

## Techniques

- Involves all skills of the game
- Biomechanics of a skill
- Progress by teaching motions with/without ball then add movement and pressure
- Technique vs. Skill
  - Technique is taught
  - Skill is acquired

### Techniques:

**Dribbling-Coaching Points:** Control of ball and body, Head up (awareness), Bent knees (balance), change of direction, feints, change of pace, Body between ball and opponent (shielding), Sideways stance of body (shielding), Use of arms for balance and to make space, Bravery!

**Passing- Coaching Points:** Approach to ball, Ankle locked, toe point up, strike middle of ball (shorter passing), strike ball at angle for longer passing, strike bottom half of ball for longer passing, placement of non-kicking foot for short passing and long passing, head steady, eye contact.  
Receiving-

**Receiving-Coaching Points:** First touch and importance of cushioning ball, take a touch away from pressure, first touch sets up 2nd touch, get in line with the ball, select controlling surface early, open body up to see as much of field as possible, read the path of the ball, keep ball moving-don't stop ball.

**Heading- Coaching Points:** Use top of forehead (hairline) to contact ball, Neck should be firm on contacting the ball, Keep eyes open, Head is moved forward-not up and down, Follow thru, Arms and elbows up for protection and thrust. Attacking-Head top half of ball and low, Defending-Head high, far, and away!

**Crossing- Coaching points:** Preparation of ball, placement of non-striking foot, Striking foot is slightly bent (like a wedge), hips and shoulders face target, Eyes on ball, Strike ball with laces, land on striking foot.

**Finishing- Coaching Points:** Toe down, ankle locked, head, chest, and knee over ball, head is steady, strike top half-center of ball, land on striking foot, placement of non-striking foot, hit the target.