



# **Weston Creek Soccer Club**

## **ROOBALL / JUNIOR COACHES TRAINING EXERCISE HANDBOOK**

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# INTRODUCTION

This Handbook contains training routine ideas covering all the basic skills of soccer.

Passing	Defence
Controlling	Heading
Dribbling	Goalkeeping
Shooting	Support

This is a collection of training routines and hints on technique. Coaches will have to instruct their players in the correct technique of passing, controlling, etc which are used in these routines. More information on technique is available on request.

Most of the drills have been “borrowed”, developed or adapted from other coaches.

All of the drills involve two basic principles -

- Repetition
- Building from simple to complex

**Repetition is essential to develop skills.** The following routines are designed to give each player as many touches / trials as possible in a short time at any given exercise. A player does not get a chance to repeat and correct the manoeuvre when playing in a game.

**Progressing from simple to complex builds skill and confidence.** It lets players succeed with basic elements before combining them in more difficult exercises. Some simple ways of doing this with nearly all drills are -

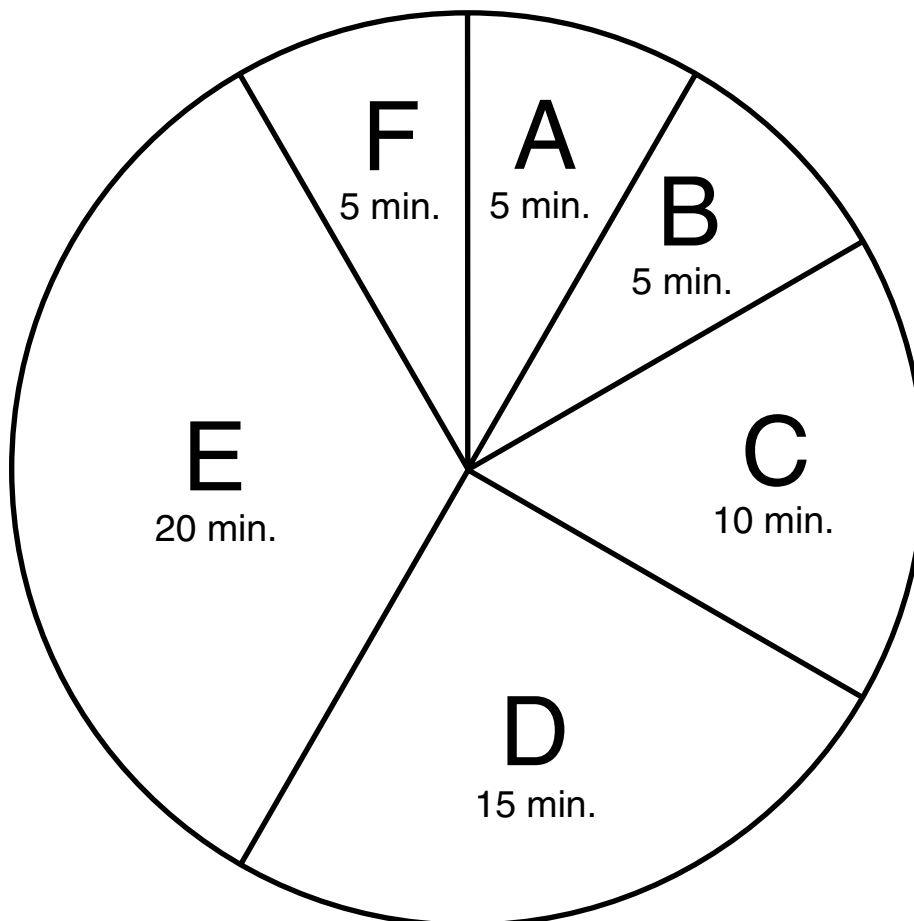
- start static (but on toes) before doing it on the move
- start with touch, don't go for power
- start close in and gradually increase the distance
- on the ground before in the air
- start with single elements before combinations

Create your own routines, experiment adapt and modify those that are in this book. Always make a record of what works. We can add it to the next handbook.

**Acknowledgements:** Jack Kynaston for his contribution to this manual and his tireless efforts in soccer development.

# HOW TO ORGANISE A TRAINING SESSION

It is essential that a coach plans each training session. It will make it more enjoyable and profitable for the children and the coach will feel that they have achieved worthwhile goals. Each session must be varied and related to the ability of the child. 45-60 minutes is a realistic time frame with obvious adaption for weather or facilities.



**A** - Group organisation.

**B** - Physical warm up or ball warm up. Stretching.

**C** - Skill warm up.

**D** - Skill development.

**E** - Modified game.

**F** - Concluding activity.

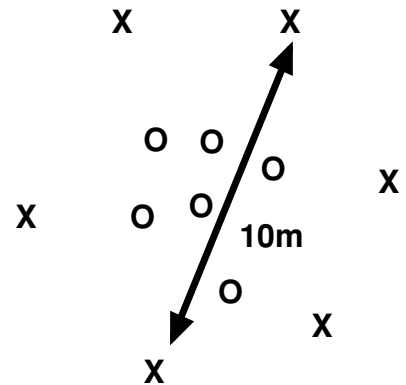
**SESSION 1**  
**ROOBALL - LEVEL 1**

# PUSHING AND TRAPPING

## WARM-UP

### 5 mins Circular Dodge

- Players on outside of circle aim to hit dodgers below the knee with the ball using an underarm roll.



## SKILL DEVELOPMENT

### PUSH PASS

- TIPS**
1. Non kicking foot placed to side of ball.
  2. Eyes watch the ball, body inclined forward slightly.
  3. The ball is pushed using inside of foot.
  4. Kicking foot follows through for accuracy.



### TRAPPING (INSTEP TRAP)

- TIPS**
1. Eyes on ball.
  2. Inside of foot contacts ball in front of body.
  3. Foot 'gives' with the ball.



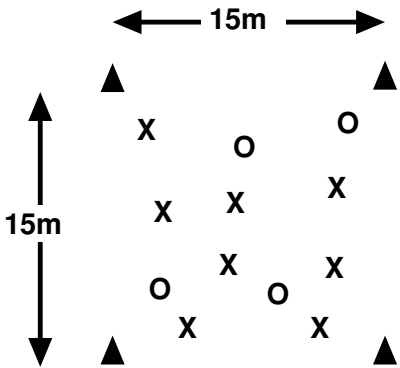
**SESSION 2**  
**ROOBALL - LEVEL 1**

# DRIBBLING

## WARM-UP

### 4 mins 'Tag'

- 4 taggers (O), 8 dodgers (X). Taggers use a two handed throw to tag the other players below the knees. Taggers cannot run with the ball but must pass between themselves to get in the best position to tag a runner. Players can move anywhere within the grid. 'Tagged' players swap with taggers.



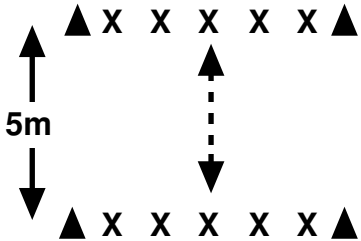
**Variation**

- Introduce 2 balls.

## SKILL DEVELOPMENT

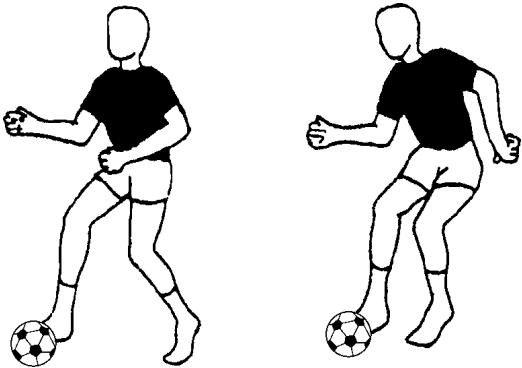
### 3 mins PUSH PASS REVISION

- Pairs passing (x 10 each).

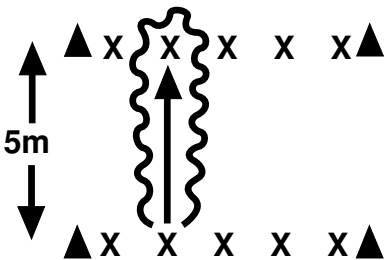


## DRIBBLING

- TIPS**
1. Keep the ball close to feet.
  2. Watch the ball closely.
  3. Take short steps.
  4. Use the inside/outside of foot to control ball.



- 5 mins**
- Using right foot dribble ball around partner and back. Push pass ball to return. Partner repeats (5 times each). Repeat using left foot (5 times each).



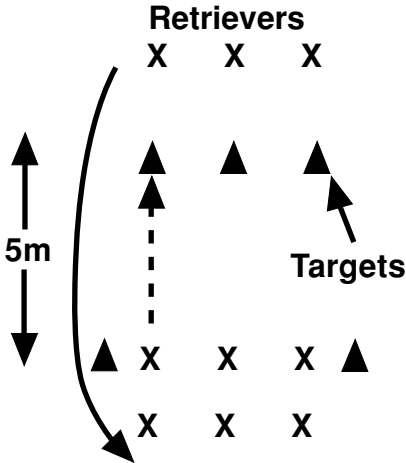
**SESSION 3**  
**ROOBALL - LEVEL 1**

# TRAPPING (SOLE TRAP)

## WARM-UP

### 5 mins Target Hitting

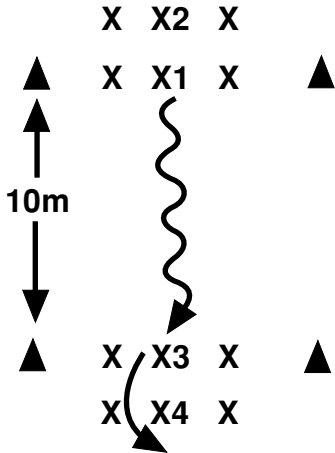
- Teams of 3
- Using the push pass players take turns trying to hit their target. Players retrieve their own ball or rotate retriever.
- The winning team is the first team to hit their target 10 times.
- Repeat above, increasing distance from target.



## SKILL DEVELOPMENT

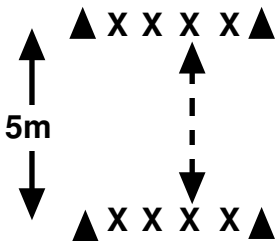
### DRIBBLING REVISION SHUTTLE DRIBBLE

- 5 mins** • X1 dribbles to X3 and runs to the end of the line. X3 dribbles to X2 and runs to end of line and so on.  
Competition.. First team twice through.



## TRAPPING (SOLE)

- TIPS**
1. Move toward the ball.
  2. Keep eyes on ball. Angle heel so ball rebounds off sole of foot down to ground.
  3. Foot absorbs shock/momentum of ball and brings it under control.

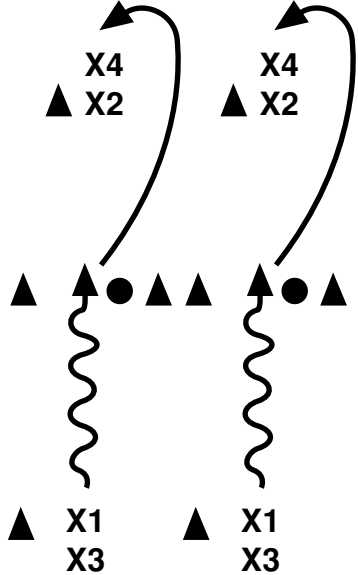


**SESSION 4**  
**ROOBALL - LEVEL 1**

# TRAPPING (THIGH/CHEST)

## WARM-UP

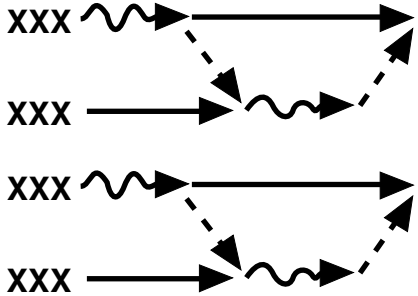
**5 mins** • Teams of four. X1 dribbles ball to middle, stops ball between markers and runs to opposite line. X2 runs out collects ball and dribbles to X3. X3 dribbles to middle, stops ball between markers and runs to opposite line. Continue in sequence until all players have been three times.



## SKILL DEVELOPMENT

### DRIBBLING AND TRAPPING REVISION

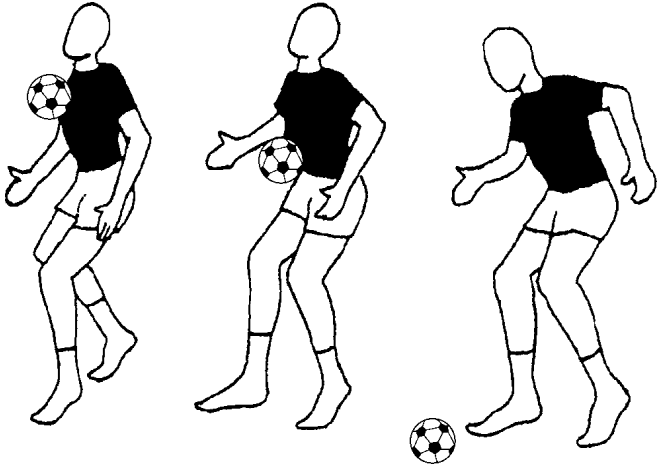
**4 mins** • In pairs, passing and dribbling down field.



### TRAPPING A BOUNCING BALL (THIGH/CHEST)

\* method used when ball is too high for foot to reach.

- TIPS**
1. Move toward ball. Position body in line of ball.
  2. Keep eyes on ball.
  3. As ball hits, the body 'gives' so the ball is brought under control to drop at player's feet.
  4. Bouncing ball is trapped by lower part of chest - bent slightly over ball.



SESSION 5  
ROOBALL - LEVEL 1

# THROW-IN

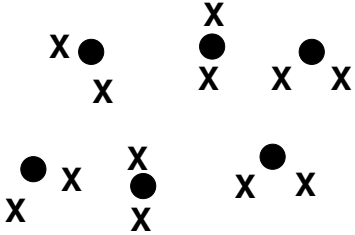
## WARM-UP

### 3 mins Pairs Juggling

- Partners attempt to keep the ball in the air juggling it on thighs, knees and both feet.

### 2 mins Keep-it-off

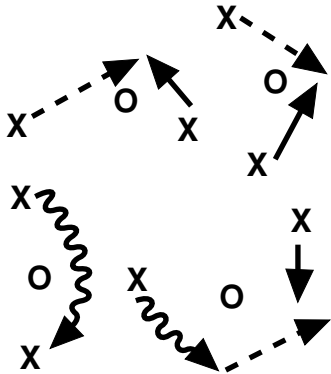
- Same pairs, players take turns trying to keep the ball off their partner (dribbling only).



## SKILL DEVELOPMENT

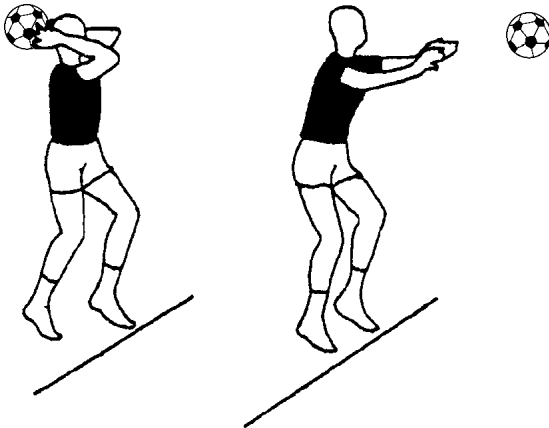
### PUSH PASSING REVISION

- 4 mins • 2 v 1 Keep-it-off. Two players attempt to keep ball off the opposing player. If successful, opposing player replaces last player to touch the ball.

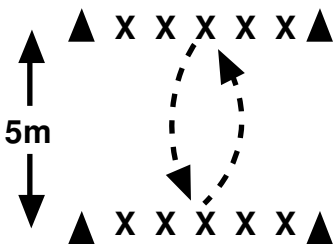


### THE THROW-IN

- TIPS**
1. Hold ball in both hands behind head.
  2. Step forward but not on or over sideline.
  3. Both feet must be on ground when ball is released.



- 4 mins • Throwing to partner, partner attempts to trap ball and push pass the return (x 5 each).



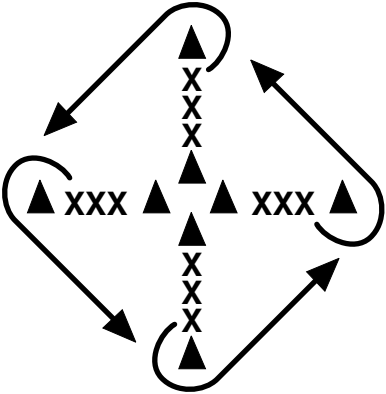
**SESSION 6**  
**ROOBALL - LEVEL 1**

# REVISION

## WARM-UP

### 5 mins Wheel Relay

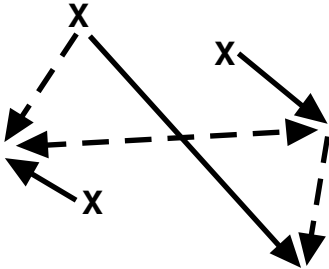
- Last player dribbles ball around end marker then around all other teams and back to next player in line. All players have two turns each.



## SKILL DEVELOPMENT

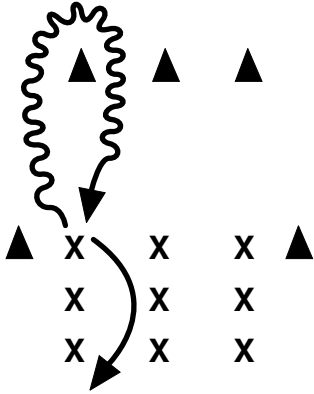
### 3 mins Passing

- Passing in 3's. Random passing in any direction to right and left, long and short.



### 3 mins Dribbling

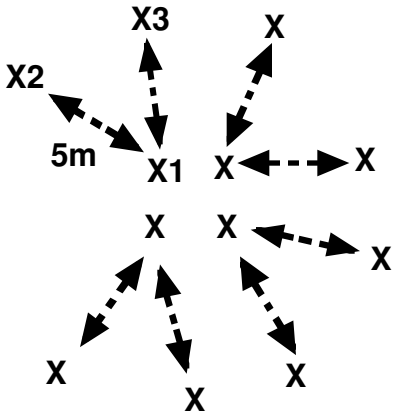
- In 3's, players take turns to dribble around marker, then return. Competition. First team 3 times through.



