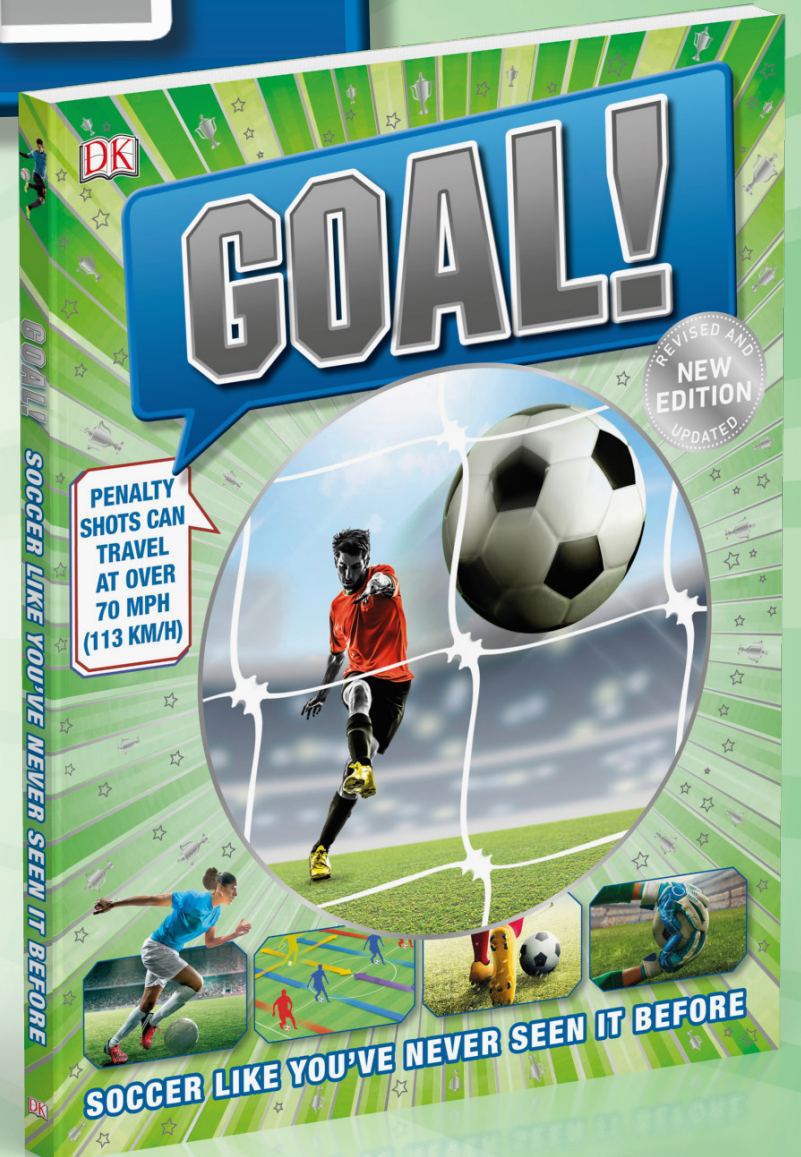


GOAL!

SOCCER SKILLS DOWNLOADABLE PACK



Ball control

Any player who receives the ball must be able to bring it **under control** right away. The **quicker** the player can do this, the more **time and space** there will be to decide the next move.

1. Chest trap

Lean back and cushion the ball with the chest. The key is to slow the ball's speed at the point of contact.

2. Balance

Use the arms for balance and also to shield the ball from any opponents.

3. Ball position

As the ball drops to the ground in front of you, get ready to make a pass or run with the ball.

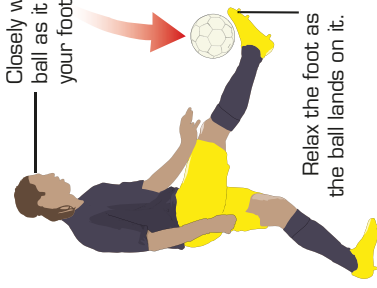
The quality of the "first touch" determines how quickly a player can control the ball. The best players can put the ball exactly where they want it with a single touch.

Professional players use an average of two touches per possession.

SKILL DRILL

In **tight situations**, use the top of the foot to control a ball that arrives at shin height, so you can make a pass or start a dribble.

Closely watch the ball as it comes to your foot.



Relax the foot as the ball lands on it.

Passing

Passing is the most **efficient way of moving the ball** toward the opponent's goal. Skilled players are able to make passes accurately along the **ground**, in the **air**, and over a **range of distances**.

The passing player strikes the ball with the side of his foot to make a short pass, the laces of the cleat for a long pass, and the outside of the foot for a wide, diagonal pass.

