

Technical Coaching Points Attacking

Aerial receiving:	<ul style="list-style-type: none"> - Position body behind and/or under the ball - Stay on balls of feet - Face body toward target - Chest: stagger feet and bring arms slightly up (90°) for balance; lean back and cushion ball as it makes contact - Thigh: bring thigh up (knee bent at 90°) to meet the ball; drop leg immediately down upon making contact to cushion ball – like catching an egg - Top foot: position foot with toe up to make a cradle for the ball; bring foot up to meet ball and drop upon making contact – like catching an egg - Inside foot: position foot heel down, toe up; lock ankle; cushion ball like a pillow - Inside foot (w/ ground): lean forward; raise foot slightly above ball height; as ball approaches ground, place foot over ball to allow it to immediately make contact after ball hits ground - Outside foot: raise foot slightly above ball height; as ball approaches ground, place foot over ball to allow it to immediately make contact after ball hits ground
Ball mastery:	<ul style="list-style-type: none"> - Hop/bounce for balance, versatility, and rhythm - Move feet/body along with the ball - Low center of gravity – bend knees - Land on feet lightly – balls of feet - Keep arms under control - 90° angle, beside body
Chipping:	<ul style="list-style-type: none"> - Lock ankle - Make contact at the bottom most part of the ball a possible - Stop foot's progress immediately after making contact with the ball - Bottom of striking foot should touch ground while making contact with ball
Dribbling/Running with the ball:	<ul style="list-style-type: none"> - Use pinky toe/outside of laces - Lock ankle when making contact with ball - Lean body forward - Low center of gravity – bend knees
Flicking:	<ul style="list-style-type: none"> - Follow basic heading or aerial receiving technique of respective surface - Rather than initiating most of the contact on the ball, allow the ball to make most of the contact - Upon contact, quickly shift the position of the body surface in the direction of desired target
Heading:	<ul style="list-style-type: none"> - Position body behind the ball - Stagger feet and bring arms slightly up (90°) for balance - Face body toward target - Watch the ball make contact with head - Make contact with the hairline - Keep neck stiff/straight - Lean slightly back then thrust body forward while making contact and follow through – use arms like rowing a boat to help increase power - Keep feet planted on ground - Jumping headers: jump straight up; thrust body identically to standing header once peak height is reached
Juggling:	<ul style="list-style-type: none"> - Stay light on feet – balls of feet - Hop/bounce/step between touches for balance, versatility, and rhythm - Watch ball hit the striking surface - Lock ankle when striking and/or position striking body part the same as when striking/receiving/volleying
Rabona:	<ul style="list-style-type: none"> - Approach the ball from an angle - Step next to the ball with the closest foot on the side of the ball closest to body - Bring opposite leg behind plant leg to strike the ball - Make contact with laces and lock ankle - To strike in the air, make contact at bottom most part of the ball - like chipping
Receiving:	<ul style="list-style-type: none"> - Face body in the desired direction of first touch - Cushion the ball (like a pillow) when making contact – adjust based on ball speed - Use body momentum from attacking to move the ball - Lean forward/over the ball - Stay on balls of feet and keep moving with the ball while taking touch - Lock ankle, position foot the same as when striking with respective surface - Bottom foot: position toe up, make contact with ball of foot/bottom of toes – ball should lightly bounce off foot like a bowling bumper
Receiving to turn:	<ul style="list-style-type: none"> - Turn body sideways - Look over shoulder/behind to ensure there is space to turn - Stay on balls of feet, low center of gravity - "No touch": allow the ball to roll by without touching it, step and/or lean body in opposite direction of ball's path to deceive defender - Dummy: allow ball to roll through/under legs without touching it, step, lean, or fake a touch in the opposite direction of ball's path to deceive defender
Shielding:	<ul style="list-style-type: none"> - Low center of gravity – bend knees - Turn body sideways between ball and defender - Lean slightly into defender - Brings arms slightly up for balance - Stay on balls of feet - Use outside foot to turn ball in either direction away from defender
Shooting for power:	<ul style="list-style-type: none"> - Approach the ball from 45° - take a preparation touch with the outside of striking foot if necessary - Step next to or slightly behind the ball - Lean forward/over the ball - Position foot with toe down, ankle locked - Make contact with the big toe knuckle that connects toe to foot - Follow through with the striking foot, driving the body forward and causing both feet to leave the ground, and land on the striking foot
Striking – Inside foot:	<ul style="list-style-type: none"> - Step next to the ball with the plant foot and point it in direction of target - Face body in direction of target - Lean forward - Position foot with heel down, toe up and lock ankle - Make contact in center of the ball with center of the inside of the foot - Follow through the strike, aiming striking foot toward target
Striking – Laces:	<ul style="list-style-type: none"> - Approach the ball from a 45° angle - Step next to the ball with plant foot and point it in direction of target - Face hips, shoulder in direction of target at the point of contact - Lean body forward, over the ball - Position foot with toe pointed down, lock ankle - Make contact with the top of the big toe knuckle that connects toe to foot - Follow through the strike, aiming striking foot toward target
Striking – Lofted:	<ul style="list-style-type: none"> - Approach the ball from 45° - Step slightly behind the ball, leaning body backward - Face body toward target upon making contact with ball - Position foot with toe down, ankle locked - Make contact on bottom half of ball with the same part of foot as striking with laces - Follow through with striking leg in the direction of the target
Striking – Outside foot:	<ul style="list-style-type: none"> - Step next to the ball and lean body forward - Position foot with toe pointed down and inward, lock ankle - Make contact in the center of the ball - Follow through the strike, aiming striking foot toward target
Striking – Swerve/bend:	<ul style="list-style-type: none"> - Approach the ball from 45° - Make contact slightly off-center of ball (side closest to body) - Follow through with striking foot across the ball, away from body - Position foot toe down or up, depending on surface used, and lock ankle
Takeover:	<ul style="list-style-type: none"> - 1st player must dribble with one foot - 2nd player approaches running in opposite direction and on same side as dribbling foot - Immediately before reaching each other, 1st player allows the ball to continue rolling – without touching it – and 2nd player takes ball in opposite direction
Throw-ins:	<ul style="list-style-type: none"> - Two hands on the ball – hold on the back side of the ball - Begin ball completely behind the head - Lean backward and thrust body forward while throwing to increase power - Bring both hands over the head and follow all the way through after releasing the ball - Keep both feet on the ground throughout the duration of the throw - Face body toward target - Release the ball early for a higher throw, release later for a lower throw
Volleying:	<ul style="list-style-type: none"> - Stay on balls of feet and lean forward, over the ball - Position knee above the ball - Follow through toward the target - Inside foot: position foot heel down, toe up and lock ankle - Laces: point toe down, lock ankle - Side: lean body slightly sideways away from striking foot, lift leg over ball at sideways angle - Half: position striking foot just above ball height and over the ball to make contact immediately after it hits the ground