

## TECHNICAL TRAINING OVERVIEW

### BASIC CONCEPTS – BALL MASTERY I & 2

**LEVEL 1**  
BOXES  
TOE TOUCHES  
SOLE-LACE

**LEVEL 3**  
TRIANGLES  
SOLE ROLL - STOP  
V-CUT (SF)

**LEVEL 4**  
SQUARES  
SOLE ROLL - L-DRAG  
V-CUT (BF)

### BOXES

#### Coaching Points

1. Feet shoulder width apart – relaxed hands
2. Ankles locked – Toes Pointing slightly upwards
3. Arch of the inside of the foot to control the ball
4. Knees slightly bent – head up (see ball and ahead)

### TOE TOUCHES

#### Coaching Points

1. Lightly touch ball with sole of foot – under the toes.
2. Standing foot not rooted to the ground, same surface as you would touch the ball
3. Start slowly and build rhythm with the ball.

### SOLE-LACE (PUSH-PULL)

#### Coaching Points

1. Sole of the foot to control the ball, pull back softly
2. Foot should come off the ball (not roll over the ball)
3. Point toe to the ground, lock ankle on contact with laces.
4. On contact, knee should be over the ball – eyes on the ball.
5. Standing foot should not be rooted to the ground, soft bounce to allow movement and adjustments on bad touches etc.

### BOX OUT/IN

#### Coaching Points

1. Movement of feet and body is key – move with the ball. On outside touch, body should shift with the ball.
2. Keep knees bent, low to the ground, chest slightly forward and over the ball, head up.
3. Soft/light touches, ball should travel side-to-side unless working on dribbling/moving with the ball.
4. Ankle locked – don't try and use outside of foot, angle foot to use bone on outside of regular laces.



SOCCER CONCEPTS TECHNICAL SKILLS PROGRAM OVERVIEW

### SOLE ROLLS

#### Coaching Points

1. Lightly touch ball with sole of foot – under the toes and roll ball softly to other foot across your body.
2. As ball leaves one foot, the standing foot should be ready to leave the ground and hop from foot to foot.
3. Must be light on your feet, toes on the ground, not fully rooted to allow for easy transfer from foot to foot.

### SOLE-INSIDE (PUSH-PULL)

#### Coaching Points

1. Sole of the foot to control the ball, pull back softly
2. Foot should come off the ball (not roll over the ball)
3. Create a number "10" with standing foot and ball before pushing ball forward. This allows for better balance and contact.
4. Lock ankle, toes pointing up slightly to push the ball on a diagonal in front of other foot.
5. Standing foot should not be rooted to the ground, soft bounce to allow movement and adjustments on bad touches.

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### TRIANGLES

#### Coaching Points

1. Feet shoulder width apart, light on feet – working on the balls of your feet to improve balance.
2. Concentrate on quality of touch between feet and forwards. Ball should be in # "10" position before being played forward.
3. Don't reach for the ball – move your feet.

### SOLE ROLL - STOP

#### Coaching Points

1. Key is to move body and feet with the ball.
2. Use balls of feet to roll ball across your body and shift opposing foot with contact and direction of the ball.
3. Simple stop – with inside, increase complexity and stop ball with sole of foot. Start slowly and build speed.

### V-CUT (SINGLE FOOT)

#### Coaching Points

1. Slowly bounce on standing foot and change body shape, hip direction to face direction ball is travelling.
2. Focus on the same technical points as per the push-pulls in Ball Mastery Level 1.
3. \* Variations – Sole/Inside – Sole Inside/Outside

### SQUARES

#### Coaching Points

1. Feet shoulder width apart, work on the balls of your feet – be nice and relaxed.
2. Soft touches to allow time to build rhythm.
3. Knees bent to allow better balance and ability to adjust.

### SOLE ROLL - L-DRAG

#### Coaching Points

1. Movement of feet, balance and co-ordination.
2. Use balls of feet to roll ball across and control body, move body with the ball, knees bent.
3. Slow down before change of direction – as ball changes direction, player should change with it.
4. Keep eyes on the ball to help with control and quality.