The short pass is the most accurate form of passing, in which the passer plays the ball to a teammate who is nearby.

The player making the pass must be able to control the ball's speed and direction so that it reaches the intended teammate without being blocked by an opponent.

The long ball is played over a large distance toward the opponent's goal, in the hope that a teammate receives the ball and starts an attack.

The wide, diagonal pass is a long-range pass, normally made from inside the player's own half to a teammate near the touchline.

A long ball describes any pass that is longer than 35 yd (32 m).

SKILL DRILL

A **short pass** is a controlled pass made with the side of the foot. In this form of passing, the ball is kicked to a teammate along the ground and moves at a relatively slow speed.

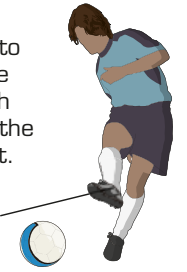
1. Point the standing foot in the direction you want the ball to travel and strike the ball with the side of the foot.

Keep ankle locked at the point of contact.



2. Judge the length of the follow-through to ensure that the ball has enough pace to reach the intended target.

Sweep the striking foot across.



TIKI-TAKA



Tiki-taka is a style of play in which a team passes and moves at high speed, denying the opposition possession of the ball. The style was introduced in the mid-2000s by Spanish club Barcelona, who won the Champions League trophy three times between 2008 and 2015.

Dribbling

The ability to move the ball past opposing players in tight spaces is known as **dribbling**. Good dribblers have **quick feet**, **great balance**, and create more goal-scoring chances.

The best dribblers keep the ball close to their feet. They move the ball using the inside and outside of both feet, as they twist and turn their way past defenders.

A player dribbles the ball an average distance of **208 yards (191 m)** in a game.

2. Shoulder feint
Drop the shoulder as though you are about to move in one direction, but take the ball the opposite way.

1. Look ahead
Assess the situation in front as you move forward with the ball.

SKILL DRILL

The step over is a trick used to fool an opponent into thinking you're about to make a pass when the real aim is to dribble past them.



Drop shoulder

1. Approach the ball as if you are about to pass it with the outside of the foot.

Place weight on the non-kicking foot

Look straight ahead

Swivel the foot around the ball

2. Instead of passing, move the foot around the ball and then dribble in the opposite direction.

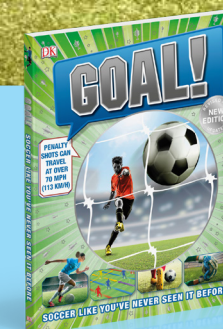
3. Beat the opponent

Use the outside of your foot to move the ball away from the challenger. Keep the ball close to your feet.

DRIBBLING DYNAMO



During the 1986 FIFA World Cup quarter-final game against England, Argentina's star player Diego Maradona dribbled past five English players to score one of the most impressive goals in World Cup history.



Shooting

If you want to be the team's **star goal scorer**, you will need **accurate shooting** skills. There are many shot types, but the most spectacular is the **power shot**, where a player **strikes the ball hard**, and hopes the **ball's speed** and **direction** will take it past the goalkeeper.

1. Ball-watching
Keep your eyes focused on the part of the ball you want to strike.

2. Body position
Keep your upper body over the ball during the shot so the ball stays low.

Fewer than three out of every 20 goal-scoring attempts result in a goal.

4. Striking leg

Sweep the shooting leg smoothly and strike the ball with the instep for an inswinging shot.

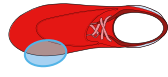
3. Standing leg
Line up the non-kicking foot alongside the ball with the toe pointing in the direction you want to aim the shot.

5. Impact

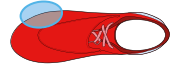
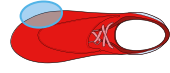
Make firm contact with the bottom right part of the ball and follow through with the kicking leg.

SKILL DRILL

To make the **ball** curve or dip in the air, strike it in the area shown below with the highlighted part of the cleat.



Inswinging shot—the ball will spin counterclockwise and curve to the left.

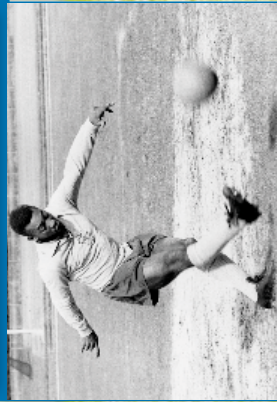


Outswinging shot—the ball will spin clockwise and curve to the right.

When taking a **power shot**, aim to kick the ball either side of the goalkeeper. The hardest places for the keeper to reach are the four corners of the net.



GOAL MACHINE



Brazilian legend Pele was among the finest goal scorers ever. In a glittering career that spanned 22 years (1955–77), he played 1,363 games and scored an amazing 1,281 goals.

