

Dribbling

Purpose: To move the ball up the field. Dribbling is also used to maintain possession of the ball and is the most common way an offensive player moves with the ball.

Cues

1. Ready position
2. Keep ball close
3. Eyes up
4. Use all of foot

Use To

- Control the ball
- Avoid the defense
- Create open shots

Types

- Close control (inside/outside foot)
- High speed (instep/shoelaces)



Instep (Shoelaces)

Soccer Content Card



Outside of Foot



Inside of Foot

Passing

Purpose: To maintain possession and move the ball quickly. Pass selection depends on the type of defense being used and distance from a teammate.

Cues

1. Step beside ball
2. Knee over ball
3. Strike with foot
4. Drive foot through

Use To

- Possess the ball
- Create open shots
- Stop scoring (Outlet pass)
- Restart play

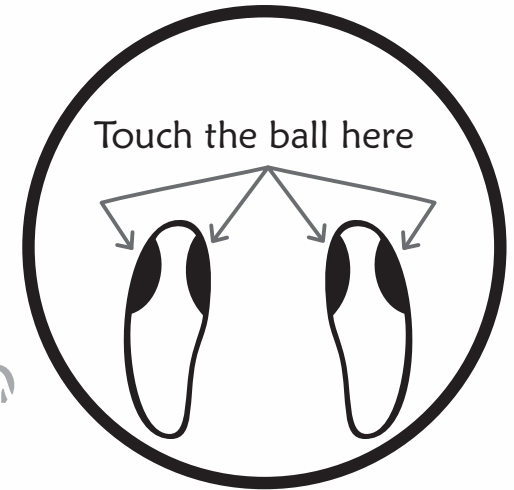
Types

- Inside of foot
- Instep of foot (shoelaces)
- Outside of foot
- 2-Hand throw-in

Soccer Content Card



Instep (Shoelaces)



Inside / Outside



2-Hand throw-in

Trapping

Soccer Content Card

Purpose: To maintain possession by “catching” and controlling the ball. Type of trap used depends on the height of the ball as it approaches your body.

Cues

1. Position to meet ball
2. Contact
3. Cushion
4. Control

Use To

- Catch & control the ball
- Transition to dribble or pass

Types

- Foot: sole/instep/inside/outside
- Thigh: top/inside
- Chest



**Position to
Meet Ball**



Inside of Foot



Sole of Foot



Instep (Shoelaces)



Chest



Thigh-top

Shooting

Purpose: Shooting is the method for scoring. Shot selection depends on defensive pressure, distance from the goal and ball position.