### 3 mins Throw and Trap

- Corner Spray formation, X1 throws ball to X2 who traps ball and push passes return. Repeat to X3. Change leader after 4 throws.

\* Depending on ability of players/distances, height and speed of throws and passes can be increased and varied as players' skill level improves.











## GAME

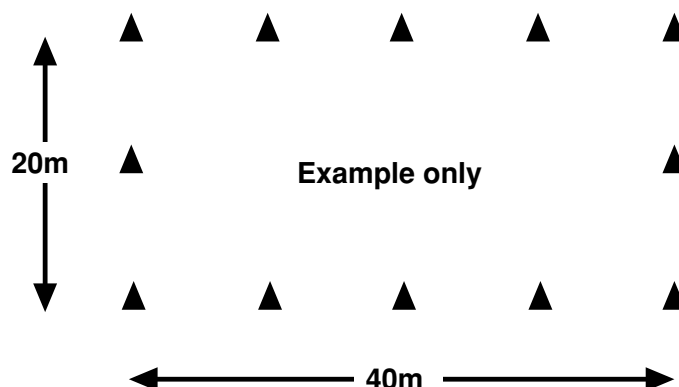
### 16 mins 6 v 6

- As for Session 5, but introduce positions - 2 attackers, 2 defenders, 2 midfielders. Rotate positions regularly.

# LESSON 1 : BALL CONTROL AND DRIBBLING

<b>Legend:</b> (for lessons 1 to 5 inclusive)		Path of ball without the player
		Path of player without the ball
		Path of player with the ball
		Cones / markers
		Player and opposing player
		Coach
		Goalkeeper
		Soccer ball

**ORGANISATION** The following set-up will be used throughout the lesson.

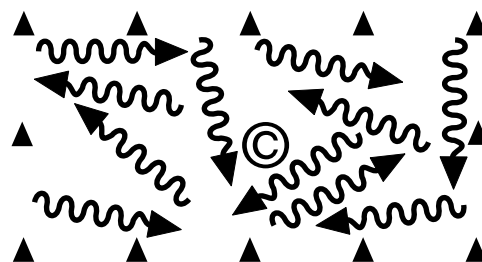


## 1. DRIBBLING.

- 1a) Each player has a ball and dribbles freely inside the marked area. When the whistle is blown, players must stop and place their foot on the ball. (Blow whistle 3 times)

### Teaching Points:

Players should run quickly and use quick, little touches. To avoid collisions, players should stop the ball if necessary.



- 1b) As with 1a), but players must sit on the ball with their hands in the air when the whistle is blown.

1c) As with 1a), but players respond to the whistle by pulling the ball with the sole of the boot, turning and dribbling.

1d) Players dribble freely around the area and, on the whistle, dribble to the nearest marker and stop. (Only one player per marker)

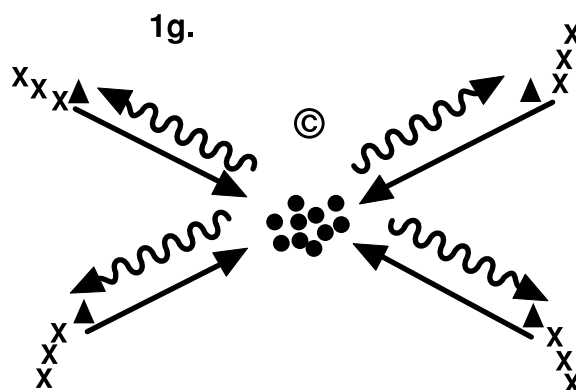
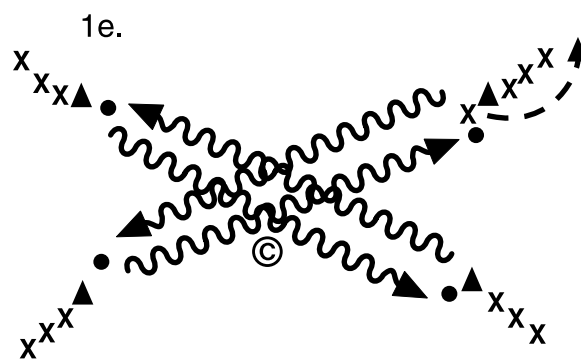
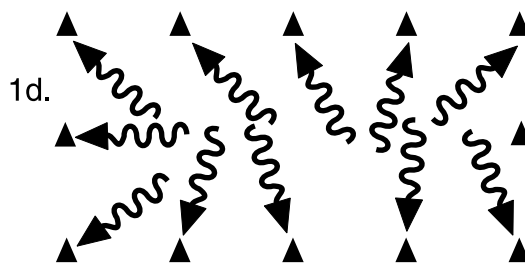
On the whistle, players then dribble across to the dome marker on the opposite side of the rectangle.

1e) One player from each of the four groups dribbles diagonally across the rectangle. Only when the first player has reached the other side can the next player leave.

1f) All players from each of the four groups dribble diagonally across the rectangle.

1g) On the whistle, one player from each group runs to the centre of the rectangle, obtains a ball and dribbles back to their respective corner. They keep doing this until all the balls have been removed. The team that has collected most balls is the winner.

1h) Try reversing the process. Players must return the balls back and stop them in the centre.



## 2. BALL CONTROL WITH THIGH. (“Juggling”)

### Teaching Points:

Players should lift their thigh to horizontal, simulating high knee marching and meet ball.

2a) Holding the ball close to the chest, players drop it on to the thigh of their dominant kicking leg and catch it as it bounces back up.

2b) As with 2a), players alternate between their left and right legs (left-catch, right-catch).

2c) As with 2b), players bounce the ball twice before catching it (left-right-catch).



## 3. BALL CONTROL WITH FEET. (“Juggling”)

### Teaching Points:

Players should use instep (laces) of shoe to juggle the ball.

3a) Holding the ball close to the chest, players drop it on to the foot of their dominant kicking leg and catch it as it bounces back up.



- 3b) As with 3a), players alternate between their left and right legs (left-catch, right-catch).
- 3c) As with 3b), players bounce the ball twice before catching it (left-right-catch).
- 3d) Players combine thighs and feet (right thigh, left thigh, kick and catch).

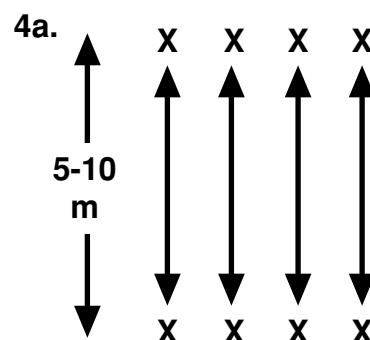
#### 4. KICKING.

##### Teaching Points:

Keeping eyes on the ball, players should point their toes to kick with their ‘shoe laces’.

Players should take a 2 step run up to kick the ball (stop - step back - run up and kick).

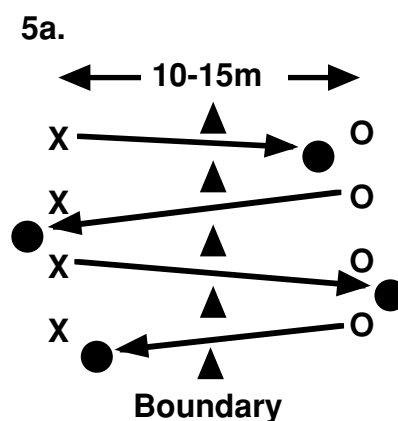
- 4a) In pairs, players pass and stop the ball.



#### 5. MINOR GAMES.

##### 5a) War Game (2 x 60 seconds)

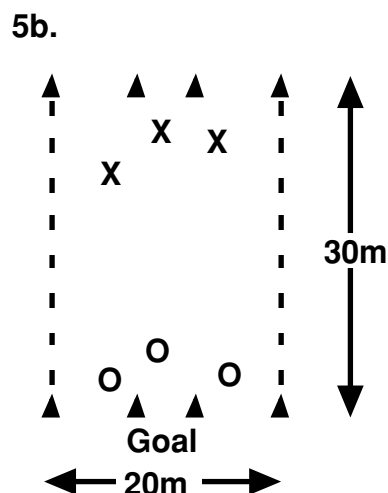
Players in 2 teams kick balls (bullets) into the opposing team’s territory continuously for 1 minute. Each ball kicked across the territory boundary is immediately kicked back. Players are not to cross the boundary. The winning team is the team with the least number of balls (bullets) in their territory at the end of each period. (Repeat)



##### 5b) 3 on 3 & 4 on 4

To start the game or restart the game after goals are scored, teams line up on their respective goal line between the witch's hats. One team kicks the ball to the other team and the game is ‘alive’. Teams score goals by dribbling the ball across the opponents goal line (between the dome markers).

There is no goalkeeper and there is no score if the markers are knocked over.



#### 6. Conclusion

- Explain the aims of a team during a game (ie. attack, defence, passing).
- Review the skills learnt in the lesson

## LESSON 2: DRIBBLING, HEADING & 'THROWING IN'

### 1. DRIBBLING. (See Lesson 1)

#### 1a) Kick Ball Away' (Tackling)

Each player has a ball and dribbles freely inside the marked area. Whilst concentrating on their own ball, they also try to kick the other players' ball away if they get too close.

#### 1b) On the whistle, players then dribble their ball to a dome marker.

#### 1c) When the whistle is blown, players dribble to and around another marker using the inside of the foot only.

#### 1d) When the whistle is blown, players dribble to and around another marker using the outside of the foot only.

### 2. BALL CONTROL WITH THIGH (Revision). (Juggling)

#### 2a) Holding the ball close to the chest, players drop it on to the thigh of their dominant kicking leg and catch it as it bounces back up.

#### 2b) As with 2a), players alternate between their left and right legs (left - catch, right - catch).

#### 2c) As with 2b), players bounce the ball twice before catching it (left - right - catch).



### 3. BALL CONTROL WITH FEET (Revision). (Juggling)

#### 3a) Holding the ball close to the chest, players drop it on to the foot of their dominant kicking leg and catch it as it bounces back up.

#### 3b) As with 3a), players alternate between their left and right legs (left - catch, right - catch).

#### 3c) As with 3b), players bounce the ball twice before catching it (left - right - catch).

#### 3d) Players combine thighs and feet (right thigh, left thigh, kick and catch)



### 4. HEADING.

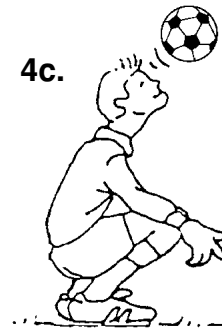
#### 4a) Players place the ball against their forehead. This is to demonstrate where the ball should be headed. The emphasis is on self-confidence.

#### 4b) Players throw the ball above their head and 'head' the ball up for a catch (throw - look - head - catch).

#### Teaching points:

**The ball must hit the forehead squarely and both eyes must be looking at the ball.**

- 4c) In pairs, players throw the ball underarm to their partners to head back for a catch.  
 4d) As with 4c), players attempt to head the ball by starting in a squat position and jumping towards the thrown ball.

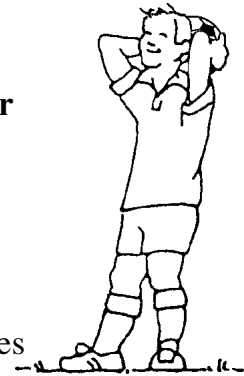


## 5. THROW-IN.

### Teaching points:

**Player's feet must both stay firmly on the ground and the ball should be held with 2 hands and touch the back of the neck prior to the throwing action.**

- 5a) Standing in pairs 5 metres apart, players throw the ball with 2 hands from behind their heads to their partners (step - throw). After every successful throw and catch, players take one step back.  
 5b) As with 5a), players attempt to throw and catch the ball as many times as possible in a 30 second period.

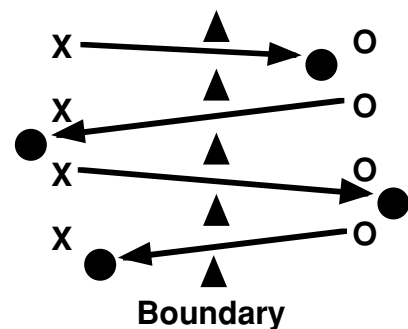


(Repeat)

## 6. MINOR GAME.

War Game (2 x 60 Seconds)

Players in 2 teams throw balls (bullets) as far as possible into the opposing team's territory. Players are not to cross the boundary. The winning team is the team with the least number of balls in their territory at the end of each period. (Emphasise correctness of throws.)



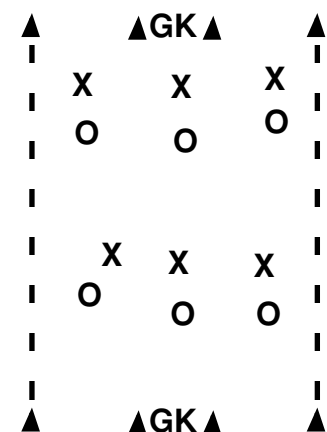
## 7. GAME OF ROOBALL. (teams of 6,7,8)

**Rules:** Explain 1)Throw in from sideline

2)Goal kick by keeper

3)Corner kick

- Goalkeeper is exchanged in both teams after a goal
- Goalkeeper to say "Team spread out!" before goal kick is taken.

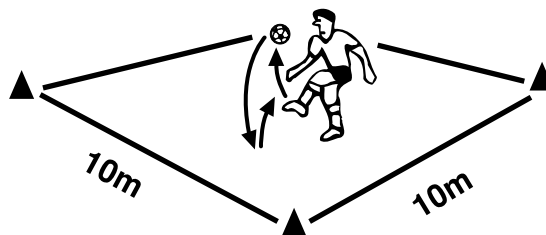


# LESSON 3: GOAL KEEPING & GOAL SHOOTING

## 1. BALL CONTROL.

### 1a) 'Keeping Up'

Players kick the ball up, let it bounce and then repeat the process (kick - bounce - kick).



## 2. DRIBBLING.

2a) In a stationary position, players tap the ball back and forwards with the inside of their feet.

**Teaching points:**

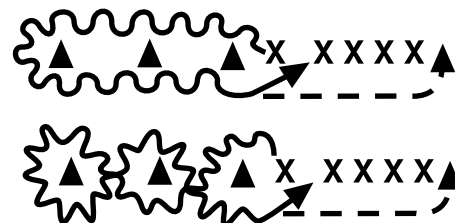
Players should 'bounce on their toes' and 'swing their legs sideways'.



2b) As with 2a), players move around.

2c) In groups of 4 or 5, players take turns to dribble the ball in a straight line around a set of dome markers.

2d) In groups of 4 or 5, players take turns to dribble the ball in and out of the dome markers.

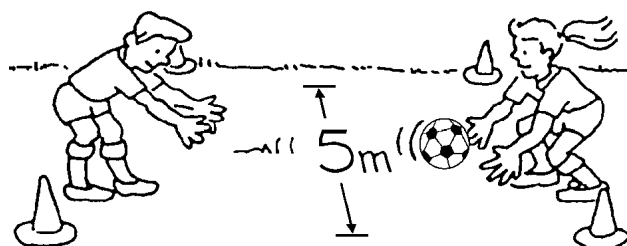


## 3. GOAL KEEPING.

3a) In pairs, players roll the ball underarm to their partners who 'scoop' the ball up with both hands.

**Teaching points:**

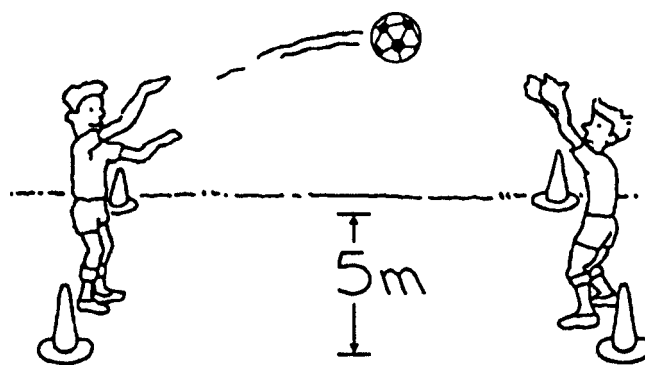
Players should 'get in line with the ball' and 'get their hands to the ball'.



3b) As with 3a), players throw the ball upwards for their partners to catch in mid-air.

3c) As with 3b), players kick the ball (from their hands) to their partners who attempt to catch the ball overhead or at least at chest height.

3d) As with 3c), players kick the ball (off the ground) to their partner, who is the goalkeeper.



#### 4. GOAL KEEPING & GOAL SHOOTING.

##### Teaching points:

Players should ‘point their toes’ when kicking the ball to make contact with shoe laces. Players should ‘step close to the ball’ and ‘kick as hard as possible’.

4a) In groups of 4 or 5, players take turns to dribble the ball in and out of the dome markers and then ‘shoot for goal’. After every turn, the goal shooter becomes the goalkeeper and the goalkeeper joins the end of the line, after collecting shooter’s ball.

##### 1. Dribble



##### 2. Shoot for goal



##### 3. Change with GK



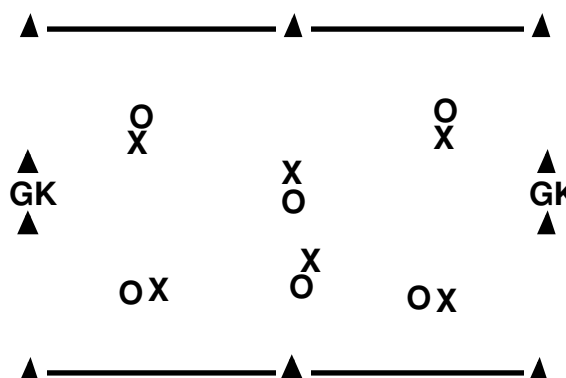
#### 5. MINOR GAME.

##### 6 on 6/7 on 7

Teams of 6 or 7 contest a modified game of soccer. The new key rules are:

- At the kick off (at the start of the game or after a goal has been scored) each team must be in their own half of the field.

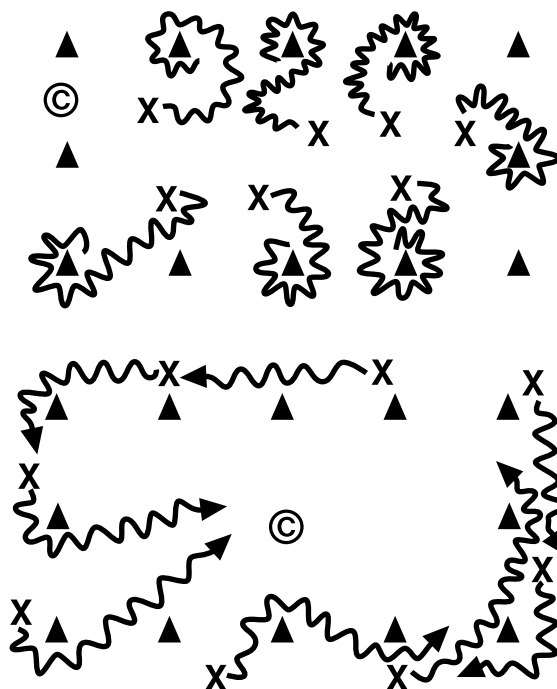
- Introduce position play for the first time. Each team has ‘defenders’ and ‘attackers’.



