

Ball Control

Technical Points:

- On toes ready to receive ball.
- Move into line with ball quickly.
- Relax controlling surface on contact.
- Keep ball moving once received.



Dribbling

Technical Points:

- Use inside & outside of foot.
- Change pace.
- Change Direction.
- Keep head up to look for others.
- Body over ball.
- Keep moving ball away from opponent.
- Keep body between ball & opponent.



Tackling

Technical Points:

- Keep eyes on the ball.
- Bend knees, bodyweight forward.
- Plant the non-tackling foot firmly on the ground to provide an anchor.
- Tackling foot makes contact with the middle of the ball.
- Commit to the tackle

Shooting

Technical Points:

- Approach ball from slight angle.
- Non-kicking foot close to ball.
- Head down & over ball.
- Arms out to side for balance.
- Strike through centre of ball.
- Follow through in direction of target.



Passing

Technical Points:

- Use inside of foot.
- Ankle locked & toe up.
- Stroke through centre of ball.
- Swing & follow through.
- Non-kicking foot close to ball.