

Topic	Skill	Technical Elements	Tactical/Psychological Considerations
Passing Technique/Short	Low driven pass Lofted & chipped pass Swerve pass	Body shape/knee bent Foot shape/toes pointing outwards/inwards. Head & eyes Still. Good weight/clean contact. Disguise intent/fake with upper body.	Create space to receive ball. Observe movement of teammates to create passing options. Be patient/recognize the importance of keeping possession.
Passing Technique/Short	Low driven pass Lofted & chipped pass Swerve pass	Body shape/position of chest, shoulders & hips. Foot shape/toes pointing. Area of the ball to contact. Concentrate on technique & timing before strength & power.	Same factors as with short passing. When to take risks with longer or more ambitious passes.
Crossing/wide play	Near post cross/swerve Far post cross/lofted Cut back cross/low driven	Approach & body shape. Area of the ball to contact. Foot shape. Accuracy of delivery.	Do you cross early or beat defender? Areas of scoring opportunity in which to play the ball. Awareness of attacking runs & movement/team-mates.
Shooting & Finishing	Finishing techniques from close range/different surfaces, flicks & volleys. Distance shooting.	Foot movement & placement of non- kicking foot. Selection of surface/side foot, instep, outside of foot. Accuracy before power/hit the target.	Power attitude/take responsibility. Placement/into corners, across the keeper. Be sharp & look for secondary opportunities from rebounds or mis- hits.

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Aerial Control & heading	Control the ball on chest. Control the ball on thigh. Attacking headers. Defending headers.	Control: Move into line Select controlling surface Size & angle of touch Heading: Eyes fixed on the ball/use forehead & neck muscles to push through the ball.	Confidence Bravery Attack the ball in the air When to head? When to control
Defending 1 v 1	Close down & confront the opponent who is in possession of the ball	Close down quickly Slow down/ stop opponents first touch Sit down/body shape, bend knees, get balanced, jockey. Can you win the duel?	Good starting position/can you prevent the ball from being played forward or behind you. Can you intercept the ball on a poor pass? Concentrate/React. Respond quickly when you are the nearest defender to the ball.
Defending 2 v 2	Defending as a pair and as part of a group using concepts of pressure & cover.	Individual defending as per 1 v 1 & introducing role of the covering defender.	Pressuring defender as 1 v 1 & also show the attacker inside/outside. Covering defender/depth & angle/not to close/far away or to square. Both defenders push up or drop off in tandem. Do not cross over positions or chase the ball.

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First Touch	Control with the outside of the foot. Control with the inside of the foot. Control with the outside of the foot & turn. Control with the inside of the foot & turn. Let ball run across body/no touch turn.	Move the feet into line with the ball. Disguise movement & use of upper body. Size and weight of touch. Angle of touch away from pressure of defender or to play forwards if unopposed. Ball out of feet so that head comes up.	Get had up quickly and become aware of nearest opponent's position and supporting movements of team players. Does first touch create space, time & decision making opportunities.
Turns & Changes of direction	Stop Turn Step Over Turn Inside Hook Turn Outside Hook Turn Cryuff Turn No Touch Turn	Disguise intentions/Fake. Placement & position of standing foot. Shape & position of body. Size of final touch-out of feet. Change pace & accelerate away.	Why change direction? Awareness of nearest defenders position (usually at the side when turning) Relieve pressure on self and team. Change the direction of the game/Switch the play.
Dribbling 1 v 1	Matthews Fake Matthews Scissors Double Scissors The Roller Coaster	Approach/positive but relaxed. Disguise intent/use upper body. Body shape & foot movements. Change of pace.	When? Where? Why? Positive attitude/take risks/no fear of failure. Awareness of nearest defenders position/ (a) Pressing the ball (b) Retreating (c) Standing still Select appropriate skill for a, b, c.