# LESSON 4: ADVANCED DRIBBLING, GOAL KEEPING AND GOAL SHOOTING

## 1. DRIBBLING UNOPPOSED.

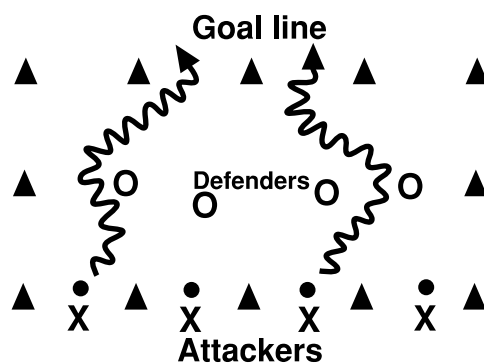
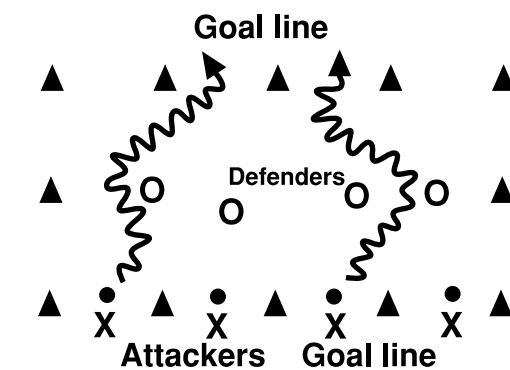
- 1a) Each player has a ball and dribbles freely inside the marked area. When the whistle blows, players find a marker and dribble around it using the inside of the feet.
- 1b) As with 1a), using the outside of the feet.
- 1c) Players dribble around the perimeter of the rectangle. When the whistle is blown, players change direction and/or dribble towards the centre of the area and/or dribble in and out of the markers.



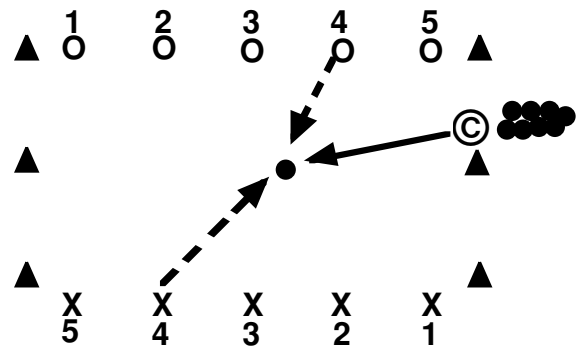
## 2. OPPOSED DRIBBLING.

**Teaching points:**  
**Change direction and speed to unbalance opponent, always accelerate as you go past opponent.**

- 2a) 1-on-1, the attacker attempts to dribble past the defender and stop the ball on the defender's 'goal line'. If successful, the attacker scores a point. If the defender dispossesses the attacker, he/she can score in the same way.
- 2b) Attackers line up on the perimeter of the rectangle and attempt to dribble the ball to the other side without being tackled by the defenders positioned in the centre. Attackers become defenders if they are dispossessed. Eventually there will be only 1 attacker left. Repeat the process with 4 different starting defenders.



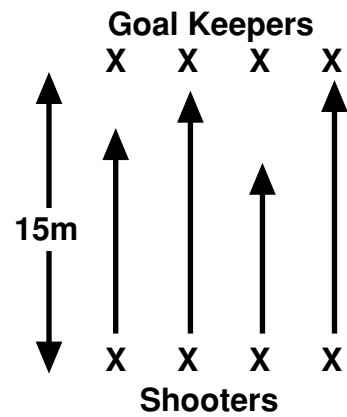
2c) 2 teams of players line up facing opposite each other. Each player is given a number which corresponds to a number given to a player on the other team. When their number is called, players must contest the ball and attempt to dribble it over their own 'goal line'.



This drill can be adapted for 2-on-2 or 3-on-3 plays.

### 3. GOAL KEEPING & GOAL SHOOTING.

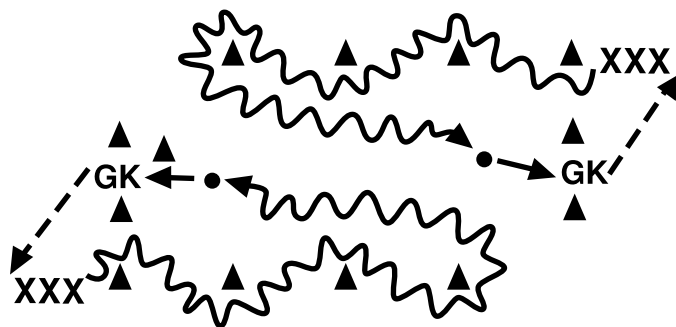
3a) 2 teams of players line up facing opposite each other. One team acts as goalkeepers and the other as shooters. On the whistle, the shooters kick the ball to try and penetrate the wall of goalkeepers. The team with the most goals wins.



**Teaching points:**

**Players should look at the goal before shooting. Players should 'point their toes' to hit the ball with their 'shoe laces' and lean their body over the ball during the kicking action.**

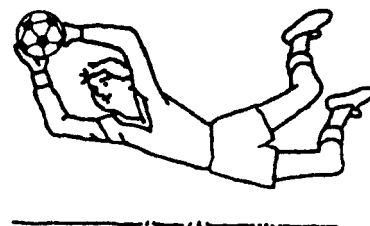
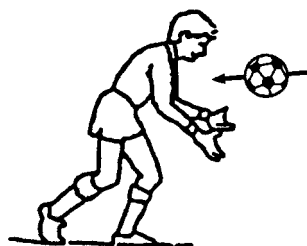
3b) In relays, players dribble the ball in and out of the dome markers and then shoot for goal. After every turn, one of the attackers becomes the goalkeeper who takes the attacker's place at the end of the line, after collecting the attacker's ball. Note the different grid formation.



## 4. GOALKEEPING.

4a) Good goalkeeping wins matches. A goalie has to make four types of save: high, low, medium and diving. Look at the technique pictures and hints.

1. To catch a high ball, jump off one foot and lift one knee up for balance. Place your hands behind the ball with your thumbs close together, forming a 'W' shape. Bring the ball down (quickly) to your chest.
2. To field a ball along the ground, go down on one knee and face the oncoming ball. Place your hands behind the ball and scoop it up to your chest.
3. To catch a ball at waist or chest height, move quickly behind the ball. Catch the ball, bringing your shoulders down to cushion and protect the ball.
4. When diving for a wide ball, extend your body sideways rapidly. Cushion your fall with your body and arms, but be careful not to release the ball.

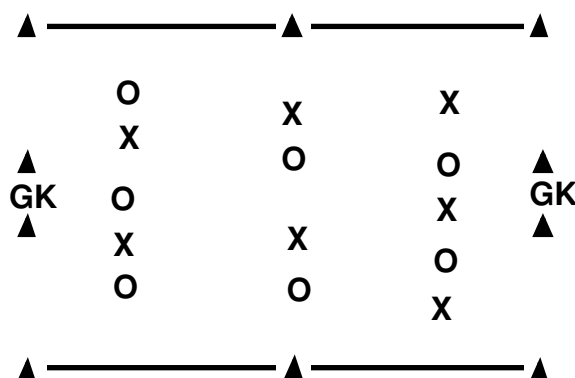


## 5. MINOR GAME.

### 7-on-7

Teams of 7 contest a modified game of soccer. The new key rules are:

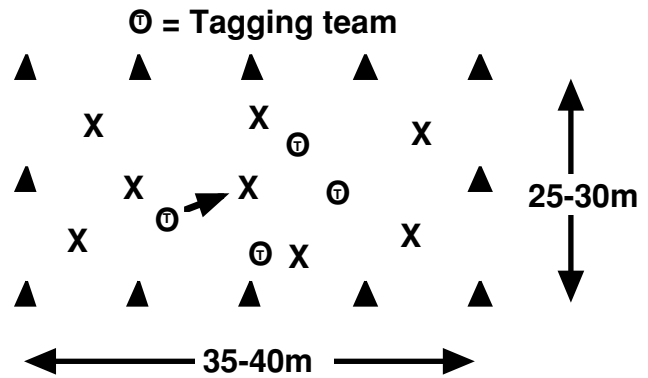
- Only 1 player at a time can tackle an opponent.
- Players must play to their positions.
- Players have to 'spread out' before the goal kick is taken.



# LESSON 5: PASSING AND POSITION PLAY

## 1. TAGGING - GAME.

- 1a) Teams of 4, with 1 ball between them, attempt to tag players below the knees using a 2 handed soccer throw-in. Taggers cannot move when in possession of the ball but are free to manoeuvre into a tagging position otherwise. Non-tagging players can move at will in the marked area. Tagged players swap with their taggers. Alternatively, tagged players can join the taggers.

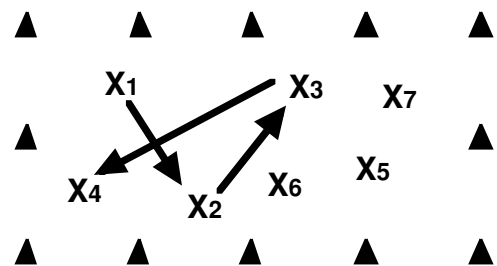


### Teaching points:

**Taggers should work as a team and communicate with each other to tag the other players.**

## 2. PASSING.

- 2a) Players from both teams are given a number. Moving freely inside the playing area, players from the 'attacking' teams must pass and receive the ball in a given sequence (eg, 1 to 2, 2 to 3, 3 to 4). The last player in the sequence returns the ball to the lead off player. No running with the ball.

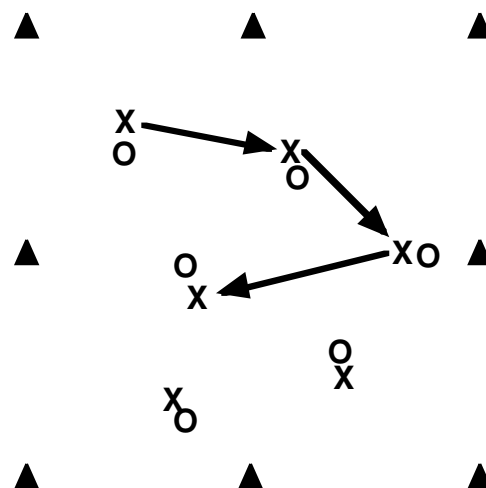


### Teaching points:

**When it is the player's turn to receive the ball, they should call for the pass and run towards the player with the ball. After receiving the pass, they should move into open space.**

2b) Using the full playing area, one team attempts to pass the ball as many times as possible within a certain period of time. The other team tries to intercept the passes. (Target - 10 consecutive passes)

2c) As with 2b), teams pass the ball using the inside of their feet. (Target - 5 consecutive passes)



### 3. DRIBBLING & PASSING.

3a) In relays, players 'close' dribble the ball to opposite group.

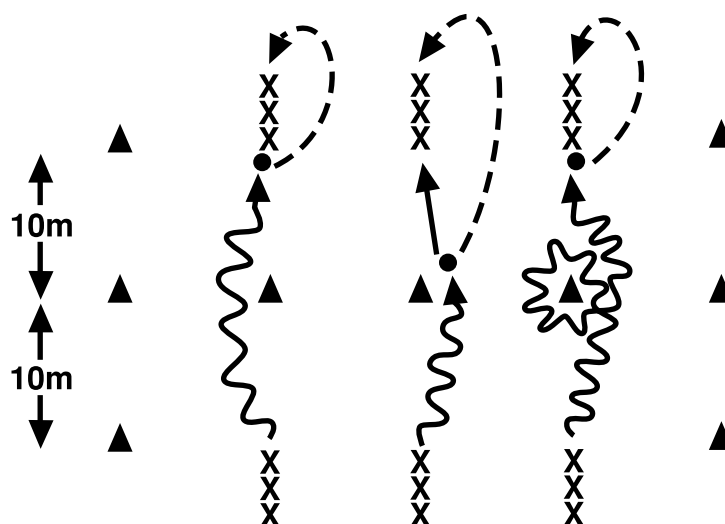
3b) In relays, players 'close' dribble the ball to the half way point and then push pass the ball to the next player.

#### Teaching Points:

Players should pass the ball on the run - they should not stop. Players should look at their target before they pass.

3c) As with 3b), players must dribble the ball around the half way marker - with the inside of their feet - before passing.

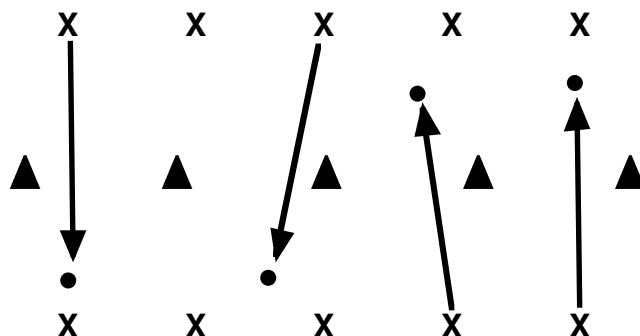
3d) As with 3c), players must dribble the ball around the half way marker - with the outside of their feet - before passing.



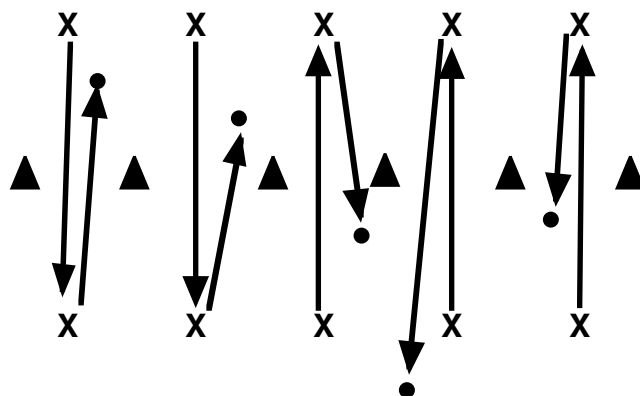
#### 4. MINOR GAMES.

##### War Games (60 seconds per game)

- 4a) Facing each other in a line, players from both teams throw up the ball to themselves and head it as far as they can into 'enemy territory'. The team with the least number of balls in their territory wins.



- 4b) Using the same alignment, players gently throw the ball to their opposite partner who attempts to head the ball back as powerfully as possible. Points are scored if the ball is headed past the defensive line.



#### 5. GAME OF ROOBALL.

6-on-6/7-on-7

Teams of 6 or 7 contest a modified game of soccer. The key rules are:

- When the ball goes out, there is a 'throw-in' from the sideline.
- There is a goalkeeper for each team.
- When the ball is forced over the goal line, wide of the goal posts, by an attacker, the goalkeeper takes a goal kick.
- When the ball is forced over the goal line, wide of the goal posts, by a defender, the attacking team takes a corner kick.
- Goalkeepers change after every score.
- Goalkeepers must say "team move forward" before taking the goal kick.

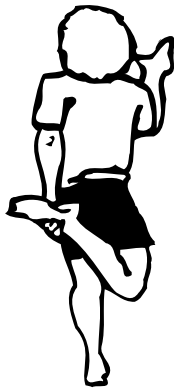
# PHYSICAL WARM UP

**Jogging** eg. Forward , backward and sideways. Include eg. knees up, knee slap, heel slap, jump to head. touch ground left then right etc. Age dependant.

**Stretches** Exercises in pairs.

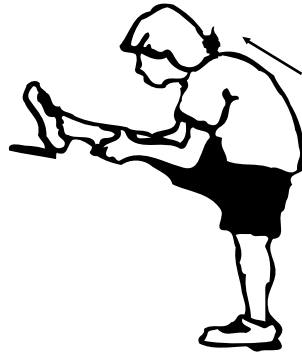
**(1) Calves.** Arms held out to partners shoulders for support. Left leg to rear. Heel on ground toes pointing forward. Hold for 10 secs. Change legs.

**(2) Quadriceps.**



Opposite hand holds foot of flexed leg. Knee and pelvis point forward. Back straight and hip extended. Change legs.

**(3) Hamstring.**



Keep back straight. Knee is preferably straight. Feet and pelvis point forward. Change legs.

**(4) Groin.**



Back straight. Use elbows to gently push knees to ground.

Stretching should be done as a matter of routine.

# **BA L L WARM-UP**

Every session should begin with one of these.

## **One Touch return - Pairs.**

This has been found to be a very effective routine, yet it is very simple. Excellent to get touch and timing before training or before a game.

Player A has 1 ball and stands 1 metre away opposite player B.

A throws easy ball to B's head and B heads it straight back to A's hands. B must be on his toes in order to adjust to each throw. Repeat 10 to 15 times.

Repeat with B alternating return using L and R shoulder, L and R thighs, sidefoot volleys, instep volleys. It takes 4-5 minutes to complete all these. B then serves the ball to A.

## **One metre 1 touch/one metre 2 touch - Pairs**

Basic pass using inside foot. The short distance forces players to be on their toes and encourages them to relax and react instinctively.

Next, two touch. With two touch impose conditions that L foot must control ball so that pass can be made with R foot, and vice versa, then change to outside foot control and pass with same foot.

## **Keep it up one bounce - up to 3-7 players (including coach)**

Players form rough circle. Ball must only bounce once after a touch. Players must communicate and keep on toes, be ready to support player receiving a difficult ball. Players can have as many touches as they like and should be encouraged to get it under control before laying it off.

New players can be added to this as they arrive at beginning of session.

No bounce. Players are ready for this if they can regularly get 50 possessions with only 1 bounce in between.

## **Coerver**

Here are a few basic "fast feet" exercises. Use 10 x 10 grid.

- Toe tapping • Soling • Combination of these eg. toe tap and sole, toe tap and drawback.
- Dribbling using all parts of both feet • Juggling • Turns: Cruyff, Beckenbauer, Van Basten, Litbarski.

These turns can be learned in about one hour. Come to a preseason session and observe how it's done.

