



Ten Technical Skills

Assuming you are working with a fairly 'average' group of children, by the time your players have reached the age of 9 years old your players should be able to achieve, or be approaching, the following levels. Some will be able to do these and more, but with a typical group you should aim to make this your standard grade.

To achieve this improvement in developing your player's technical skills you need to be working these top ten skills:

1. Ball control 2. Passing 3. Receiving the ball 4. Dribble 5. Turning with the ball 6. Shooting 7. Heading 8. Principles of attacking 9. Principles of defending 10. Understanding positions and formations

1. Ball Control - Video of players in game situations

- Be comfortable in possession of the ball using different areas of the foot - Be able to spin and change direction with the ball quickly - Be able to move the ball between their feet and the surfaces of their foot quickly and effectively

Youtube - <https://www.youtube.com/watch?v=Yyk-y7qK3ys>

2. Passing - Video showing technique of ground pass, driven ball, lob or chip

- Be able to pass the ball over short and long distances accurately

YouTube - <https://www.youtube.com/watch?v=3ZQPH-5ZRiI>

3. Receiving The Ball - FIRST TOUCH - Video of players receiving using multi surface + turns

- Be able to receive the ball comfortably and secure control quickly

YouTube - https://www.youtube.com/watch?v=YnGX_-mG2l4&list=PL0l6idgowndBP6u9EkxhgTWlib_V4uMuR

4. Dribbling - Video of players dribbling using all surfaces of foot

- Be able to confidently dribble with the ball using different skill moves and different areas of the foot

- Be able to dribble with the ball to take on and attack defenders 1v1

YouTube - https://www.youtube.com/watch?v=70k5fJ4A_6g&t=17s

5. Turning with the ball - Video of players turning w/ ball, basic and creative

- Be able to turn with the ball unopposed and move in a different direction of travel

YouTube - <https://www.youtube.com/watch?v=foGOvNZp-Gg>

Continue:

6. Shooting - Video showing technique of Shooting on goal

- Be able to strike a ball with proper technique and timing

YouTube - <https://www.youtube.com/watch?v=ECospNT9yCM>

7. Heading - Video of player using proper form to head the ball

- Players should be able to confidently control, pass, or finish with their head

YouTube - <https://www.youtube.com/watch?v=6eFt5pqeE9M>

8. Principles of Attacking -

- Understand the importance of creating space when in possession of the ball
- Be able to shoot at goal confidently from various distances

YouTube - <https://www.youtube.com/watch?v=1Bq4pn4vKJw>

9. Principles of Defending -

- Be able to apply pressure the player in possession of the ball
- Be able to stop players from turning with the ball to play forward

YouTube - <https://www.youtube.com/watch?v=cDWBxzLF6mQ>

10. Understanding Formations and Positions -

- Have a basic understanding of positions on the field and responsibilities of the position

Youtube:

- 11v11 - <https://www.youtube.com/watch?v=YnAA4dHHsWU>
- 9v9 - https://www.youtube.com/watch?v=x2RwwD_cV50
- 7v7 - <https://www.youtube.com/watch?v=FiwQOZMhPRI&t=368s>
- 4v4 - <https://www.youtube.com/watch?v=hu-a3VYq4NI>

YouTube Video References:

- WeSpeakFootball
- Simply Soccer IG: SimplySoccerPro
- [OnlineSoccerSkills.com](https://www.onsoccerskills.com)
- ProTips4U
- Catalan Soccer
- Vince Ganzberg

Coaching Road Map

<https://static.ussdcc.com/users/148963/999522/grassroots-roadmap.pdf>

Use this as your training road map and watch your players carefully to see how far they are along that road. Set milestones at regular intervals to check their progress and make sure you adapt your coaching sessions. Help them achieve their goals and reach their destination.

Going forward:

Once your players achieve this standard it is not the time to stop, but to move on to greater achievements. Continue with these ten core skills, but set the bar higher with harder requirements. Continuous improvement should be your aim for all of your players to enable them to achieve their full potential