### V-CUT (BOTH FEET)

#### Coaching Points

1. Balance, co-ordination of standing foot, use of hips and body shape to move with the ball.
2. Focus on good quality touches and control as per the push-pulls in Ball Mastery Level 1. Don't stretch or reach for the ball.
3. \* Variations (i) Pull/Inside, (ii) Pull 1F, Push 2F, (iii) Pull/Outside



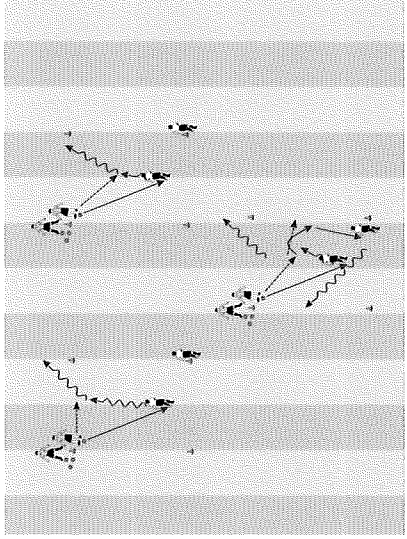
SOCCER CONCEPTS TECHNICAL SKILLS PROGRAM OVERVIEW

# TECHNICAL TRAINING OVERVIEW

## BASIC CONCEPTS

### BASIC 1 v 1 EXERCISES

#### The 1 v 1 Box



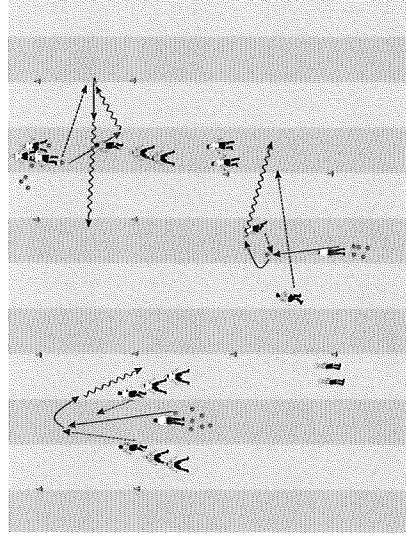
SOCCER CONCEPTS TECHNICAL SKILLS PROGRAM OVERVIEW

# TECHNICAL TRAINING OVERVIEW

## BASIC CONCEPTS

### BASIC 1 v 1 EXERCISES

#### The Turn & Burn Box



SOCCER CONCEPTS TECHNICAL SKILLS PROGRAM OVERVIEW

# BALL MASTERY BASIC CONCEPTS I

PROGRESS TO

BASIC CONCEPTS I



**NAME:**

COMPLETE ALL BALL MASTERY I TECHNIQUES AND PROGRESS TO THE NEXT LEVEL  
BRONZE (BASIC TECHNIQUE) | SILVER (OPPOSED TECHNIQUE) | GOLD (GAME RELATED)

**LEVEL 1**    SINGLE SCISSOR



DROP SHOULDER



STEPOVER



LEVEL 2

**LEVEL 1**    INSIDE HOOK



DRAG BACK



QUICK TURN



LEVEL 3

**LEVEL 2**    BOX - OUT/IN



SOLE ROLLS



SOLE-INSIDE



**LEVEL 1**    BOXES



TOE TOUCHES



SOLE-LACE

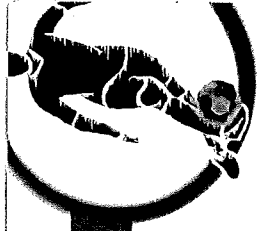


LEVEL 4

# BALL MASTERY BASIC CONCEPTS II

PROGRESS TO

BASIC CONCEPTS II



**NAME:**

COMPLETE ALL BALL MASTERY II TECHNIQUES AND PROGRESS TO THE NEXT LEVEL  
BRONZE (BASIC TECHNIQUE) | SILVER (OPPOSED TECHNIQUE) | GOLD (GAME RELATED)

**LEVEL 2**    SCISSOR COMBO



RONALDO



INIESTA



LEVEL 3

**LEVEL 2**    L-TURN



STEPOVER



OUTSIDE HOOK



LEVEL 4

**LEVEL 4**    SQUARES



SOLE ROLL L-DRAG



V-CUT (BOTH)



**LEVEL 3**    TRIANGLES



SOLE ROLL & STOP



V-CUT (SINGLE)



LEVEL 5