# GAMES

- (1) **CJ's** Easy jog in grid with ball. On command players make groups of X. The player(s) left out do rollovers, press-ups etc.
- (2) **Relays**
- Dribble to line and back.
  - Dribble to line, slice up with toes, catch and return.
  - Dribble to line, throw ball in air and trap, return.
  - Dribble to line, perform 3 juggles, return.
- (3) **Musical Chairs**
- 14 players in grid / 12 balls.
- Balls scattered randomly around grid. Players jog - on whistle they have to secure a ball and begin toe-tapping. Two losing players practice passing on side. 2 more balls removed and game continues.
- (4) **Foxes**
- Players Dribble in grid. 2 players without a ball are introduced. They have to kick ball(s) out of area. Players learn to shield and turn. Limited time fox can hassle any one player (say 5 secs). Again losing players practice on sideline. Use goalkeeper as fox. He/she has to secure ball with hands.
- (5) **Leap Frog**
- In teams of 2 or more. Vary by having backmarker crawl through legs. Players learn the spring action required of this game. Undue weight of force on a players back should be avoided.
- (6) **Sprints**
- ONLY AFTER STRETCHING.** Age / time dependant
- Snakes - Backmarker zig zags between teammates to front of queue. Next player runs.
  - Shuttle runs to cones. Circuit training examples are included and are age dependant.

## PASSING / CONTROL

### Two Touch returns 5 metres - Pairs.

A and B are 5 metres apart. A passes to B on ground, B controls with inside R foot, passes return with L. A does same. Repeat for 1 minute, then change to control with inside L return with R.

Next B controls with outside R and returns with R. Repeat 1 minute and change feet.

### Two Touch return 1 metre - Pairs - double header, thigh volley, chest volley, instep volley.

Player A has ball and stands 1 metre away opposite player B.

A throws easy ball to B's head and B controls it with his head by knocking it up into the air, then heads it again straight back to A's hands. 10 -15 repetitions. A and B change roles.

Repeat with B controlling with thigh and volleying return.

Repeat with chest control and volley return.

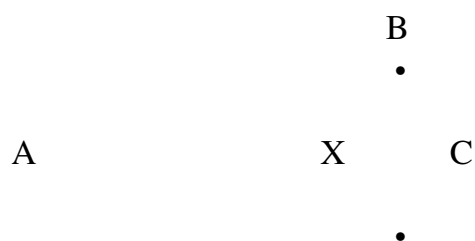
Repeat with instep control and volley return.

Repeat on the move with B running backwards, then sideways.

**VARIATION: Groups of three.** A feeds B who heads, chest volleys etc to C, who throws to A, and so on.

### One / two touch return with shuttle runs and static defender.

Players A, B and C stand as in diagram. (The dots are cones.) A has ball about 5 metres from C. Cones are about 2 metres either side of the line from A to C. C is a passive defender and does not move.



A passes the ball on ground towards C. B must intercept the ball, return it to A using one or two touch on coaches instructions, and go around the opposite cone. As soon as B reaches opposite cone A again feeds the ball and B again intercepts and returns the ball. Use 10 or 15 repetitions per player depending on fitness of players.

B (who should need a rest) then changes places with C, and C changes with A.

VARY by having C move in to position X as a passive defender. A then throws the ball over C's head and B has to head the return by jumping behind the defender without fouling him.

VARY by positioning A about 3 metres from C. A feeds ball with easy lob throw B must return 1 touch volley. Repeat using thigh volley, chest volley, 2 touch with feet etc.

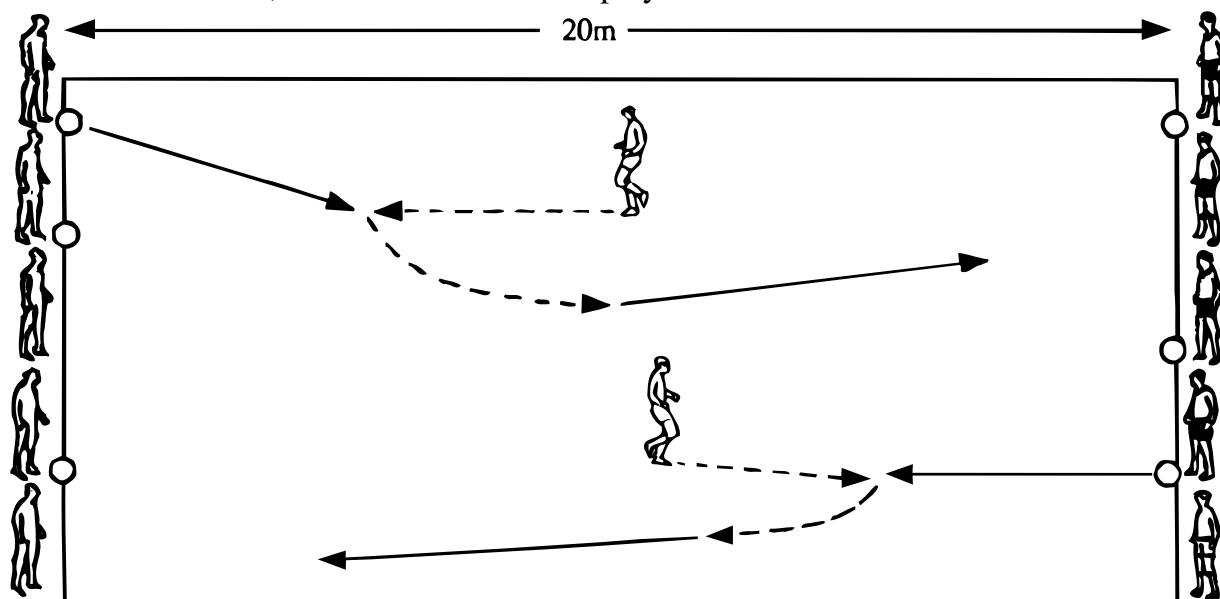
### **Control - Turn - Pass 6 Players / 2 Balls**

Players A, B, C and D stand at corners of rectangular grid 15x20 metres with players E and F in the middle. For more players, set up additional grids. Players at corners play balls to players in middle who must control and turn and return to player at other end of grid. Example below shows 12 players.

See DRIBBLING for some **Turns** that can be used in this drill.

### **Control - Turn - Pass 12 Players / 6 Balls**

Five player stand on each line facing each other and 20 metres apart. Three players on each side have a ball; two do not. Two extra players stand in the middle.

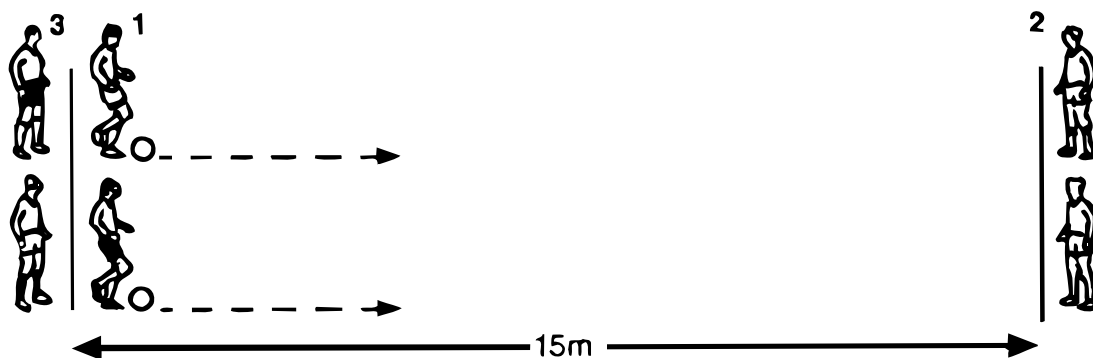


The two Players in the middle move towards a player with the ball and demand a pass. When one of these central players receives the ball, he turns and passes to a player on the opposite side who does not have a ball. He then demands a pass from another player and turns to repeat the exercise.

Players must learn to keep their heads up to find the spare player. Work for 30 seconds and change.

## Passing Control

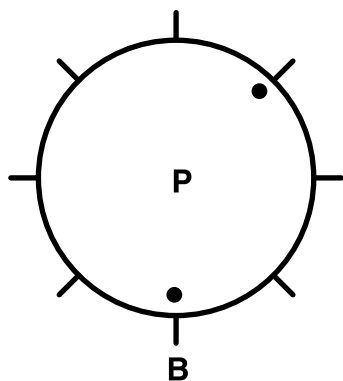
Two players face one player, 15 metres away. Player (1) passes the ball along the ground and follows the ball to the opposite side, whilst player (2) controls it and passes it to player (3)



### Variations

- 1 The passer can run quickly to player (2) to test his control.
- 2 Use longer distances for lofted or driven passes.

### Man in middle 2 balls - 8 players



Player in middle is fed 1st ball. He controls **turns** and passes to another player. Player B then passes ball immediately the middleman has released the first ball. Limit time in the middle to say 45 secs if players are working hard.

### Build-up

- Start with passes to feet, then 1m to sides, then lofted.
- Players on circle move in closer. Balls are then lobbed for double header, chest, thigh or foot volley return.

### Turns that can be used include

Cruyff, Beckenbaur, Stepovers, Puskas, Flick etc.

### Coaching points

Calling early to give middleman time to react.  
Angle to receive.

### Further Build-up

2 players in middle or add passive defender.

## **Large circle - 10-16 players, 5-8 balls**

Variation of previous drill. Five to 8 players form a large circle 10-12 metres in diameter. All players on circle have a ball. The other half of the group are inside the circle. Outside players feed those inside with easy balls. Players inside must return ball to player on outside and then move to another feeder. After 90 seconds maximum, the players on outside go inside.

Repeat using one touch headers, volleys, thigh volleys, chest volleys, double headers.

## **Chipping**

Players are in pairs, one ball each pair, 20-25 metres apart. A chips to B on the full. B must control in the air and chip back to A.

For **groups of three**, player C can stand in the middle and A and B have to bend their chip around and over C. See diagram below.

Add difficulty by (1) using weak foot (2) bending the chip with the outside of the foot.

## **One / Two Touch - coach feeds ball**

Players form single queue and wait on a cone. Position cone so that players have to move 2 or 3 metres to receive ball. Coach has all balls outside 6 yard box on left or right of goal. Coach feeds ball to space in front of player. Player must play ball into net aiming for cones (no power shooting). (If you do not have a net, use a player as a receiver. Receiver takes ball back to queue and, after executing, ball player replaces receiver.)

VARY by the type of ball given by coach, by distance (start close in) and by conditions on the type of controlling or striking technique players are instructed to use: eg (1) ball on ground (2) ball on full to player (3) lob ball which bounces before reaching player (4) player must use backspin to control ball on ground (5) double headers (6) one touch glancing headers.

## **Three players, 1 ball**

C passes to A who chips over C, to B. B controls the ball then chips over C and so on. Each chipper is aiming for a short chip with a lot of backspin. Change middleman.

A                      •C                      B

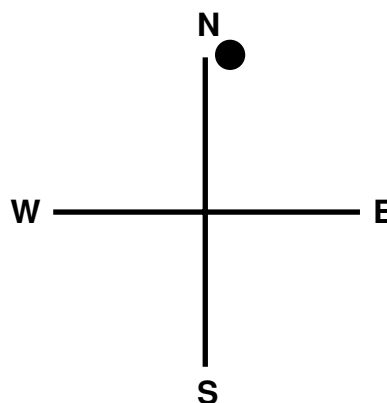


## Compass Formation:



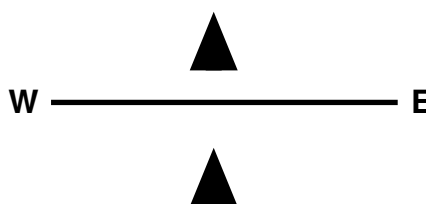
- Players line up at north and south poles.
- Pass and change. Pass and run to rear.
  - **Build up** - From two touch to one touch.

- **Build up** - Add stations W and E. Make competitive. 2 balls. Run to rear and sprint to next compass point in a clockwise direction.



### Build up

- Add "gate" to improve accuracy.
- Players serve for head, chest, thigh or foot with a volleyed return. Make competitive. On the move.

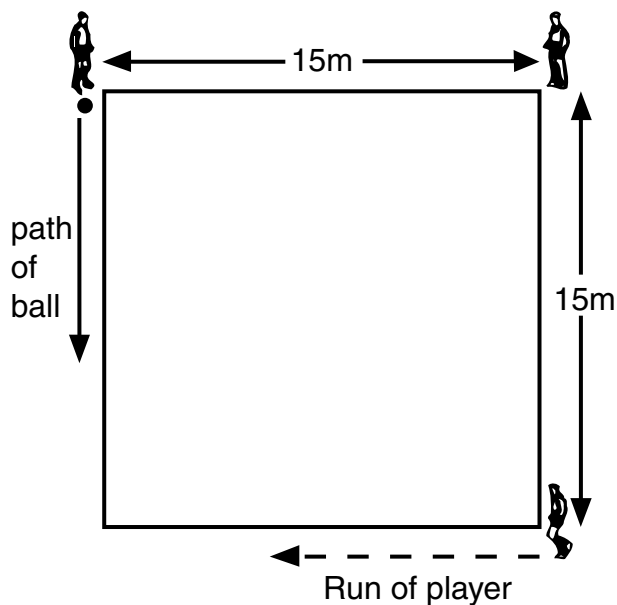


## Coaching Tips

If running to rear - run backwards or side on to watch the ball.  
Ball played to feet initially.  
Judge the weight of pass - better to drop in short than overstrike.  
Accuracy before power. Attack the ball whenever possible.  
Hit thru' centre of ball with inside of foot for accuracy.

## Empty cone drill

An area of 15 square metres is required. One player is positioned at three of the corners, leaving one corner free.



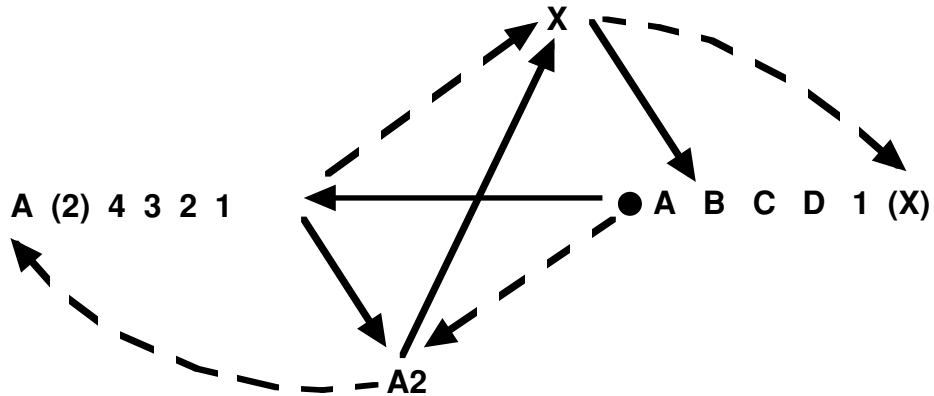
The player in possession of the ball passes it on the ground into the “free” corner. The player nearest makes a run to the corner and collects the pass. He turns and passes to the space he has left and the next man runs into the space to collect the pass and so on.

### Variations

- 1) go round the other way,
- 2) play two-touch to encourage better body position to turn and pass.

# WALL PASSING

(1) A Passes to 1 and moves to position A2 to receive return from 1. Player 1 also moves to position X to receive wall pass from A2. X passes to next in line (B) and goes to rear. Similarly with A2.



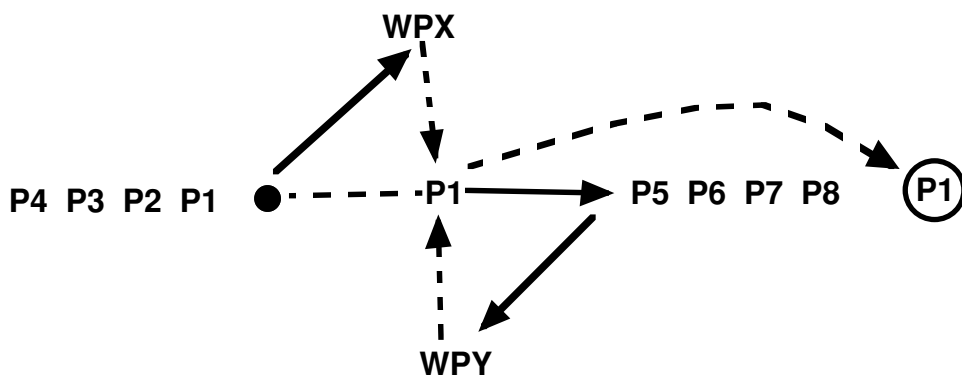
## Coaching points.

Correct body angle to receive and pass. Player should slow down at point of control to avoid over running the ball.

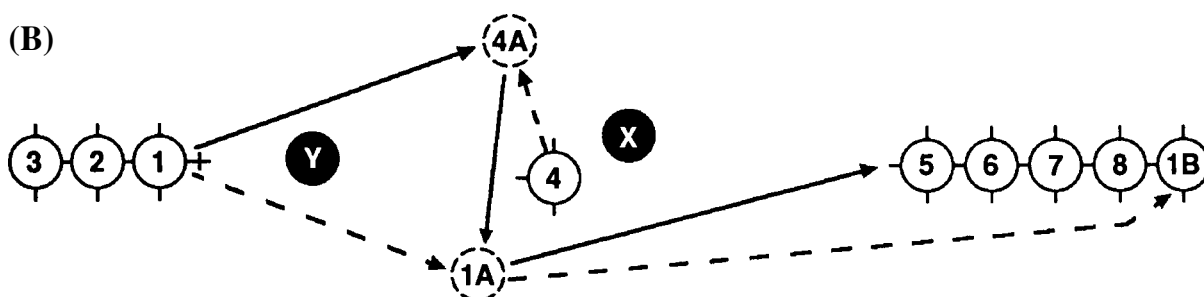
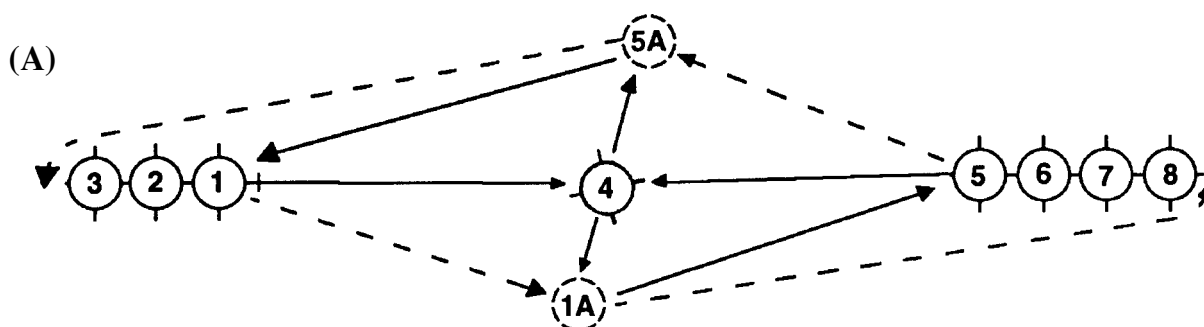
(2) PI passes to WPx who wall passes a one touch return in his/her path. PI one touches to P5 and runs to rear. P5 passes to WPy who one touches a wall pass into his path — and so on. Age dependant but worthwhile routines.