Cues

1. Step beside ball
2. Contact with shoelaces
3. Chest over ball
4. Drive through

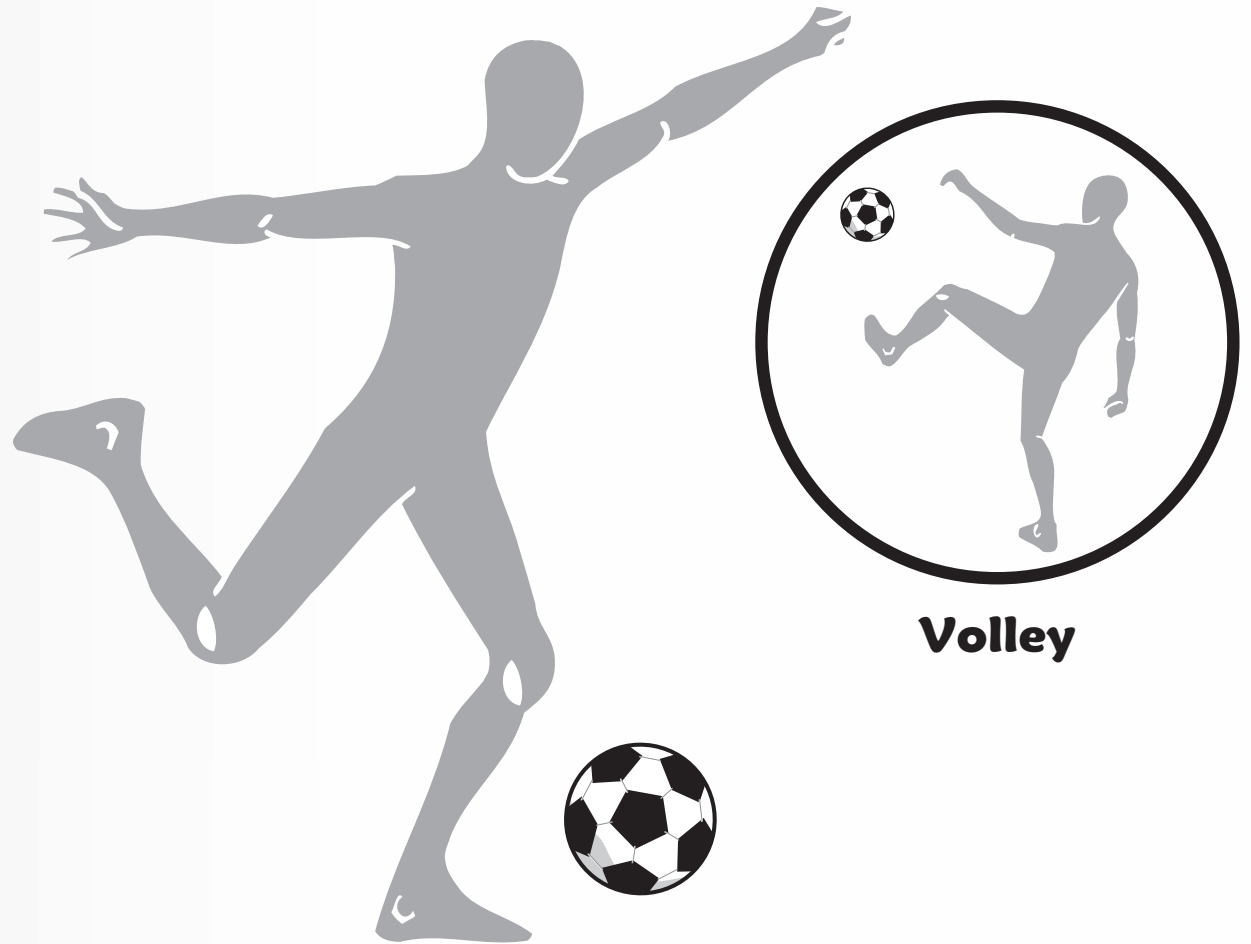
Use To

- Score

Types

- Drive
- Chip
- Swerve
- Volley (Full/Half/Side)

Soccer Content Card



Drive/Chip/Swerve

Volley

Give and Go

Soccer Content Card

Purpose: The give and go is a multi-player offensive tactic that relies on passing and moving without the ball to create open scoring opportunities.

Cues

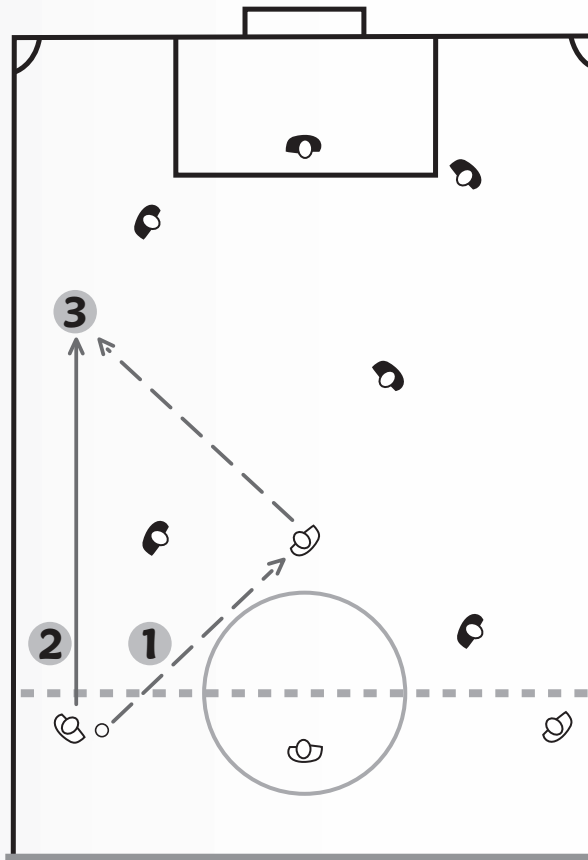
1. Boot
2. Bolt
3. Catch (trap)
4. Shoot & Follow

