopt the control/restraint position. This position requires the defender to position the body sideways to the attacker and advance one foot towards the ball with the body weight on the back foot. This position will allow the defender to sprint backwards quickly if the dribbler attempts to advance the ball beyond him/her.

## **C/P's**

The defender can choose to direct the dribbler to the defenders strong foot or the dribbler's weak foot.

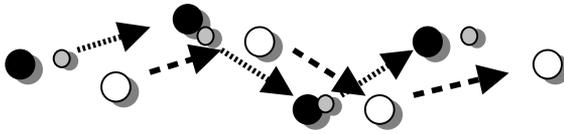


### Limited opposition drill

One player has the ball and another approaches and puts on a control/restraint position.

The player with the ball moves forward and the defender swivels back keeping the dribbler in view.

After a couple of hip swivels the defender is allowed to attempt to win the ball.



### Conditioned game

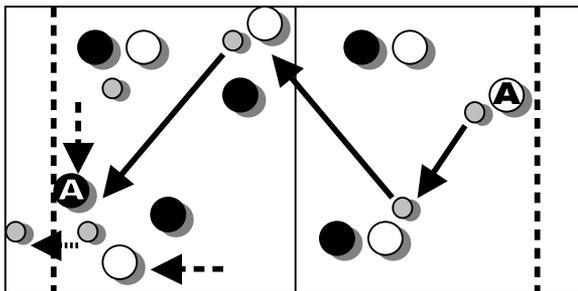
The field has two end zones as goal targets and a halfway line.

Two teams each have a designated sweeper who must stay in the defensive area.

The other players are paired with an opponent.

Outfield players can only tackle their mark.

The sweepers can tackle any opposing player entering their defending area.



## **Summing up**

This is as far as I want to go with these technical drills and games. Although there are many more techniques such as putting topspin or sidespin on a cross, shot or pass I feel that the degree of difficulty involved would be more appropriate when coaching advanced players. This type of training book is written to assist players to advance their technical playing skills to a point that will allow them to make the basic plays so that their early decision making will be simple instead of complicated. The harder a player practices the basic techniques the easier it is for that player, not only to read the game, but to turn that read into a successful play. At times soccer looks like an extremely complicated game especially when defenders put pressure on the attackers but a clear mind that makes a sensible decision followed by a timely and accurately executed play will completely unravel any complications. However technical excellence cannot be gained by participating in team practices only, there must be time spent in practicing your technique on a daily basis even if it only entails a player, a ball and a wall. That was the basis for my technical skills and they took me a long way.