**Build Up.** Use 2 balls. After each wall pass WPx and WPy swap sides. After WPx hits wall pass PI performs Litbarski step on move allowing WPx to run behind and pass the ball to P5(then goes to rear) PI then occupies position of wall passer. etc

**Demonstrations can easily be arranged.**



**WALL PASS EXERCISE: AGES (10 - 16)**



**PLAYERS:** Any number of players between five and nine. Not suitable for less than five, because of work rate; and if having more than nine you should form two practices. Two lines of players about thirty yards apart with a player in the middle. Ball played to centre player, who returns the ball.

**AIM:** For players to learn to play a one-two, wall, or give and go pass.

**NOTES:** Player 1 plays a good ball into player 4, who plays the return ball first time, back in his path (1 A), where he controls it, plays a pass into 5, and runs to the back of the queue. Player 5 then plays the ball to 4, who then plays it back in his path (5A), where he controls it, plays it to 2, (who is now head of the queue) and runs to the back of the queue.

**N.B.:** Points to watch are that player 1 does not run the ball, but plays it quickly, accurately to the feet of 4, then he runs quickly, but eases off at the point of control (1A), till he controls it and plays it in to 5, then he sprints quickly to end of queue.

**(B)**..... This is the same except that two passive defenders are positioned to force player 4 to make an angle and also be conscious of a player behind him. They can then reverse roles when player 5 plays the ball in.

# DRIBBLING

## Inside/Outside cones.

Use rows of cones about 1.5 metres (2 paces) apart as in diagram.



Players use inside R to go around first cone, inside of L to go around next cone and so on. Repeat using outside of feet. Repeat using inside and outside of same foot, then change foot. Do not make it a race, let players concentrate on developing the skill.

## Signal dribbling

This one improves vision by forcing players to look up while dribbling. Two or three groups of players depending on how many balls you have. One group of players have a ball each. Starting from half way players must dribble towards coach who signals with his hand left or right. Players must immediately change direction to the L or R when coach signals. Coach gives signals intermittently as players approach.

Players who did not have a ball then replace players who have dribbled balls to coach. Players who are waiting for their turn can be assigned to a dribbling player to count how many times he or she looks down. They report this to the player who can try to lower the number on next trial.

## COERVER ROUTINES

These are some of the basic exercises devised by Dutch coach Weil Coerver. They are arranged in the order they should be done. There are a lot more of these excellent routines. More information is available on request.

For most of these exercises use a cone shuttle course with two rows of cones 15-20 metres apart as in diagram. (The dot represents a cone.) Players dribble to the opposite cone. Start off letting them look at the ball, but after a few trials ask them to try to look at the cone to which they are heading.



For drills involving changes of direction have players coming towards each other from opposite cones. Each has to change direction to their own L or R, timing the move to avoid the oncoming player.

### **Chaplins** (Toe tapping)

Player A uses inside of feet alternating one touch each foot. Ball goes from foot to foot. Start static then go forward, then backwards.

### **Inside/outside**

A dribbles towards cone using inside and outside alternately of L foot only. Repeat using R foot.

A dribbles using alternately outside of L and R foot only. This can only be achieved with a fair bit of body swerve to get onto the outside of the opposite foot each time.

A pushes ball with inside L foot to right then with outside R foot to right. Repeats moving ball to left and changing feet.

### **Cut** (Matthews)

A dribbles toward cone using inside of R foot then changes direction by cutting ball sharply away to the right using the outside of R foot. A continues to cone using outside of R foot. Repeat changing feet.

### **Chop**

A dribbles toward cone alternating inside outside R foot, he then changes direction by chopping the ball sharply at right angles to the left using the instep of his R foot. He continues toward the cone using the inside/outside of the L foot then chops with that foot.

### **Left sole/Right sole**

A moves in direction of cone and “soling” the ball. The inside edge of the sole contacts ball first and the studs of the R boot drag across the top of ball rolling it forward. A stops ball with inside of L foot, and repeats to cone. A then returns to first cone soling with other foot.

### **Push push sole**

A pushes the ball forward with inside of R foot then using sole of R foot rolls the sole diagonally across ball so that it goes onto A's left side. A then pushes the ball forward twice with inside L foot before soling it back to R side. Next replace the push-push with two chaplins.

### **Scissors and cut** (Van Basten)

A dribbles toward cone using outside of R foot then drags R foot from the L side of ball over the top of ball, without touching it, landing the R foot on the R side of the ball. A then cuts to the left using the outside L foot.

### **Stepover and cut** (Rivelino)

A dribbles toward cone using inside of R foot then steps over ball with R foot, landing the R foot on the L side of the ball. A then cuts to the right using the outside R foot. By cutting more sharply A can use this to change direction 180 degrees back in the direction he came from. (**stepover-turn**)

### **Stop and go** (Zico)

A dribbles toward cone using inside of feet then places sole on ball as if to commence a drag-back but then pushes ball forward with same foot and continues to cone. Change feet.

### **Stop, stepover and 180** (Litbarski)

A dribbles toward cone, stops ball dead with R foot by light touch on top of ball, then in same motion steps over ball with R foot, then steps over ball backwards with other foot completing a 180 turn, and is ready to dribble in reverse direction and repeat move.

### **Dragback and push** (Puskas)

A drags ball back towards body with sole, then pushes away at 90 degrees with inside of same foot. Repeat 3 more times completing a 360 rotation. Change feet. Repeat pushing away with outside foot.

### **Moonwalk backwards**

A drags ball back using R sole then pushes ball across with inside of R foot to a position just behind the L foot. The L foot then drags back and pushes ball back to R foot. This is difficult at first as it requires players to alternate the balancing foot on each sequence.

## **TURNS**

The “Two in the middle” four man grid is a good formation for these. ‘These can also be done using groups of three, ie A passes to B who receives and executes turn and releases to C who feeds B again and so on.

### **Turns (1) Basic inside foot 180 turn**

A passes to B. As ball reaches him B positions himself to receive on L foot and turns through 90 degrees to his left letting ball pass in front of his body and controls with inside L foot taking pace off ball. A completes 180 degrees balancing on L foot and ends in a position to play ball with R foot. From this position he can either (1) play with R foot, or (2) step over or fake with R foot to create a dummy move.

## (2) Cruyff turn

A receives ball allowing it to pass across body onto R foot, then flicks to the left behind L leg with inside of R foot. From a static position A can drag back with R and then flick behind L leg to execute this move.

## Turns (3) Stepmover drag-back 360

A dribbles toward cone then steps over with R foot landing on L side of ball. A spins anticlockwise on R foot and drags ball back with L sole. In one motion transferring to L foot as balancing foot A completes a 360 spin ending up facing the first direction with the ball at his feet and continues towards cone. Variation - Stop and go drag back 360 A dribbles towards cone but stops ball with R sole as if for dragback, but then steps over completing drag back and 360 as above.

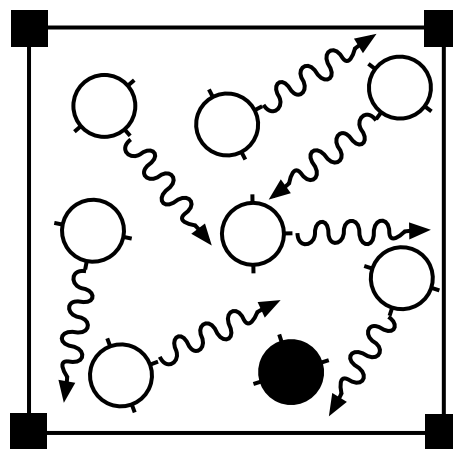
## DRIBBLING IN A SQUARE

7yr - 17yrs.

Incorporate Coerver skills and turns.

AREA: Seven to ten yard square.

PLAYERS: Eight to twelve.



## **PURPOSE:**

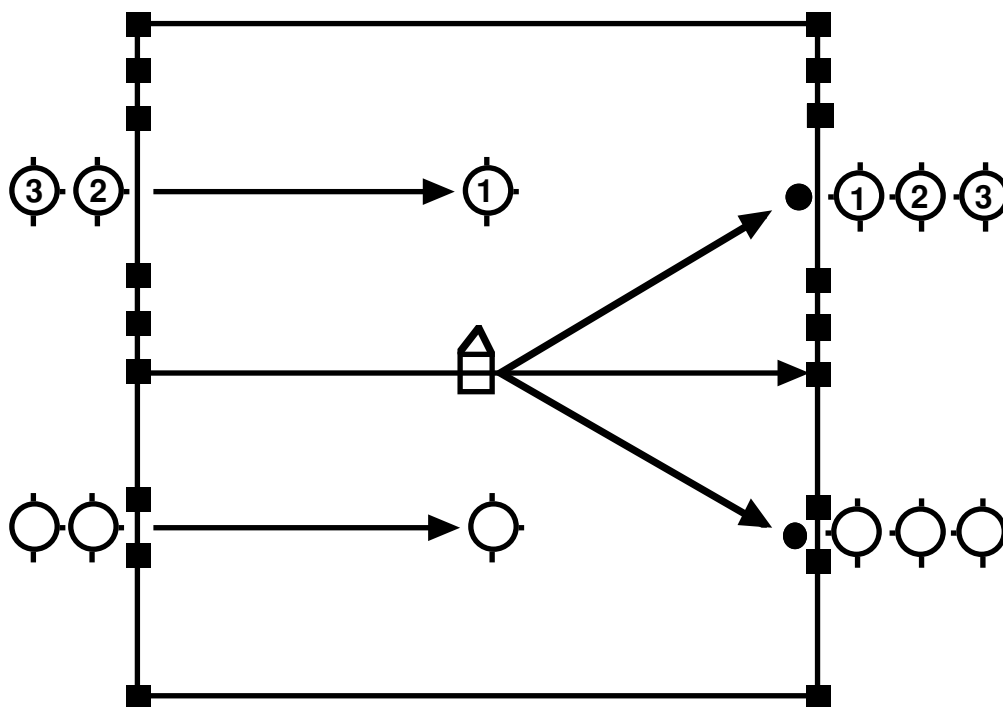
- (a) Dribbling, learning to look up and not bump other players.
- (b) Dribbling, looking after your ball, whilst endeavouring to kick out any other ball not being properly screened.
- (c) Dribbling, screening from one player who does not have a ball but who is endeavouring to kick out as many as he can.

The goalkeeper may be used. He has to dive on any ball unprotected. See how many he can grab in 45 seconds.

NOTES: Start with twelve players in ten yard grid, until players learn not to bump into one another. Then reduce area size or increase number of players until it is reasonably tight. Show, that by stopping the ball or altering direction it is possible to avoid players. Then introduce part (b), where players not only have to dribble their ball, but also try to kick out any other ball that they can. Then introduce part (c), by taking the ball from one player, who is then sent in to kick out as many balls as he can.

## ONE VERSUS ONE COMPETITION

Ages (7 - 16)



**AREA:** Two 20 x 10 metre grids, side by side, with either two half metre goals situated at each end of each grid one metre in from the corners (as per top section of diagram), or with one half metre goal situated at each end of each grid (as per lower section of diagram).

**PLAYERS:** Between ten and sixteen. For less than ten players only one grid is required.

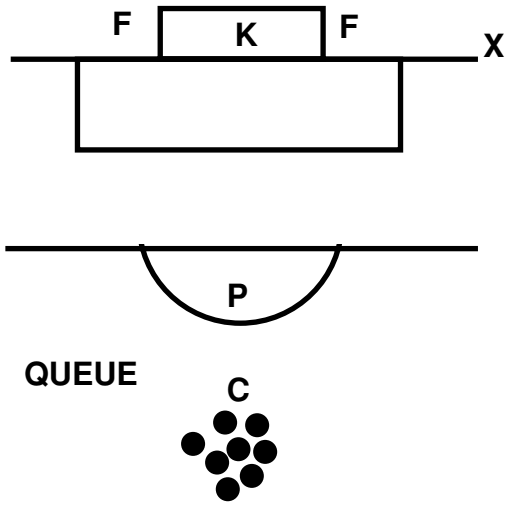
**ORGANISATION:** Coach positions himself as shown with supply of balls. Players are numbered 1,2,3 etc on each team such that, on command the two players numbered eg. 1 oppose each other - and so on. 2v 2 etc.

- RULES:**
- The coach decides which end he will feed the ball to start
  - The non-receiving players then advance to half way.
  - Game is commenced when the ball is fed in. Play continues until time has elapsed. Then score is recorded on appropriate result sheet.
  - If ball is kicked out, game is recommenced by opposing player dribbling it in at the point where it went out, while other player stands back three metres.
  - No corners. Any ball played over the goal line is played in immediately by defending player. Even if goal is scored. Other player to retire three metres. Any deliberate infringement is punished by a direct shot at undefended goal from point of infringement.
  - There should be a spare ball behind each goal.
  - Players scoring the most goals are the winners.

Good exercise, improves dribbling skills in real situation. Improves defence skills eg. jockeying.

# SHOOTING

## Back to goal

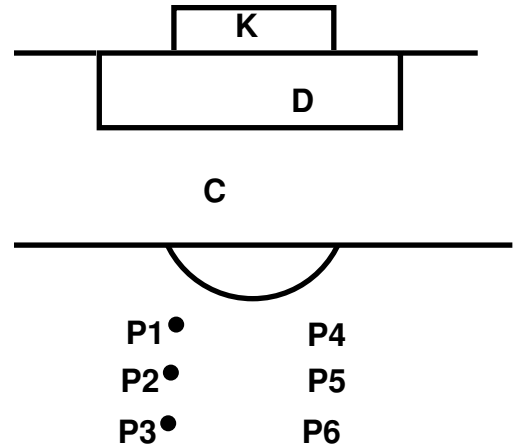


Use nets or fielders for stray shots. Rotate players and fielders.

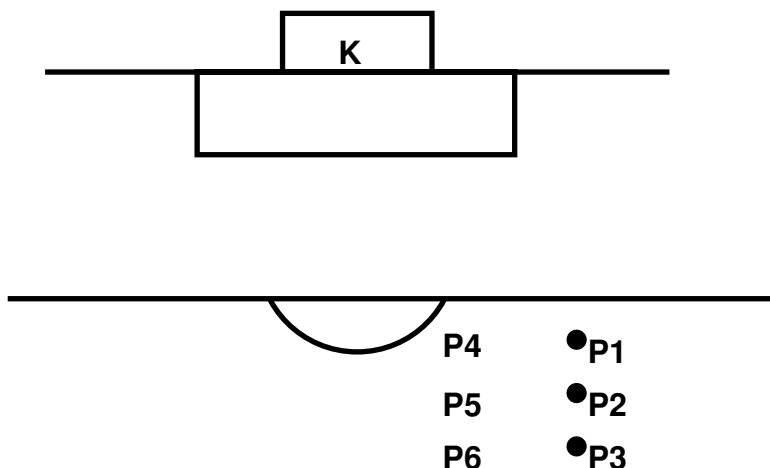
- Coach throws ball over players shoulder(s). They have to turn and shoot before 2nd bounce.
- Ball to chest head or thigh. Player controls and turns in one fluent movement before volleying.
- Coach feeds to feet. Puskas flick. Shot.
- Coach can move to position X, players facing.

## Wall pass, Split pass

- P1 and P4 team up.
- Beat coach with wall pass then shoot.
- Introduce passive defender (D).
- P1 wall pass to P4. P4 split pass back. P1 finishes.



- Overlap** • P1 dribbles toward coach. P3 arrives on overlap and shoots.
- Vary** • P1 may choose to beat coach by feinting a wall pass.

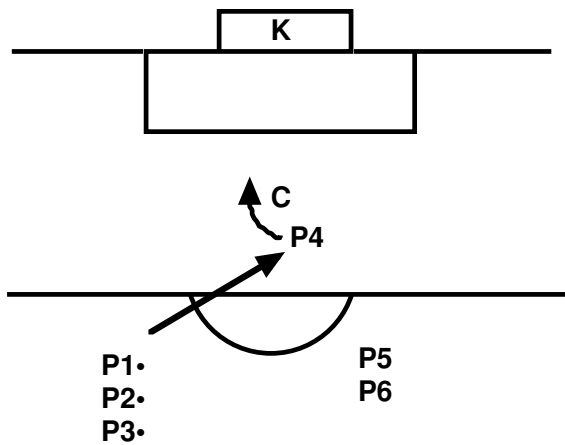


## Delay

- P1 races toward box. P4 chases to prevent shot on goal. P4 jockeys to side to delay. P1 attempts to shoot.
- Reverse rolls.

# SHOOTING

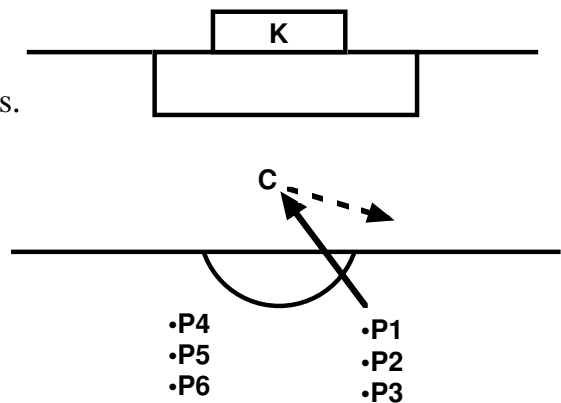
## Feathering



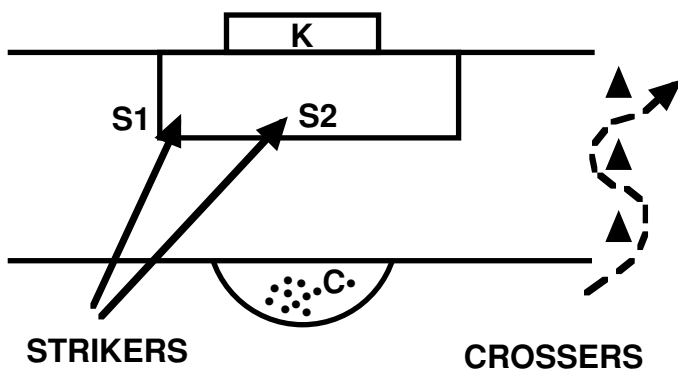
- P1 passes to P4 who feathers ball with outside of foot wide of coach. P4 turns and shoots.
- Ball has to be just wide enough to prevent 2nd challenge from C.
- Build-up - coach actively hassles. Player must back into coach. Use arm(s) to feel where he is.
- Use feinting moves to deceive C.
- Play 2 v 2 where choice is beat defender, wall pass, split.

