1 Dribbling
   1 - Preliminary Exercises
   2 - With Change of Direction (45° to 90°)
   3 - With Change of Direction (180°)
   4 - Dribbling with Speed
   5 - Match-like Training 1
   6 - Match-like Training 2

2 Dummying
   1 - Preliminary Exercises
   2 - Off the Dribble with Alternative
   3 - Off the Dribble in a marked-off Area
   4 - Off the Dribble at an Angle
   5 - Dribbling at an Angle, restricted Opponent
   6 - Decision-taking Training
   7 - Match-like Training 1
   8 - Match-like Training 2

3 Passing 1 - (Low Balls)
   1 - Preliminary Exercises
   2 - While Standing
   3 - Off the Dribble
   4 - Direct Play
   5 - Match-like Training 1
   6 - Match-like Training 2

4 Ball Control 1 - (Low Balls)
   1 - Preliminary Exercises while Standing
   2 - With the Inside of the Foot while Moving
   3 - With the Outside of the Foot while Moving
   4 - With a Turn
   5 - Match-like Training 1
   6 - Match-like Training 2

5 Passing 2 - (High Balls)
   1 - Preliminary Exercises
   2 - Dead-Ball
   3 - Dead-Ball with Spin
   4 - Off the Dribble
   5 - Match-like Training 1
   6 - Match-like Training 2

6 Ball Control 2 - (High Balls)
   1 - Preliminary Exercises while Standing
   2 - With the Inside of the Foot while Moving
   3 - Other Techniques while Moving
   4 - With a Turn
   5 - Match-like Training 1
   6 - Match-like Training 2
7 Shooting - (Instep Kick)
   1 - Preliminary Exercises
   2 - Drop and Volley
   3 - Dead-Ball
   4 - Off the Dribble
   5 - After Trapping and Controlling the Ball
   6 - After Receiving a Pass
   7 - Match-like Training 1
   8 - Match-like Training 2

8 Heading
   1 - Preliminary Exercises
   2 - From a Standing Position, Straight Ahead
   3 - From a Standing Position, with Change of Direction
   4 - After two-legged Jump
   5 - After one-legged Jump, Straight Ahead
   6 - After one-legged Jump, with a Turn
   7 - Match-like Training 1
   8 - Match-like Training 2
**Methodical Series 1: Dribbling**

Dribbling is a complex ball skill, where players run with the ball close to their feet and control it with short taps or kicks. This may involve tactical elements, such as dribbling the ball with the foot that is further away from the opponent.

**Components Training Programme for Dribbling**

- **Ambidexterity**
  Changing direction, preparing for a dummy, shielding the ball by dribbling with the foot that is further away from the opponent - various circumstances require that dribbling is mastered with both feet.

- **Keeping Track of the Action**
  In order to perform a suitable follow-up action at any time, the (peripheral) field of vision needs to be directed at both the ball and its surroundings.

- **Change of Pace**
  Sudden changes of pace, such as a quick acceleration with the ball from a standing position or abruptly stopping with the ball while running, help to shake off opponents and vary the pace of the match.

- **Change of Direction**
  Similar to a change of pace, a change of direction can serve as a ‘simple dummy’ to play past an opponent. It can also help to relocate the action to a different section of the pitch.

- **Dribbling and Passing**
  To secure the ball or to build up to an attack, passing the ball is a frequent follow-up action to dribbling and therefore these techniques should be trained together often.

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**An Overview of the Methodical Steps of Training Dribbling**

1. **Preliminary Exercises**
2. **Change of Direction (45° to 90°)**
3. **Change of Direction (180°)**
4. **Dribbling with Speed**
5. **Match-like Training 1**
6. **Match-like Training 2**
Dribbling Techniques

**Circumstances requiring Dribbling**
There are two basic situations where dribbling is required. In the first, securing the ball is the main objective. The player safely dribbles the ball while shielding it and keeping an eye on his surroundings. In the second, the player dribbles upfield, which can allow him to gain a significant amount of space when counter attacking. When facing a well-arranged defence, a dribbling technique involving a lot of dummying is required to escape pressure situations or to arrange the breakthrough and have a chance of shooting at goal.

**Dribbling Techniques**
Aside from the main techniques introduced below, it is conceivable that the ball could be played with the sole, heel or tip of the foot at the start of dribbling or when changing direction. However, since it is not possible to guide the ball quickly, tightly and securely enough over long distances in this way, these techniques will not be addressed further.

### WITH THE INSIDE OF THE FOOT

**Technique Pointers**
- Lean the torso into the direction of movement.
- Turn the toe of the foot of the playing leg towards the outside and lift it up slightly when on making contact with the ball.
- Dribble the ball with the inside of the foot, keeping it close to the foot.

### WITH THE OUTSIDE OF THE FOOT

**Technique Pointers**
- Dribbling with the outside of the foot is well-suited for quick changes of direction.
- Do not focus only on the ball, also observe surroundings.
- Always dribble with the foot that is further away from the opponent.