Use To

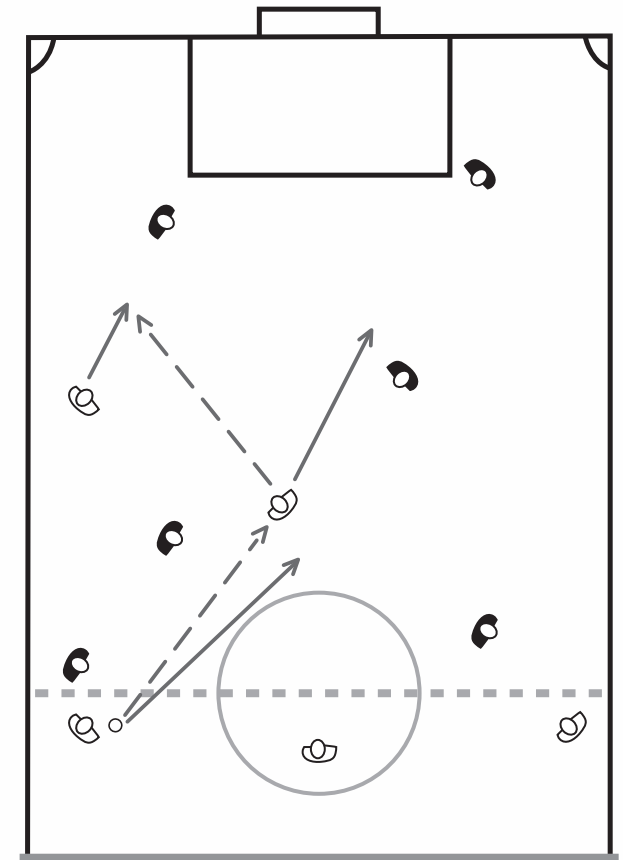
- Possess the ball
- Create open shots

Types

- 2 Person
- Chain/Series



2 Person



Chain/Series

Team Offense

Soccer Content Card

Purpose: To work in unison applying skills and strategy to maintain possession and score.

Cues

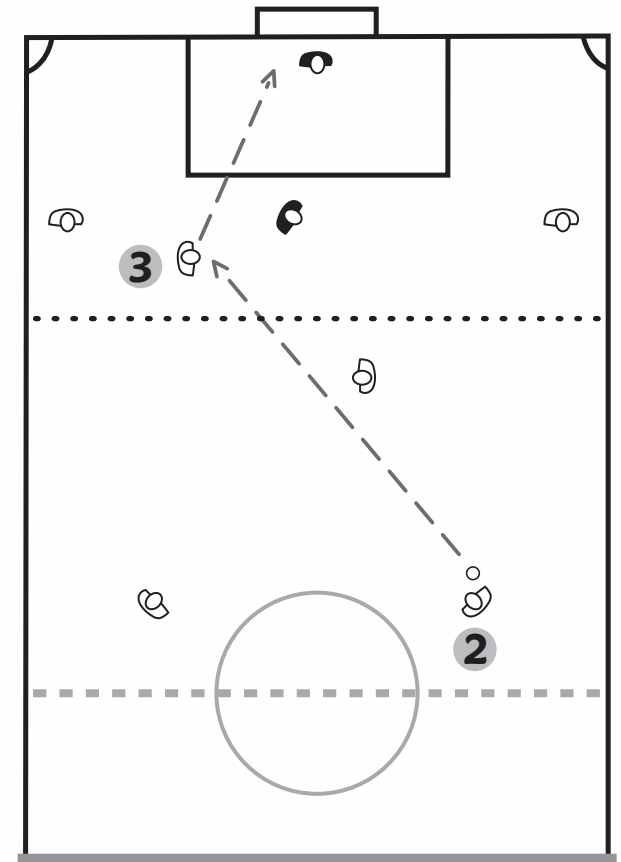
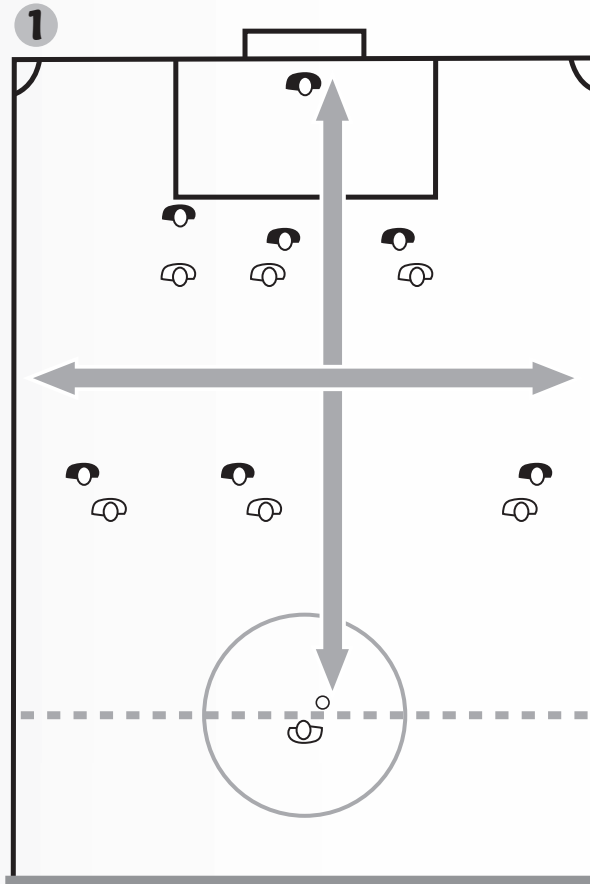
1. Deep & Wide
2. Break Thru
3. Shoot & Follow