## Lay off

- P1 passes to C who lays off wall pass. P1 shoots.
- Repeat P4 to C.
- Build up - loft return for volley.
- Use player instead of coach.

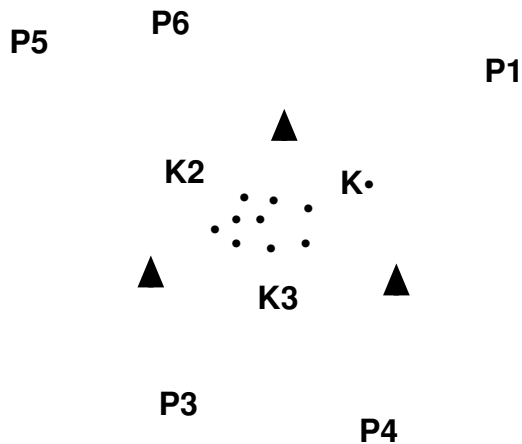


## Dribble cross shoot



- Strikers switch and cross over to keep defender(s) guessing e.g. S1 and S2 commence runs then cross over.
- C to crossers who dribble through 2 or 3 cones.
- 2 strikers run in. One to back post, other about centre.
- Strikers make attempt on goal.
- Crosses to front and back post also cut back. Cut back pass very effective.

# SHOOTING



## Triangles

Keeper(s) has supply of balls.

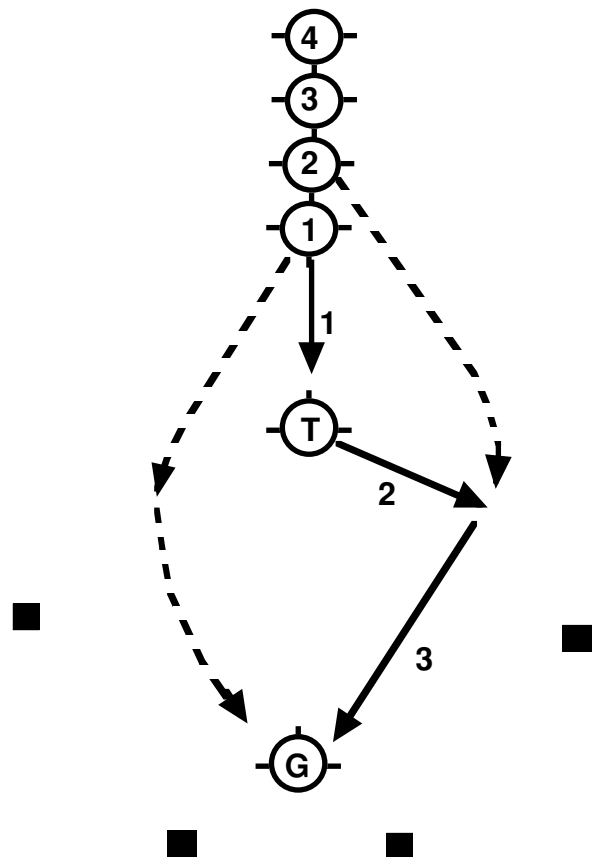
**P2** He/she throws to say P1. P1 can shoot first time or pass to P2 to shoot. K2 and K3 do likewise with their partners.

- This can be played with 1 set of goals and 2 players on either side. Keeper feeds both sides.

**Target player** 20 yards out. Players are a further 15-20 yards from T. Player 1 has a ball and then every alternate player.

P1 ground ball to T then runs and calls for return. P2 meanwhile runs on other side. The ball is played to 2 (who did not have a ball in the queue) who finishes on goal. P1 continues his run toward the keeper looking for the spoils (if any).

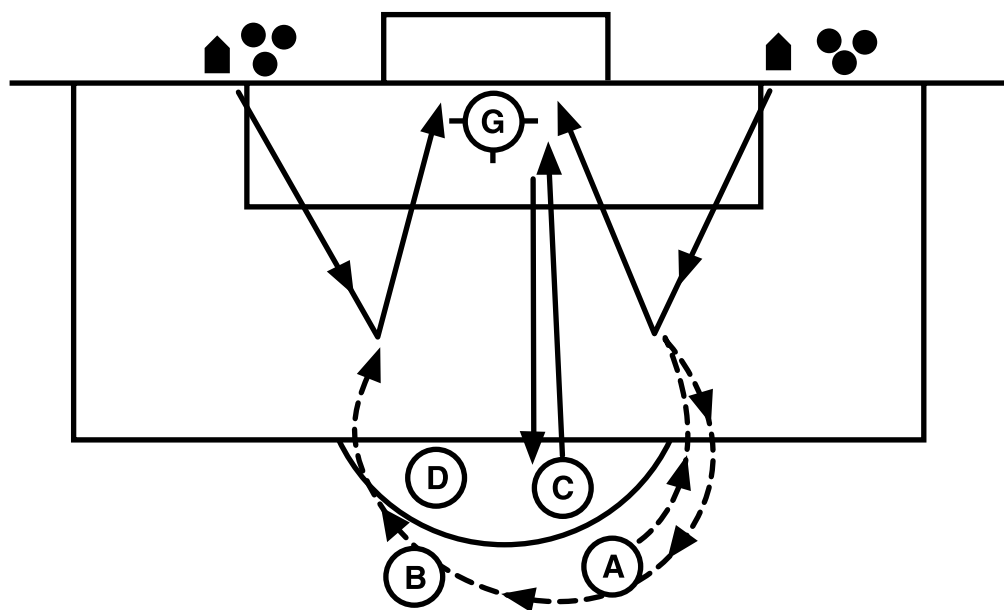
- Return outside marker cones.
- Reverse rolls i.e. P2 has ball. P1 without.
- **Build-up** - place defender (passive) behind T.



## Crosses

- A is in centre circle with ball. A passes wide to B who takes ball down the wing and crosses. A must call where he wants ball (near post - back post - centre - cut back) and then execute a shot or header.
- A will tend to run straight to centre and get there too early so that cross goes behind.
- A must time the run and run creatively e.g. at first away from where he wants the ball then change direction to meet it.

**SHOOTING PRACTICE: AGES (11 - 16)**



Players A and B situated on edge of penalty circle. Players C and D situated in area formed by penalty area and circle. Players A and C working as a pair, and B and D working as a pair. Coach and assistant on goal line 8 to 10 yards wide of goal posts. Player A begins by making run around circle into penalty area, as he enters area coach rolls or kicks ball for him to shoot; at the same time player C leaves area and follows shot in; to gather and shoot any rebounds or dropped balls. As goalkeeper saves shot from A, B begins his run around the other side of the circle. Also receiving ball as he enters area to shoot with D following in.

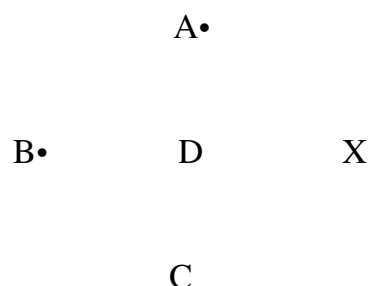
A then begins a run around the circle to shoot on other side, as soon as B has had his shot. Players have three left and three right foot shots, then change with players resting, while the players C and D take over the shooting role. It will occupy at least six to eight players, two running and shooting, two following the shots in and three or four out the back of the goals gathering balls and feeding them in. The feeding of the balls to suit the age of the players, and with younger players, you could let them get further into the penalty area.

# SUPPORT

## Creating One-Two options

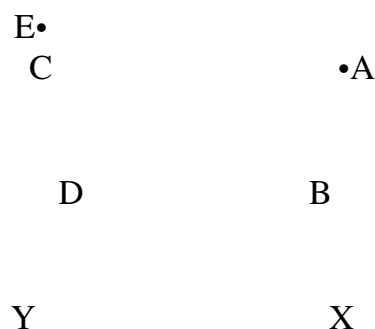
### Four players, 2 balls

Players are in 15m square grid as in diagram. A and B have a ball. A chips to C over defender D and moves to position X ready to play a 1-2 with C. C dribbles to opposite corner of grid and must beat D with a dribble move or use a 1-2 with A. C then rests with his ball at the corner where A was. B then chips to A, and so on.



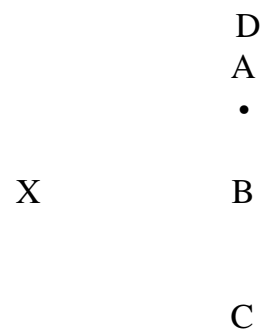
### Five players, 2 balls

Players are in 15m grid as in diagram. A passes to C and moves behind B to position X ready to be 1-2 option. C dribbles towards B who defends his line (A-X). C can beat B with dribble move or use 1-2 with A. When C reaches line he rests with ball. E then moves in and passes 2nd ball to B moving to position Y for 1-2 option, D becomes defender, and so on.



### Four players, 1 ball

Players stand as in diagram. A and C are about 15m apart. A chips over B to C and moves to X as 1-2 option. C controls ball and dribbles at defender B using a dribble move or 1-2 to pass B. C then gives ball to D and C rests. B replaces C. D then chips to B, and so on.

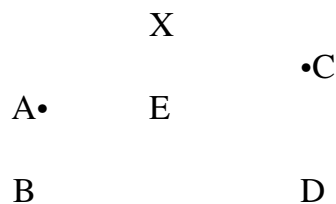


This can become 8 players with 2 balls with one set of four starting from the other end and playing 1-2 to other side.

## Support by overlapping

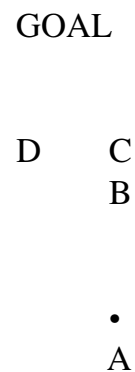
### Five players, 2 balls

Players in 15m grid as in diagram. A and B start with A dribbling and B making an overlapping run to position X. E is the defender. A can beat E with a dribble or play ball for B. C and D then take a turn, with A or B replacing defender.



### Two on Two, several balls\*

Players start as in diagram. A passes 10m to B and makes an overlapping run. C and D are defenders with C on B's back. A's object is to draw both defenders with his run allowing B to turn and take ball himself, or to get free to receive return from B. Exercise ends with either A or B shooting at goal. Next E and F attack with next ball, and so on.



## Conditional games in grid

Divide players into two evenly-matched groups. Adjust size of grid to the number of players. Bibs are very useful in these exercises. Some of these can be played without goals as this helps focus on possession and support play.

(1) **“Fifteen passes”** - There are no goals. Groups must try to retain possession for 10 or 15 passes. Coach calls out the count. If one group reaches the target the other has to do 15 pushups, situps etc.

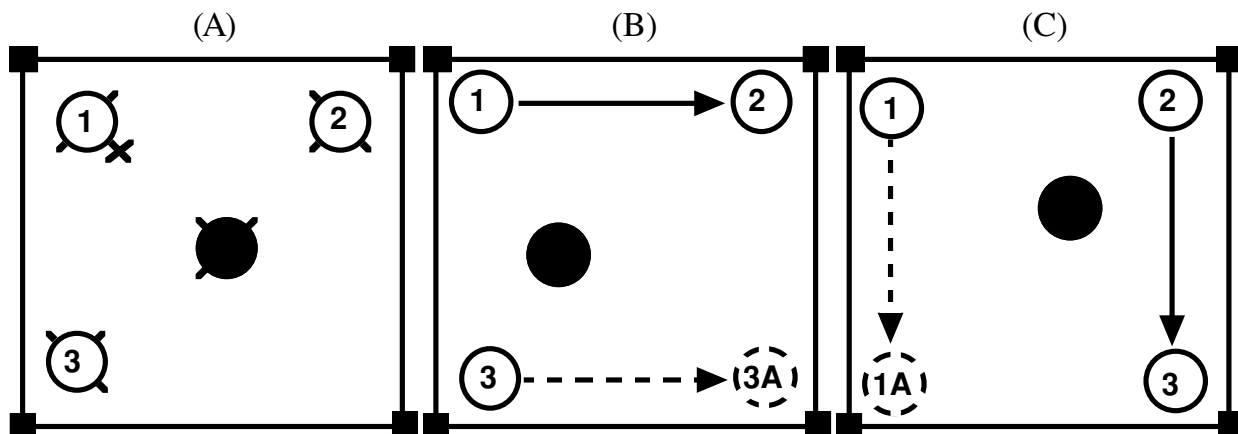
(2) **Three or two-touch conditional games.** Another helpful condition is to insist that all players of a group must be in the opposition's half for their goals to count. This discourages negative play and goal tending.

(3) **One or two-touch into space.** Players must play ball into space, not directly to static player.

(4) **“Play the way you face”** - Players must not turn but must play ball in 45 degree arc in front of them. Forces supports to get into position to receive.

## GRID WORK: THREE VERSUS ONE:

AGES (10 - 16)



**AREA:** Ten yard square (Possibly slightly larger for poor players).

**PLAYERS:** Four.

**PURPOSE:** Three players to keep the ball off the other player. Start with ball in one corner. The player in the middle to stay until one pass has been made.

**AIM:** For players to be available all the time. Meaning that the player with the ball needs a player in the corner on either side of him, and **NO ONE** **DIAGONALLY ACROSS THE SQUARE** because he would be behind the defender.

**NOTES:** In diagram A, player one has the ball, with a player on each side, and a defender in the middle. In diagram B player 1 plays the ball to 2, causing player 3 to run to 3A to be available, otherwise he would have been behind the defender. In diagram C, if player 2 plays the ball to 3, player one has to run to 1A to be available.

**N. B.:** Players must move quickly to be available, and once available, the player must select the correct pass, due to the position of the defender. If working well, at a high level, one player may be removed and play 2 versus 1. Change players around, either having turns as a defender, or the player who causes the ball to be lost goes in. Put players immediately into a game to test the value of practice; pointing out when they are not available.

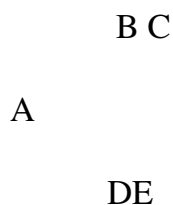
## Three on two-one-two-three grids

Set up three grids about 15m wide by 15m deep. Three attackers try to work ball keeping possession through all three grids. There are two defenders in the first grid, one in the second and two in the third. Defenders must stay inside their grid.

## Throw-ins

Throw-ins are by far the most frequent set play, yet the most neglected.

(1) A is thrower and A and B are attackers, and C is a passive defender. The attackers are attacking in C's direction. A throws to B who screens the ball from C while A supports getting in position to receive return ball. Repeat so each man has a throw.



(2) Add attacker D and defender E as in diagram. Before A throws B and D make criss-cross runs one upfield and one downfield and passing each other so that D ends up where B was and B where D was. A throws to B. The dummy runs usually end up leaving B free. Defender C's instinct is to stay where he is and not to mark B because he sees D running goalwards towards him. After a few trials the defenders start to figure it out. The players will generate their own moves from here.

# GOALKEEPING

## **Groundball situps, knees, crouch**

GK sits on ground and player A has ball about 3 metres away. A plays ball along ground to left and right of GK alternatively, and GK must fall and save ball. 10-15 repetitions. Repeat with GK falling from a kneeling position, then from standing crouch position.

## **Ground ball, waist ball, high ball**

GK rolls ball out softly to A on edge of box. A plays the different balls to GK who saves and rolls out again.

## **Goal kicks and corners**

The keeper controls more set plays than any other player. Goalkicks in possession, and he controls the defence in corners.

**Short goal kicks** - Most long kicks simply turn over possession to the opposition; the ball comes straight back increasing the pressure. Short goalkicks should be used whenever possible. It is much better to practise these at training for 5 minutes than to suddenly try it under pressure in a game with disastrous results.

Send GK and two fullbacks to goal at other end where they can work alone with at least two balls for 5 minutes. GK practises quick goalkicks short to fullback, picking up ball from outside field of play and sprinting up to place it quickly. Fullbacks must walk upfield as if for long kick before suddenly coming back for short one. GK alternates between short pass to near fullback, and long one firmly across goal to far fullback. GK must always remember to back up for return pass in case fullback is pressured.

**Corners** - next send your two regular corner takers up to the goal at the other end. The corner takers send in corners alternating each side. GK alternates between catches and punches. The full backs can act as passive attackers so that GK can practise negotiating congested 6 yard area to reach high ball.

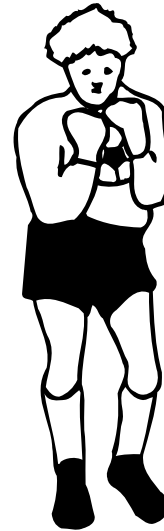
## GOALKEEPING

### Tips on Saving

#### Waist-High Shots

##### Players should:

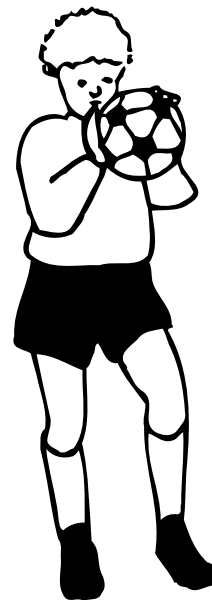
1. Position the body behind the ball.
2. Keep shoulders and toes square to the ball.
3. Keep feet shoulder width apart knees slightly bent.
4. Scoop up the ball with both arms and bring it securely to the chest.



#### Head-High Shots

##### Players should:

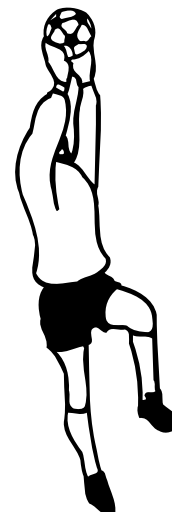
1. Position the body behind the ball,
2. Keep shoulders and toes square to the ball.
3. Keep fingers pointing up. Palms should face forward, thumbs should be close together and fingers spread wide to form a “W” with the thumbs and index fingers.
4. Allow the hands to “give” on impact to absorb the shock.
5. Bring the ball into the chest for protection.



#### High Balls

##### Players should:

1. Take a running start and jump into position off of one leg - like a high jumper's take-off.
2. Extend the hands overhead to catch the ball with both hands at the highest point.
3. Allow the hands to “give” slightly on impact.
4. Bring the ball into the chest for protection.



