



## VARIOUS TECHNIQUES THAT NEED TO BE DEVELOPED BETWEEN 10 -12 YEARS OF AGE

Many coaches and parents typically make the mistake of concentrating on “Winning” versus “Development” during the golden years of learning between 10-12. Due to this reason, many kids end up dropping out of the game at 13 or 14 years of age because they haven't been taught the fundamentals of the game. If a player is not developed technically they will always struggle to manipulate the ball when they are in possession of the ball.

During the golden years of learning, players are like sponges and have the ability to comprehend more difficult tasks. There are so many different techniques that need to be introduced at this age that it could become overwhelming for the coach to decide what to work on during training sessions, therefore, I've put together a list of different individual techniques you can focus your attention on during your sessions.

**BALL MASTERY (FOUR R's: Receiving, Retaining, Running with the ball, Releasing the ball)**

### RECEIVING THE BALL ON THE GROUND

#### INSIDE OF FOOT

1. Opening up (first touch with right foot goes to the right which forces your hips to open up).
2. Taking ball across your body (first touch with right foot goes across your body to the left).
3. Turning with the inside of your foot (first touch with right foot redirects the ball behind you ex. Striker receives the ball with a defender on his back and quickly spins the defender with his first touch).
4. Turning between the legs (first touch with right foot redirects ball to go between your legs).
5. Spin turn (redirect the ball back with the inside of your right foot to the left and spin around the defender to the right).

#### OUTSIDE OF FOOT

1. Opening up (first touch with right foot with your toes down goes to the right which forces your hips to open up).
2. Kill the ball with the outside of your foot (receive)
3. Turning with the outside of your foot (first touch with right foot redirects the ball behind you ex. Striker receives the ball with a defender on his back and quickly spins the defender with his first touch).
4. Spin turn (redirect the ball back with the outside of your right foot to the right and spin around the defender to the left)

#### SOLE OF FOOT

1. Kill the ball (striker receives the ball with a defender tight on his back)

#### TOES

1. Jab under the ball to have it spin back towards yourself

### RECEIVING OUT OF THE AIR

1. Inside of foot - ball coming directly at you across the field ex. Winger receives a ball in the air from the center midfielder
2. Outside of foot - ball coming at you while you have a player on your back ex. Striker standing side ways on with a defender on his back
3. Laces - ball dropping down out of the air ex. Goal kick
4. Thighs - ball coming directly at you across the field ex. Center midfielder receives a ball in the air from the full back
5. Chest - bump the ball up in the air on your first touch to give yourself time for the ball to drop to the ground
6. Chest - first touch goes down to the ground
7. Head - cushion the ball by bending your knees and dropping down as the ball hits your head



#### RETAINING THE BALL

1. Shielding in a stationary position (keeping your body between the player and the ball)
2. Shielding and turning
3. Running with the ball while protecting the ball with your body
4. First touch away from opponent while having a man on your back
5. Keeping ball close to body while running directly at a player

#### RUNNING WITH THE BALL

1. Close control of the ball
  - a. Inside
  - b. Outside of foot
  - c. Sole of foot
  - d. Top of foot
  - e. Toes
  - f. Heel
2. Releasing ball out of feet while dribbling (breakaway)
3. Change of Pace (getting past or away from defender / dribbling into open space)
4. 1v1 Moves
5. 1v1 Turns
6. Shielding Moves

#### RELEASING THE BALL FROM THE GROUND

1. Push pass
  - a. Short range (1 – 10 yards)
  - b. Medium range (10 – 20 yards)
2. Driven pass
  - a. 10 – 30 yards
3. Lofted pass
  - a. 20 – 30 yards
4. Chip
  - a. 3 – 25 yards
5. Bending the ball
  - a. Inside of the foot
    - i. 5 – 30 yards
  - b. Outside of the foot
    - i. 5 – 30 yards
6. Sole of the foot pass
  - a. 1 – 5 yards
7. Scoop pass
  - a. 3 – 10 yards
8. No look pass
  - a. 3 – 15 yards
9. Heel pass
  - a. 3 – 10 yards
10. Toe pass
  - a. 1 – 5 yards

#### RELEASING THE BALL WHILE IT'S IN THE AIR

1. Header pass to feet
2. Attacking header (head down to goal)
  - a. Down to the ground into the goal
3. Defensive header (clearing header)
  - a. High and wide
4. Flick header
  - a. Off a throw in / striker flicking it on to another striker running on to the ball
5. Diving header
  - a. Balls lower to the ground and to far in front
6. Jumping header
  - a. Duel with an opponent
7. Inside of foot volley
  - a. Laying off the ball
  - b. Accuracy finishing
8. Laces volley
  - a. Off a cross
9. Outside of foot volley
  - a. Laying off the ball
10. Side volley
  - a. Off a cross
11. Jump volley
  - a. Off a cross
12. Scissors kick
  - a. Off a cross
13. Bicycle kick
  - a. Off a cross
14. Scorpion kick
  - a. Off a cross