Use To

- Keep the ball
- Create open shots

Types

- Popular: 4-4-2
- Classic: 4-3-3
- Pure 'O': 3-4-3



Defense - Mark & Zone

Soccer Content Card

Purpose: To defend against scoring and create turnovers. The type of defense selected depends on player attributes and opponents' characteristics.

Cues

Mark / Zone

1. Match-up / Know Your Zone
2. Shadow / Protect Your Zone
3. Stay Between
4. Communicate

Use To

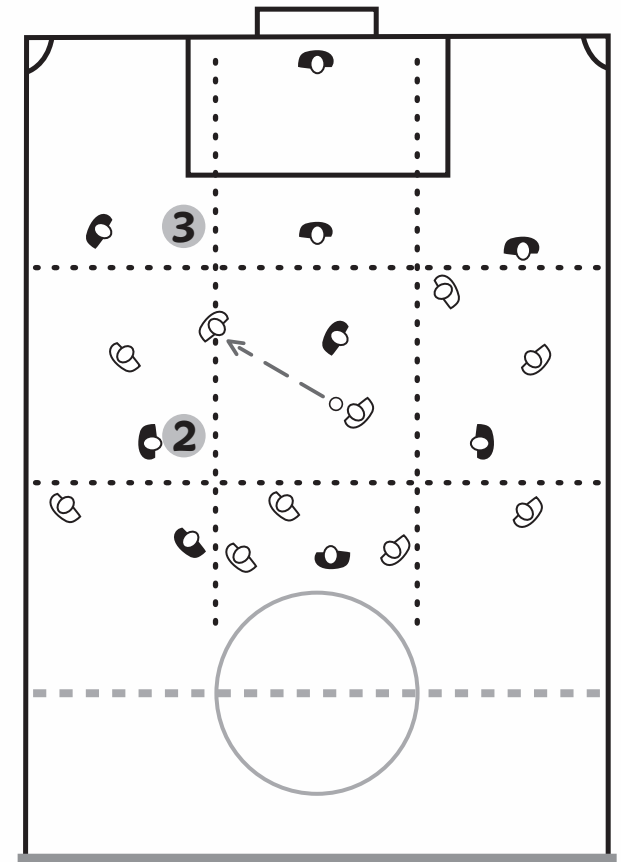
- Defend space
- Defend the goal
- Create turnovers

Types

- 1-on-1 Mark
- Sweeper
- Match-up zone
- Shifting zone



1-on-1 Marking



Zone Defense

Officials' Signals

Soccer Content Card

Purpose: To manage contest and communicate rule related information.
Signals are the “sign language” of the game.

Cues

1. Know the Rules/Signals
2. See the Play
3. Be Active
4. Whistle then Signal

Use To

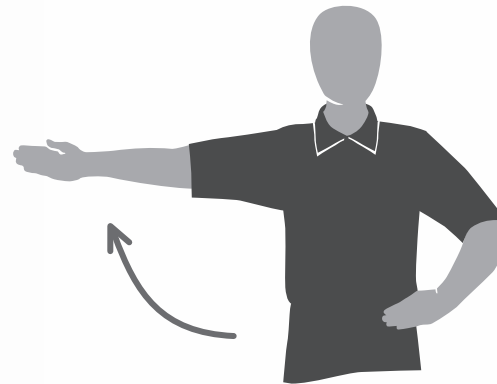
- Manage the Game
- Communicate Violations
- Maintain Game Pace

Types & Tips

- Types: Referee and Linesman
- Be respectful
- Be decisive
- Be composed



Handling the Ball



Offsides - Indirect



Corner Kick - Direct



Tripping



Pushing



Misconduct