## **GOALKEEPING**

### **Tips on distributing**

Whenever a goalkeeper makes a successful save, he must put the ball back into play. He is permitted to do this using any technique he pleases, however, the following are the 3 methods used most often.

#### **Rolling**

##### **Players should:**

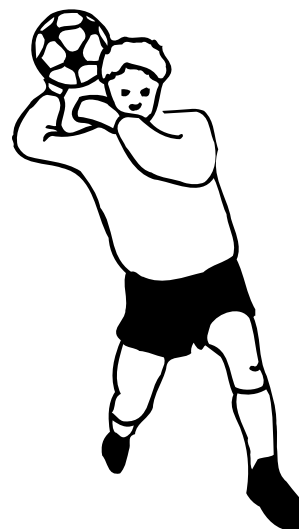
1. Use this technique for short distances (4.5-13.5 metres), when there is little chance of interception by the opposing team.
2. Cup the ball in the palm of the hand.
3. Swing the arm back, and step toward the intended recipient.
4. Release the ball with a bowling-type motion.
5. Be sure not to roll the ball in front of the goal - roll it to the sides, away from the goal.



#### **Throwing - The “Goalkeepers” Throw**

##### **Players should**

1. Throw for medium distances (13.5-22.5 metres), using a technique similar to that used in baseball.
2. Hold the ball in the palm of the hand.
3. Cock the arm back, with the elbow bent and hand just above the shoulder.
4. Release the ball like a baseball - with a limited overhand motion.
5. Flick the wrist for added speed.



#### **Punting**

##### **Players should:**

1. Punt for greater distances.
2. Punt the ball to give it a high, lofted flight.
3. Lean backward for added height, distance and power.
4. Position the foot on impact so that toes are down, heel is up.
5. Follow through completely in direction of target.



# DEFENCE

Grid games such as “15 passes” (see **SUPPORT**) can also be used to emphasise defence. Instruct players to mark up quickly whenever their team loses possession, and to expand quickly into space as soon as they get it back.

## **Jockeying routines** (see below)

Player A has to back off player B who is dribbling ball towards him. His object is to stay behind ball turning whenever A turns, without letting A get past and without committing to a tackle unless absolutely necessary.

This can be varied by using the sideline. A’s job is to keep B wide, always showing him the sideline.

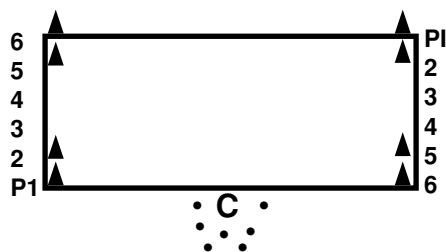
## **One in, one sweeps** (see below)

Same as previous, but C is an extra defender. Player A may commit to tackle on C’s instructions. C’s job is to position himself so that if B knocks the ball past A, C is in a position to sweep by getting to it first.

## **Defensive heading**

A and B stand together on the touch line. Player A lobs the ball away 3 metres into the air and B has to sprint from his position next to A and head it back to A. This is the typical position of defenders having to get back in cover and make a running header in the opposite direction. B is aiming for a defensive header as high and long as he can. B then returns to first position next to A. A immediately throws another ball, and so on. A and B change roles after 10-15 repetitions.

## **Jockeying, one on one, e.g. P2 v P2**

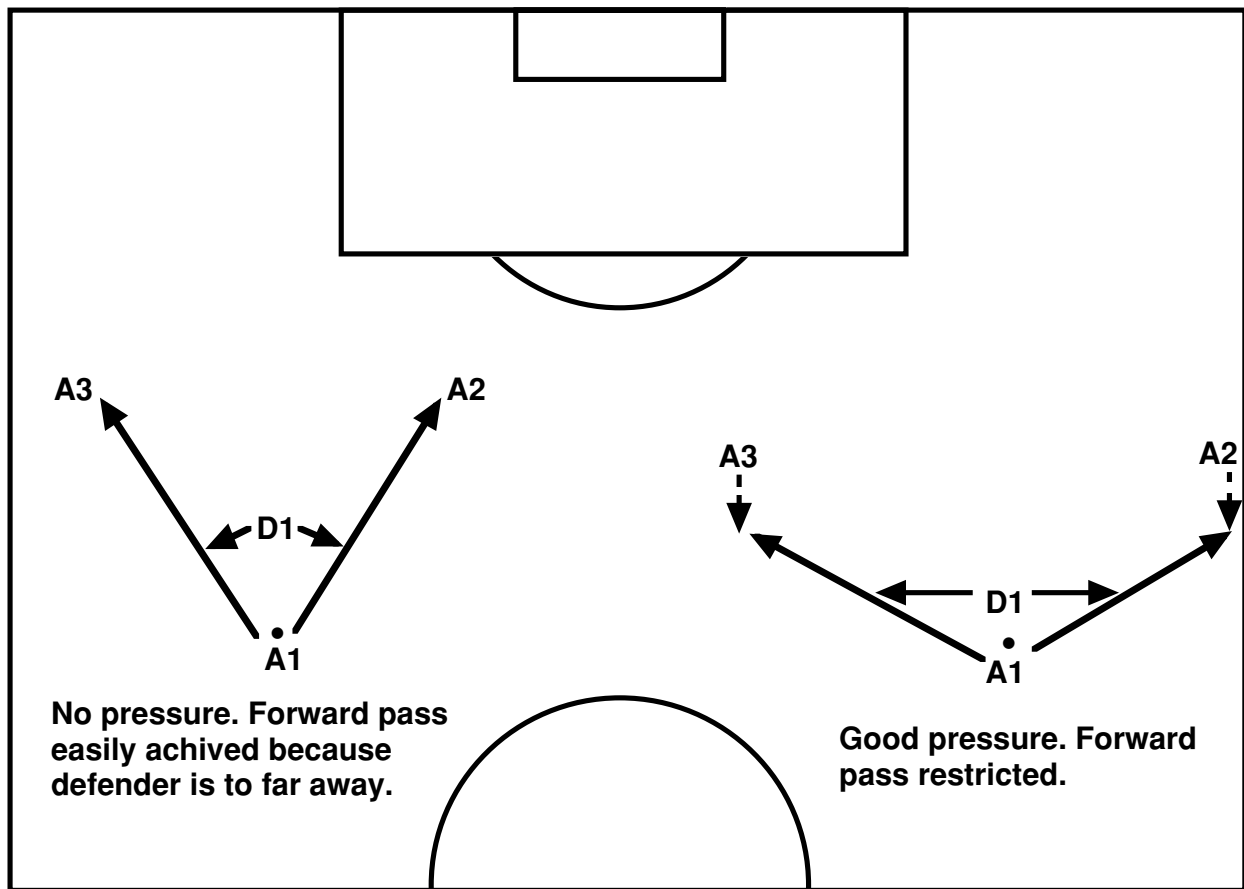


Use a long narrow grid. 4 small goals. Coach feeds ball to middle or slightly in favour of say the attacker. Defender does not lunge in recklessly. He/she jockeys attacker to sideline.

## **One in one sweeps**

Use same grid as shown. Alternatively use 2 v 2. Here first defender picks up first attacker. 2nd defender sweeps and offers cover if A1 beats D1 or A1 passes to A2. If A1 passes to A2 then D2 picks up this player and D1 sweeps. Roll reversal. Only tackle when safe to do so. Otherwise contain. See p53.

## Applying Pressure in Defence



## Pressurising

This entails giving the person receiving the ball as many problems as possible. The receiver already has to decide which part of the body to use to control the ball, where his team mates are, and what type of pass, if any, is required next. He also has to work out where his immediate opponent is.

To pressure him, the defender must get close enough to make his opponent look up and away from the ball as he is about to receive it. The defender has to be **aggressive** in his approach, and hurry the attacker into an early decision or mistake.

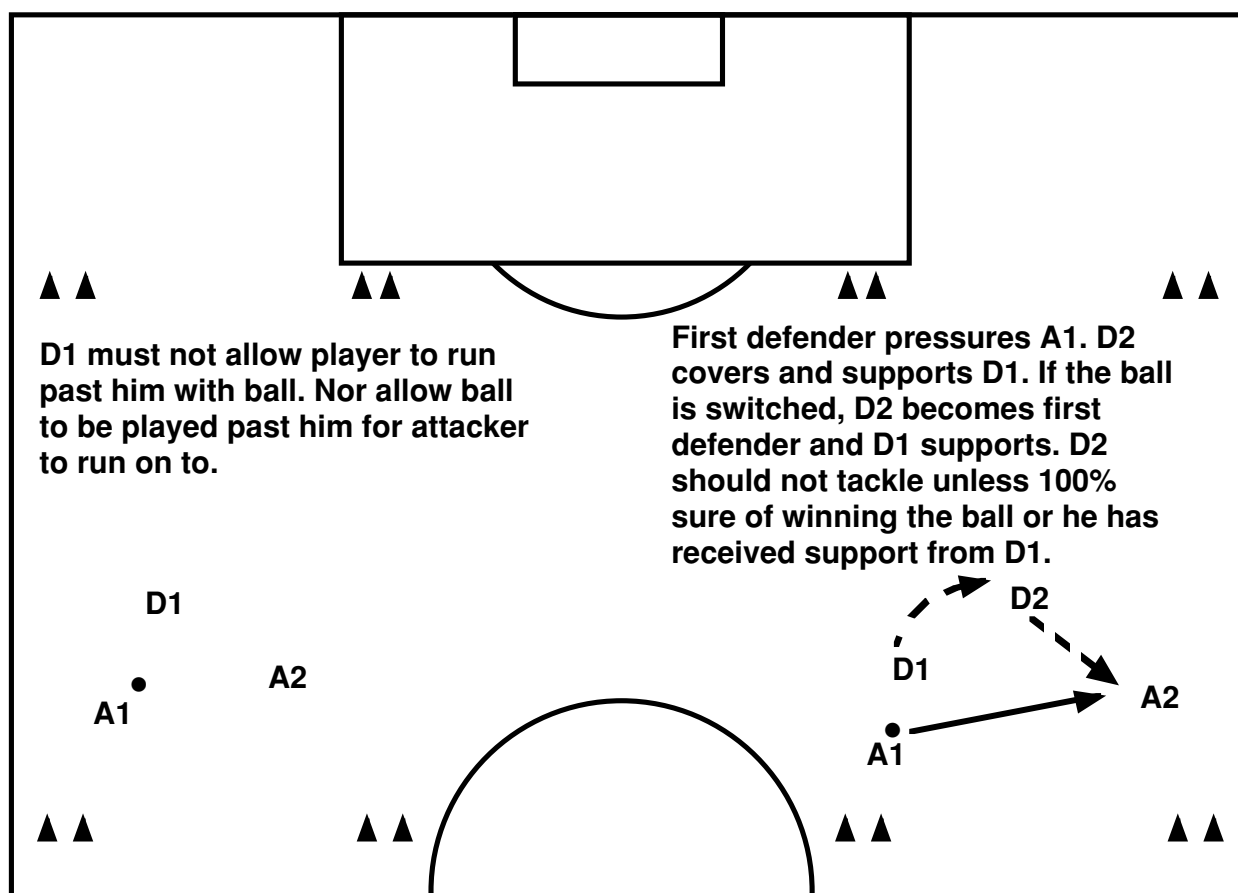
The first defender must **delay** or slow down the attack. This can be achieved by preventing attackers playing the ball forward. The defender must get as close to the player with the ball as he/she can **without “selling” oneself**. (Do not lunge in recklessly)

The defender would be successful if he/she restricted the options to passes which were angled only slightly forward, sideways or backward.

The first defender has to be prepared to cover a lot of ground quickly to do his job effectively. The first defender is the player nearest the ball.

## Defence - Aim is to Delay

To delay an attack successfully players must pressurise, contain, jockey and be patient.



### Jockeying - D1 v A1 **JOCKEY WHEN ONE ON ONE**

Never dive in and “sell” yourself. Pressurise and contain initially. Then try to jockey opponent to sideline. Be aggressive. Once attacker confined you may consider a tackle providing you are absolutely certain of getting the ball or cover support has arrived.

### Containing - A1, A2 v D1 **CONTAIN WHEN OUTNUMBERED**

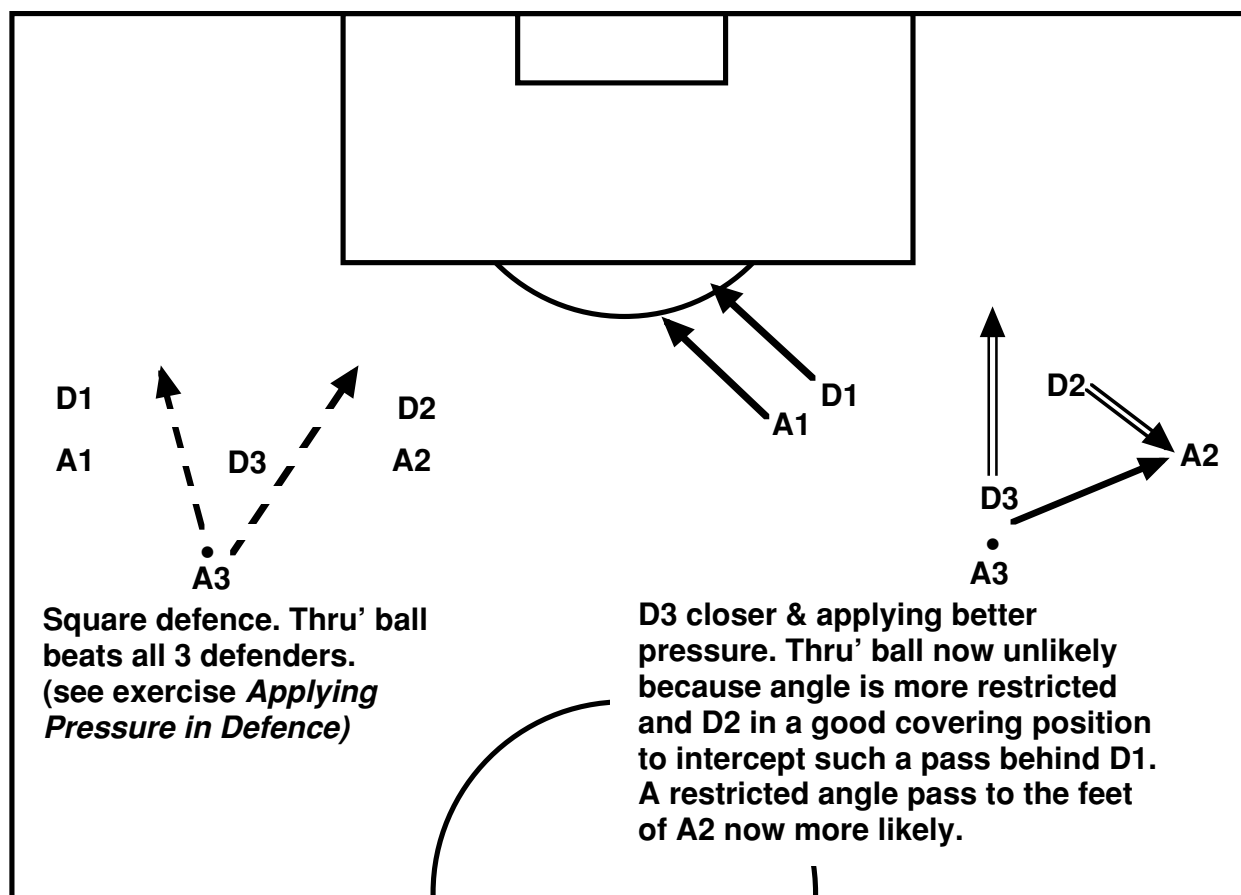
Defender must not allow attacker to run past him with the ball. Nor should he allow the ball to be played past him for A2 to run on to.

### Containing - D1, D2 v A1, A2 **2ND DEFENDER PROVIDES DEPTH**

First defender is aggressive and pressures A1 knowing D2 is in support. He can make a concerted effort to win the ball. If the ball is switched D2 becomes first defender and D1 drops to a supporting role.

Attacker to avoid sideline unless speedy. Attacker may have to shield ball. Encourage attackers to run at defenders. Also try scissors run with A2 coming behind A1.

## Depth in Defence



## Depth

From containment exercises 2nd defender provides depth to the defence. Without depth the defence is square and easy to penetrate. See example. A better position is also shown where D3 and D2 are the key players.

D3 closes down fast on A3 forcing him to pass sideways (not thru').

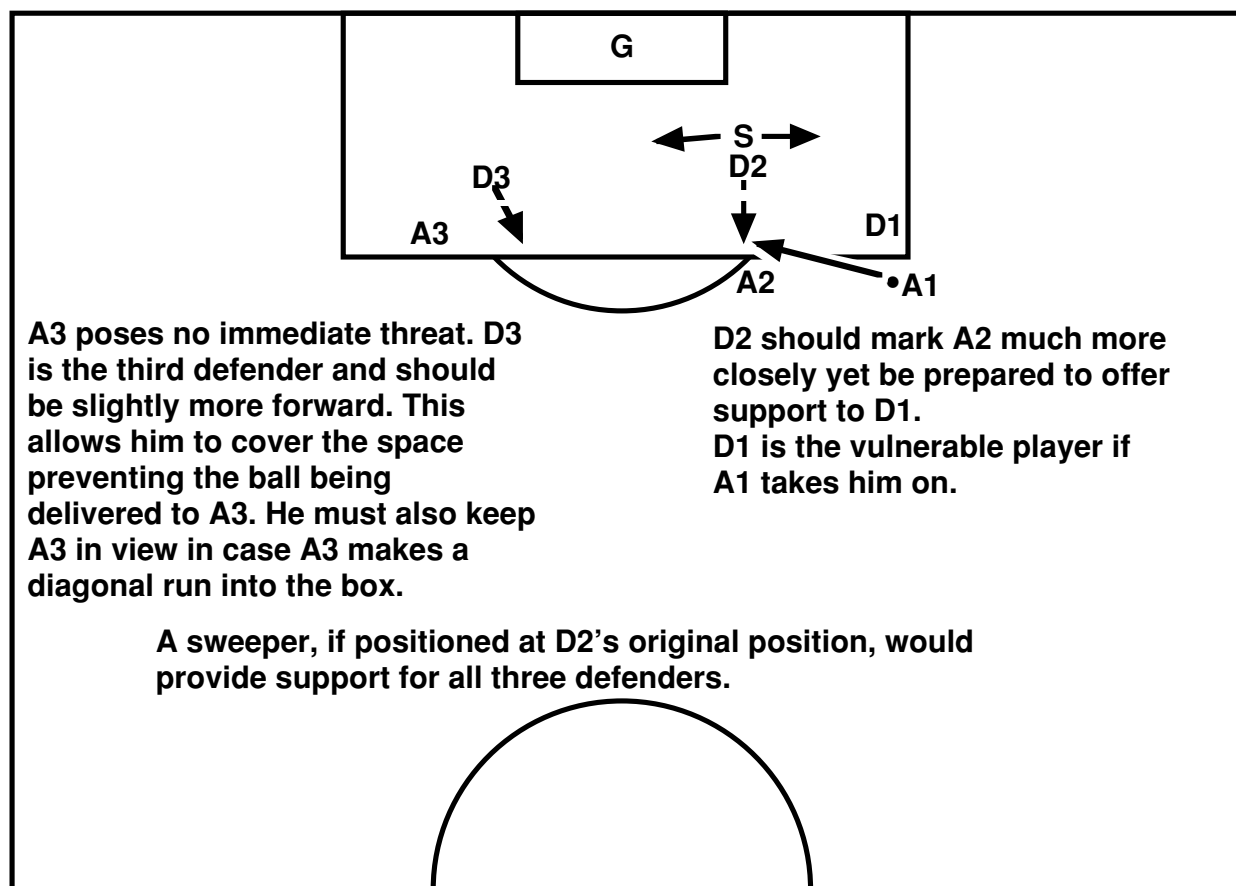
D2 has provided the support and depth to prevent the thru' pass.

