

Basic Soccer Fundamentals

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INSIDE OF THE FOOT PASS

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-The planted foot is next to the ball pointing toward target	-Shooting over short distances combined group play restarts	-Kicking foot is straight	-Leave kicking foot and leg bent. (Toe 'up', ankle locked)
-Kicking foot is raised, toe up strikes middle of ball	-Accurate combined group play over short distances	-The standing foot is too far from the ball	-Place standing foot next to the ball
-Ankle is locked		-The ball is not struck through the center	
-Contact area is between ball of foot and the heel on the inside of the foot			

OUTSIDE OF FOOT PASS

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Angle approach to direction of the pass	-Playing the ball with deception	-The ankle is not locked	-Knee is brought over the ball
-Toe down, ankle locked, foot angled slightly in	-Shooting around defenders	-Planted foot is too far from the ball	-Contact ball with the outside of the foot
-Contact surface is the outside of the laces	-Passing around defenders	-The ball is not contacted fully	
-Upper body is leaning slightly over the planted foot			

INSTEP DRIVE

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Slightly angled approach	-Shooting	-Approach to the ball is straight	-Slightly curved approach
-Standing foot is next to the ball at point of impact. Pointed at the target	-Crossing	-Upper body is leaning too far back	
-Kicking foot is pointed, toe down, ankle locked. No "floppy" toe	-Long passing	-Ball is not struck with laces or straight through center of ball	-Lean slightly over the ball
-The contact surface is the instep (laces)		-The toe is not pointed	-Foot stays pointed after the kick, ankle locked, follow through straight at target
		-Hips are not square to target	
		-Follow through is not straight	

DRIBBLING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Guide the ball with both feet, use all surfaces of the foot	-Gain ground	-Ball is played too far from foot	-Push the ball, do not kick it
-Upper body is bent slightly over the ball	-Go past an opponent -Set up a short or combination play	-Player looks only at ball	-Keep head up and observe situation around you. -Raise toe when changing directions.
-Keep ball in close when in a crowd, using light touches	-Relieve pressure		
-Push it further out in front when given more space			

HEADING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Strike ball with top of forehead; you strike it, do not let it strike you	-Shooting -Passing -Clearing from danger area	-Ball is struck with top of head	-Upper body is drawn back
-Keep eyes open		-Eyes closed	-Watch ball strike and leave the forehead
-Before making contact, draw upper body back, tuck chin, "whip" body through the ball		-Players "spear" the ball instead of "whipping" their body at it	
-Set the ball up with your chest, come through with your head			

RECEIVING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Lightly receive the ball with inside or outside of foot and move off with it; keep toe pointed up	-Bringing all arriving balls under control	-Ball bounces too far away	-Move in an elastic way as if catching an egg on your body; the controlling part of the body withdraws in a smooth, controlled fashion
-Receive ball with thigh or chest, take the pace off of the ball by withdrawing the body part receiving the ball		-Pace of the ball is underestimated	

DEFENSIVE BEHAVIOR

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Keep goal side of your opponent	-Regain possession	-Falling for feints	-Keep ball in view
-Be first to the ball	-Deny penetration	-Poor position relative to opponent	-Beat your opponent to the ball
-Do not dive in on an opponent	-Slow down or with the ball interrupt an attack	-Trying to tackle from too far away	-Tackle as opponent receives the ball
-Defend the ball, not the player	-Stop shots	-Tackle as the opponent is halfway turned	-Make opponent play the ball square or back -Make opponent look at the ball

TACKLING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Keep goal side of your opponent	-Regain possession	-Falling for feints	-Keep ball in view
-Be first to the ball	-Deny penetration	-Poor position relative to opponent	-Beat your opponent to the ball
-Kicking foot is raised, toe up	-Deny opponent possession of 50/50 balls and when dribbling	-The foot is not raised	
-Ankle is locked. Offer stiff leg / body resistance	-Offers maximum resistance to opponent	-The ankle is not locked	
-Contact area is between ball of foot and the heel on the inside of the foot just like a pass	-Use of maximum surface area to control/win balls	- Toe poking with weak ankle or ankle/knee not locked	

GOALKEEPERS – CATCHING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Low balls - scoop into body with both hands outstretched, fingers spread	-Safely catching the ball -Defending the goal	-Fingers were not spread	-Always observe the game situation
-Palms up		-Hands were not far enough behind the ball	-The position in the goal is determined by the player in possession
-Hands extended toward the ball guide the ball into the stomach		-Hands are not "soft"	
-High balls - catch with hands behind the ball, slightly to the side, and slightly above			

GOALKEEPERS – DIVING

EXECUTION	OBJECT	POSSIBLE ERRORS	OBSERVE
-Land on outside of thigh, hip and side of upper body	-Catching balls away from the body that cannot be reached by standing	-The ball is lost from view during the dive	-First practice diving without the ball from sitting, kneeling, and standing positions
-Do not bring arms under the body		-Landing on the front or back	-Catch the ball securely
		-Letting the ground knock the ball free	