

teammate and now that allows him to play. Whenever you train technical exercises you are trying to make sure you are creating good habits, good technique, good communication and habits that will carry into the game.

The last receiving we'll do is just with the sole of our foot. When he plays in I'll use the sole of my foot to control the ball. It's still set up for me to play right away and make a good pass back across, always accurate. You can receive rolling the ball, you can do it with the bottom of your foot, so there are several different things you can do with the sole of your foot now to control the ball and wedge it against the ground. So focus on the sole of your foot and just controlling it. When players are looking to receive the ball they never want to stop it dead because now it allows defending teams to close on them. Pushing it to where they want to play allows them to break pressure and now move the ball quickly.

CHAPTER 5 – ONE-TOUCH PASSING

DAVID COSTA: Another technique with passing and receiving is the ability to play one-touch passes – to have a controlled enough touch to be able to receive and pass in the same touch. Now you've played it to your teammate right away. It allows your team to play quicker and move the ball quicker to break down defenses. Right now our players are doing a simple one-touch passing drill where they are following their pass, always moving forward. It gets them in the habit of moving after they play. We said soccer is a game of movement so we don't ever want our players standing. So the guys on the outside waiting are always on their toes, using a nice, controlled touch, just always simple. Usually our passes are about five yards. We really don't want anything under five yards for a pass because it doesn't allow you to play around any defenders. Most passes in soccer games are 5 to 15 yards. You see how the players come to the ball and they are on their toes. They never wait on it so they get there right away and play. It is ok to occasionally take two touches so everyone is still playing in control. You've got players now calling for the ball so that's creating good habits to play. We have them playing in a channel right now to show them the spacing where they want to play; it narrows their vision, and has them look at that one player right now to simplify it.



CHAPTER 6 – TRAPPING THE BALL

DAVID COSTA: Another way to receive the ball is with your feet out of the air. So there are wedge traps, you can use the sole of your feet, and you can use the outside and inside. So wedge

traps are when a ball is going to bounce in front of a player by stepping on the ball and wedging it against the ground so I can control it in front of me. I can do that with the sole of my foot like that; I can also use the inside of my foot so I can push it away from a player; and I can use the outside of my foot to control it into that space. Right now we'll work on the sole of the foot, so your partner will toss it to you and you'll wedge it against the ground and then pass it back to him. Sometimes players will have to take a step back to try and control it. This is how we control a ball that might be bouncing at us. It puts a good surface and gets it on the ground quickly. You don't want the ball to stop though.

Now we'll move into inside foot wedges. As the throws get better we can back up a little bit and have more space. Make sure players are using both feet. A lot of times we'll receive with the right and play with the left or receive with the left and play with the right. Focus on controlling each touch and always look to point out when players are doing it well.

Now we'll do the outside of the foot, which is a little more difficult.

It's timing, as the ball hits the ground the foot comes over it and pushes it back into the ground. We talked about balance; we don't want to lunge at balls. We want to take an extra step and control it. If we're not on balance we're probably going to have a bad touch.



Trapping with the Thigh

Now, the ball is not always on the ground in the game. Sometimes it's in the air so you have to be able to receive it with other parts of your body. So if he sends a ball into my body I need to know if I'm taking it with my chest, my thighs or my feet or my head. So we have to be able to train these different ways because the ball is not always on the ground. When he tosses a ball to my thigh I want to be able to receive it and have it drop to my feet right away. When he tosses it to me I let it hit and it drops to the ground. I'm not jumping up with my knee; it hits me and drops down and now I can play right away. In this drill you toss it to your partner's thigh, trap it down and pass it back. Toss him a nice easy ball, he'll receive it, it'll come to the ground, and he'll play it back. We're always looking for good technique. We're on our toes, looking for the thigh every time right now. When you're training technical work you're trying to create exercises that get high repetition but repetition done well. So now if we squeeze them closer together, the tosses are better, making sure the repetitions are good for receiving; that's the focus for this exercise. If we want to do passing and receiving out of it we might have them back up a little bit. With older players you can get in the habit where they are hitting balls over distance and they can take balls on their thighs, chest and head.

Trapping with the Chest

So now we are going to do a similar thing but now it will be a chest trap. He'll toss it to my chest, I'll chest it, and it'll go to the ground and then I'll play. So we're always trying to knock the air out of the ball and get it under control. We lean back, making ourselves nice and big, arms out in the air, holding players off. Watching our guys right now they are receiving with their arms out in front of them. If my arms are in front of me I'm not balanced. By spreading my arms wide I can hold players off and I make a bigger surface where I can hit my chest. I lean back and I cushion it.

Heading

We'll go over headers here. If I toss a ball to him he's just going to stand there and head it right back to my hands. The other way is if I toss it in the air he might have to jump in a game to head it back to me. So now he jumps and heads it right back to my hands. He's trying to control his effort and get it to me in play. We can also receive the ball with our heads. You don't see it as much but it's still a technique. Receiving sometimes takes more than one touch, but we're trying to control the ball with our head, chest, thigh or feet – always just trying to keep the ball in control when doing this.



We'll have the partners toss the ball to each other and head it back. Have them head it right back into the hands, showing good technique. This is just another way to pass the ball. Usually training heading is something you are going to do at an older age, probably above the age of 10 you need to be able to start training on controlling headers; being able to knock balls down with your head and control it to your teammate, as well as during the course of the game you have corner kicks and balls kicked near the goal that players want to be able to head into the goal.

CHAPTER 7 - SHOOTING

KELLY FINDLEY: Today we are going to work on shooting. Anytime you shoot on frame you have to worry about three different things: The surface you are going to select, the positioning of the ball on the field and defenders. Today we are going to mostly focus on purely technique, so we'll work on close to the goal which focuses mostly on accuracy; distance from the goal that focuses on power, and obviously accuracy in the end because if you don't hit the goal it's not going in.

When we talk about technique there are three main things we are going to focus on: One is our plant foot, which is going to be right next to the ball. My ankle is going to be locked, so it's not