As before with containing D2 has to contain A2 by closing down fast and allowing D3 to back off to a support position.

Even if A1 makes a good run taking D1 away from his good support position D3 still drops.

The immediate danger lies with A2.

## Depth in Danger Area



## Depth in the penalty area

The closer defenders get to their own goal the shallower the depth. D2 and D3 are badly positioned. D2 is too far back to prevent A2 shooting at goal if he receives the ball from A1. For that reason D2 should mark tight and be prepared to support D1 if necessary.

D1 is extremely vulnerable. Must stop A1 beating him.

If D3 re-positions himself he can offer support, tackle, intercept any pass to A3 or pick up any diagonal run A3 might make into the box. If alert he could play A3 offside (if no sweeper).

The goalkeeper supplies the depth.

What distance should D2 be to give good support? If too close a tricky attacker will simply flick the ball past him. If too far then A2 has several easy options - shot; dribble past D2; wall pass back to A1.

The defender has to judge. Vision and speed required.

## Small sided games

A lot of good practice and training is done in small sided games. In other words, splitting your squad of say twelve players in a six a side game, two by three a side games, or play three team football using four a side.

The obvious benefits of this type of practice are:-

- a) A very high ball contact rate per player.
- b) Easy to organise, referee and observe.

Beginner coaches sometimes strike the problem of:- 'How large to make the practice area'. Well, this is relevant to age and number of players and ability. A good guide as to whether the size of the field is appropriate is if the ball goes out continually, or it is too crowded, the area is probably too small. On the other hand, if the players are too far removed from one another to support easily, it is probably too large.

The best hint is to look at the proportion of players that you are using in relation to the number of players in a full match and use that proportion of the pitch. For example, with six a side or five a side, you are using half the players, so use a little less than half a pitch. For three a side, slightly less than a quarter. The better the standard of players, the less room you give them.

Also, if not using goalkeepers, reduce the goals to two yards to give it realism. If still in doubt as to areas that you should use, please refer to the following tables:-


<b>NUMBERS</b>	<b>Under 7/8</b>	<b>Under 9/10</b>	<b>Under 11/12</b>	<b>Under 13/16</b>
3 v 3	25 x 20	30 x 20	35 x 20	35 x 25
4 v 4	35 x 25	35 x 25	40 x 25	40 x 30
5 v 5	40 x 30	40 x 30	50 x 30	60 x 40
6 v 6	46 x 30	40 x 30	50 x 30	60 x 40

These numbers are field players, and are what I would suggest as maximum areas. If players are above average you might reduce the sizes slightly.

# Training Program A

## Passing and Control

- In triangles - static moving ball to feet, side and lofted. 10 minutes.

- In threes - opposed **P3**      **P1** •  **P2**

P1 passes to P2 follows and attacks.

P2 either first time or with control (3 touches max) passes to P3, follows and attacks. etc.

- Increase distance and loft passes
  - Decrease distance for 2 touch
  - Incorporate option to beat man or pass. 20 minutes.
- 3 v 1 10 x 10 grid. Key players move quickly to support. 15 minutes.

## Dribbling and moves

- Use 4 staggered cones about 7m apart.
- Players are in teams.
- Use inside and outside of both feet and soling to negotiate course.
- Introduce front on moves - Matthews, Rivelino, Rummenigge and Van Basten. Zico's can also be done.
- Go 1 on 1 dribbling (where tackling is allowed) using all these skills. 30 minutes.

## Game

Depending on numbers suggest two games of say 5 or 6 a side.



# SUPPORT

## DOMINATE THE GAME WITHOUT THE BALL

### THE SECRET TO SUPPORT

#### Angles, space and calling

Support players can increase their effectiveness by improving their angles, creating space, moving **away** from defenders and telling the player on the ball what his options are. ( time ; turn ; man on ; square ball ; line etc )

#### Possession depends on quality of Support

Players who scream for a pass cause the player on the ball to panic. Players who call quickly cause the player on the ball to pass quickly. If the support players say **nothing** the player on the ball will have few options. **If they call calmly and clearly** the player on the ball will take time to control his pass.

#### Quality Support

Quality ball control means that a player can hold on to the ball. Quality Support means that the **team** can hold on to the ball.

#### Support your Defense

The principles of support apply to defense as well as attack. Forwards must support their defenders. A good defender can be more effective by improving his angle, closing down **space** and **calling** his team mates into position.

#### Goalkeepers

The goalkeeper is in the perfect position to support his defense because he is the **only** player who can see the whole field and every other player in front of him. He must direct his defense and **call** his players to mark up, jockey or tackle.

#### Support play is Imperative

Some players still insist on receiving the ball at their feet and refuse to move for it or chase back and help the defense. The defender who **overlaps** down the wing becomes an extra attacker. The forward who chases back when his team lose the ball will add strength to the defense.

#### TheGame

95% Of the game is **off the ball**. If players work harder **off the ball supporting in space in attack and closing down space in defence** the team will get more **possession**. **And win.**

# POSSESSION

## POSSESSION DETERMINES WHICH TEAM WINS

### **The secrets of possession are Control and Support.**

One means nothing without the other. Keep the **control** simple and the **support** clear. Remember, a short pass is easier to make **and** more difficult to intercept. **If** the player can **control** the ball and the **support** players move into **space** and **call** you can keep possession until you **score**.

### **In Reality.**

Players try to do too much. They try to beat a defender when they could easily pass the ball. They rush forward when they could pass the ball around. **Support** players stand **waiting** for the ball instead of finding **space** and calling.

### **Focus on Possession.**

A team who can hold onto the ball will frustrate the opposition and eventually create chances and score goals.

### **Use Triangles to keep Possession.**

A triangle is the simplest way to create width and depth at the same time. The ball player should **always** have three options — himself and a **support** player on either side. Form triangles in a game and practice triangular formations at training e.g. Three attackers keeping the ball off one defender.

# SPACE

## FIND SPACE AND DOMINATE THE GAME

### **There's plenty of space.**

When players chase the ball they create **space** somewhere else that a **smart** player can use. If they look for **space** the game will open up.

### **Space is everywhere.**

By passing out wide you open up the game. When the wings become crowded the support **space** is to be found inside where a player can make a run and switch the ball in any direction. Look for **space** behind a defender by making angled runs.

### **Create options.**

Players who stand next to an opponent while your team has the ball are helping the opposition. Move to **space** to receive the ball. You may not get the pass but you will have drawn a marker thus creating **space** for a team mate.

### **A ball into space.**

This increases the teams mobility. A pass to feet means the support player is standing still and therefore easy to mark.

### **Keep on the move.**

Players who stand still are easy to mark. Players who constantly move (within a reasonable area) will cause problems for the opposition.

## CHARGING – THE LEGAL USE OF THE BODY

Most people think of charging as something done in hockey, basketball and department stores. A costly habit.

In soccer, charging is neither illegal nor costly but is an essential defensive tactic, one that lets you meet strength with strength and gain quick physical dominance over an opponent.

That charging is legal does not mean you can go out and blast the first opponent you see. Strict rules govern use of the charge and knowing the rules is as important as mastering the technique.

You are allowed to use your shoulder or any part of your upper arm against an opponent. You may also charge an opponent from behind if he is obstructing (i.e. shielding) the ball. In this case contact must be shoulder against shoulder blade. Any other contact, for example chest to spine or hip to hip, is illegal.

Any charge must also be made within playing distance of the ball - that is, against an opponent who has or is about to gain possession or when two of you are fighting for possession. The charge must not be violent or dangerous and you cannot charge an opponent whose feet are off the ground as he tries to head the ball.

I think the real key, in the eyes of the referee, is that both you and your opponent are truly playing the ball and not simply teeing off on each other.

The best charge is not a big hit but a nudging or riding action in which you use your body weight to throw your opponent off balance and force him to lose control of the ball. The shoulder charge is usually used to ride an opponent off the play when you are running alongside him chasing a loose ball. Timing, not force, is crucial. Sometimes a well-timed brush is all you need to knock him off balance.

The first thing you want to do is try to adjust your rhythm to his so that your charge will be a legal charge and not a “push”. Make your final thrust - the charge itself - when your weight is over your outside foot. Pushing off a well-bent outside leg will add power to your charge and will also lower your centre of gravity, giving you better balance.

Pushing off the outside leg also offers a fail-safe mechanism since, if your charge misses, you can quickly recover by transferring weight to your inside foot. And don't overlook the fake charge. By faking a charge and withholding it at the last second you may force your opponent to brace himself or flinch and stumble off balance.

One other tip: the goalkeeper is fair game for a charge if he is obstructing or outside the penalty area. There are several obvious ways to practice charging, most of which are easily arranged two-man contests in which you and a team-mate fight for possession with one of you as ball carrier and the other challenging for the ball via charges.

But my favourite practice for timing and technique is the rooster fight. You and a partner hop on one foot, arms folded in front. They try to knock each other off balance by shoulder to shoulder charges or fake charges. No elbows. Change from one foot to the other at agreed upon intervals.

## PASSING AN OPPONENT

Your passing may be a thing of beauty and your positioning a joy forever. No matter. Sooner or later you will come face to face with an opponent standing between you and where you want to go with the ball.

You're going to have to take him on and pass him through clever dribbling and feinting, usually in limited space.

Beating a man one-on-one has great advantages. It can pop open a tough defense, give your club a decisive though brief numerical advantage, and loosen a previously tight situation. But it can also drive coaches and players crazy because passing an opponent is so intensely individual as to be almost uncoachable.

Most soccer skills are learned with a kind of Arthur Murray rote simplicity. You do A then B then thus and so on. One, two, cha-cha-cha. Beating a defender is more like disco dancing. If it isn't natural it isn't going to work.

So I caution coaches against overcoaching in this area. And to players, I will suggest certain principles with the understanding that, in the end, what is best is what works for you.

We begin with sound dribbling. This is the basis for all feinting. You want your trunk slightly crouched and forward, weight on the balls of your feet. Hips, knees and ankles loose. This puts your centre of gravity low and over the ball, permits protection of the ball, and gives you the needed balance for shiftiness and acceleration.

Also work on peripheral or split vision. Don't be a ball watcher. You have to look at the ball as you contact it but even then keep the field in view peripherally. After contact, raise your head to look over the situation while viewing the ball peripherally.

You also need raw speed and a good change of pace. Without speed off the mark you can beat your man only to have him recover and overtake you. As for changing pace, there are many ways of passing opponents but all are predicated on changing direction and/or speed sharply or subtly, or feinting the defender off balance then quickly accelerating. And your feints must be convincing. If you can't sell, don't expect your opponent to buy.

A classic example: Sir Stanley Matthews, the English international, could repeatedly beat fullbacks with the same "Matthews dribble". Slowly, almost at a walk, he'd dribble along the touchline, right up to the fullback. The defender, it seemed, had Matthews where he wanted him, trapped on the touchline and forced to go inside. But as Matthews dribbled closer to the fullback he would also be working his way farther from the touchline. Sure enough, he would make the expected inside move which the fullback would go for, then he would slide off the ball, check it and push it with the outside of his foot, accelerating into the opening inside the area his skill and patience had created.

It worked because Matthews played to his strengths - patience, timing, maturity and great acceleration. What works for you is what plays to your strengths. And in that, you know best.

## WHEN AND WHEN NOT TO TACKLE

Fools rush in - true in love, war and tackling. Tackling, while an important technical and tactical weapon, is still a gamble. Like any good gambler you want to put the odds as heavily as possible in your favor.

And I'm not just talking to the defenders and midfielders. You forwards should pay attention, too, because today's game puts new emphasis on the interchanging of positions. Anyone on the field can end up tackling. The big questions are how and when.

How - that is, how to execute a good tackle - is a technical matter. We'll talk about that in the next two columns. When, and more important, when not to tackle are tactical matters. If you don't know when, knowing how isn't going to help.

First, you want to study your opponent's strengths and weaknesses. Is he right or left-footed? What are his favourite moves? These are clues as to how he will try to beat you.

The tackle must follow a fail-safe philosophy. That is, your challenge should take place in an area and a time when there is least danger should your tackle fail. Timing is the key. You must be alert to the flow of the game and have speed off the mark to be in the right position at the right moment. Ideally, this is just when your opponent is playing or receiving the ball.

The genius of a good tackler is that he strikes in that eyeblink of time after the ball carrier commits himself to his move but before he has full control. It is then that a good tackle is devastating.

But the ball carrier isn't your only concern. You must know where your teammates are and hold off on the tackle if necessary until there is cover behind you (the exception is a last-ditch situation).

If your opponent has control, if there is danger of leaving your teammates exposed, then you must be cautious. To rush in is foolish. A nimble ball carrier could leave you stranded.

Wait. Stalk your opponent's every move and try to pressure him into an error of control. You must be aggressive. Don't let the attacker dictate the situation or the area into which he moves. Shepherd him away from the goal and toward the touchline. The closer you get him to the touchline the less room he has to work.

Keep him moving and be ready to pounce on any mistake. If it's your teammate who is preparing for the challenge, give him cover and call to let him know you're there to support him.

One last word. Try to make your first tackle a good one. This is psychologically important. Show the player you are making with absolute determination and the strongest possible resistance. Such strength (within the limits of the rules) can have your opponent looking for you instead of the ball when he should be trying to control it. This makes it easier for you to dispossess him of the ball and clear the danger.

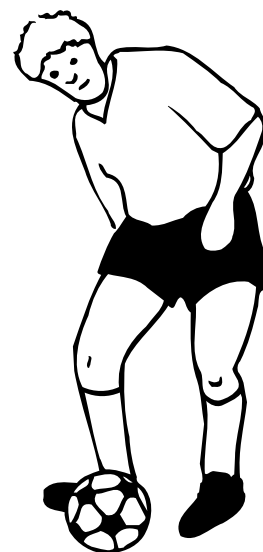
# PASSING

## Inside of the Foot, Pass on the Ground



### Players should:

1. Place the supporting foot in a comfortable distance beside the ball.
2. Shift weight to supporting leg. Keep supporting knee bent.
3. Keep eyes on the ball.
4. Have shoulders square to target.
5. Keep ankle locked, by raising the toes toward the shin.
6. Contact the center of the ball.
7. Follow through in direction of the target.



## Instep

### Players should:

1. Practice the technique without the ball first to ensure proper form.
2. Stand 5-7 metres apart, with the server rolling the ball towards their kicking foot.
3. Place the supporting foot beside the ball in a comfortable position.
4. Shift weight to supporting leg and keep the supporting leg in a bent position.
5. Keep eyes on the ball.
6. Have shoulders square to target.
7. Bring striking leg forward with the toe down.
8. Keep weight forward with the knee over the ball.
9. Contact the ball on the laces of the shoe.
10. Contact the centre of the ball to keep the pass low; contact below the centre for more lift on the ball.
11. Follow through in direction of the target.
12. Allow arm opposite the kicking leg to swing across the body for balance.



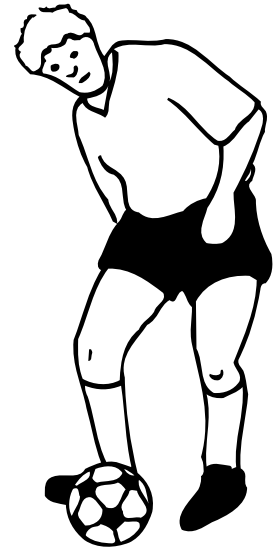
# RECEIVING

## Ground Balls

### Players should:

1. Position their body behind the ball.
2. Square their shoulders to oncoming balls.
3. Shift weight to the supporting leg and keep standing leg slightly bent to absorb shock.
4. Reach for ball with inside of receiving foot while receiving. Leg is turned out and knee is slightly bent.
5. As contact is made, draw ball back (cushion) to take the speed (pace) off the momentum of the ball.

As players progress, have them move fluidly into a combination of skills such as dribbling and passing. Eventually they may be able to receive a ball and make the transition to another technique without a break in the action. Players who are able to make this transition efficiently are known as players with technical speed.



# SHOOTING

## Instep.

### Players should:

1. Get their shooting knee over the ball.
2. Place the non-shooting foot in a comfortable position next to the ball (don't worry about 20cm or 45cm, comfortable makes sense).
3. Square the shoulders to the goal and point their toe down.
4. Point their toe down from a locked ankle.
5. Hold their head over the ball and steady while striking the ball in the centre.
6. Follow through at the goal with the striking foot.



## Inside of the Foot.

### Players should:

1. Lock the ankle as in the pass.
2. Concentrate on keeping the ball down (lazy execution of this shot will put the ball over the bar).
3. Bend the knee of the non-shooting foot.
4. Place the upper body over the ball.
5. Turn the upper body to goal upon impact of the ball.
6. Not be too cute with this shot or they will shank it (many players would like ones they missed back again).



## Outside of the Foot.

### Players should:

1. Make the same comfortable placement of the non-shooting foot as with instep shooting.
2. Strike the outside of the ball to put a clockwise spin on the ball (that's with the right foot, reverse for the left foot).
3. Follow through with the shooting foot toward the opposite shoulder.
4. Not push the ball with the outside of their foot - no power here.
5. Lean forward to keep the ball down.