### WITH THE INSTEP

**Technique Pointers**
- Dribbling with the instep is especially suitable for quickly covering large areas.
- Stretch the ankle downward so that the tip of the foot points towards the ground.
- Do not dribble the ball too far ahead; it should be under control at all times.
Methodical Series 1: Dribbling

1 Preliminary Exercises

ROLLING EXERCISE

Description of Exercise
- Pass the ball back and forth between the feet using the inside of each foot and touching the ball just once per pass.
- The bodyweight should be placed on the balls of the feet, not on the entire soles.

Methodical Pointers / Corrections
- Ensure that the ball is not just touched with the feet, but that it is in fact being moved around.
- Continuously increase the pace of the exercise.

FAST FOOTWORK

Description of Exercise
- Pass the ball back and forth between the balls of the feet, touching the ball just once per pass.
- Making use of the ankle to accelerate the ball.

Methodical Pointers / Corrections
- Variations:
  - fast footwork on the spot
  - moving forwards
  - moving backwards

ZIG-ZAGGING

Description of Exercise
- Ball control while zig-zagging.
- Require varied movement sequences, for instance use the outside of the left foot twice to the left, then of the right foot twice to the right, etc.

Methodical Pointers / Corrections
- Vary movement sequences and techniques! For instance, changes of direction with the inside of the foot, the outside of the foot, different movement sequences (photos: only left foot, alternating between inside and outside of foot).
Methodical Series 1: Dribbling

2 With Change of Direction (45° to 90°)

**USING A CONE**

**Description of Exercise**
- Calmly dribble towards a cone.
- Dynamic change of direction and increased pace in front of the cone.
- Change direction using all dribbling techniques.

**Methodical Pointers / Corrections**
- Use multiple cones; if the distances between them are small, less exertion and more concentration are required.
- Precise timing of the change of direction in front of the cone.

**45° WITH A SHOT AT GOAL**

**Description of Exercise**
- The players dribble towards a cone, swerve to the side and shoot at the goal.
- Afterwards, slowly dribble back through a cone slalom.

**Methodical Pointers / Corrections**
- The exercise should be practised using both feet and all dribbling techniques (inside/outside of foot, etc.).
- Concentration is especially required when dribbling, not just when shooting at the goal.

**90° WITH A SHOT AT GOAL**

**Description of Exercise**
- The players dribble towards a cone, turn a 90° corner and shoot at the goal.
- Then they slowly dribble back through a cone slalom.

**Methodical Pointers / Corrections**
- The dribbling towards the cone and the dribbling through the slalom should be done parallel so that waiting times are reduced.
- To train ambidexterity, dribbling towards the cones should be done alternately from both sides.
Methodical Series 1: Dribbling

3 With Change of Direction (180°)

**USING CONED GOALS**

**Description of Exercise**
- Use cones to mark several goals.
- The players dribble from one goal post to the second, dribble around it and guide the ball back to the first.
- Require different techniques at the 180° turn: clip the ball with the inside and outside of the foot, pull it back with the sole, etc.
- Distance between cones: about 3m.

**Methodical Pointers / Corrections**
- Use multiple goals: if the distances between them are small, less exertion and more concentration are required.
- Dribble slowly when moving from one goal to the next.
- The goals should not be too large. This way, more 180° turns need to be completed.

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Set up cones as per illustration.
- The ball gets passed to the player standing at the cone closer to the goal, who then dribbles away from the goal, makes a 180° turn around the second cone, approaches the goal and shoots when arriving back at the first cone.
- The passer takes up position at the first cone, while the shooter dribbles back through the cone slalom.

**Methodical Pointers / Corrections**
- The dribbling between the cones and the dribbling through the slalom should be done parallel so that waiting times are reduced.
- Always keep the ball close to the foot when trapping and dribbling the ball.
- The exercise should be practiced with both feet (to train ambidexterity).
- The exercise can be simplified by foregoing the pass. The players start with the ball at the cone that is closest to the goal and queue up at this cone after shooting at the goal.
4 Dribbling with Speed

**SLALOM COMPETITION**

**Description of Exercise**
- Three teams at parallel slalom courses; the players should be positioned equally at the starting cones. The first member of each team dribbles through the slalom and gives the ball to his partner, etc.
- Competition: which team is the first to complete three passes through the slalom course?

**Methodical Pointers / Corrections**
- The course should not be too long and the size of the teams should allow for brief rest periods.
- The difficulty level can be varied by changing the distances between the cones.
- When the cones are equally spaced, every player should be able to find a rhythm.

**SLALOM COMPETITION WITH SHOT AT GOAL**

**Description of Exercise**
- Set up two slalom courses, each in front of a goal with goalkeeper. Assign the players, each with a ball, into two teams and position them behind the slaloms.
- After the first player has completed the course and taken a shot at goal, the next player starts the course, etc.
- Competition: Which team is the first to complete a pass through the slalom course? Which team scores more goals?

**Methodical Pointers / Corrections**
- Variation: Each player only starts once the coach gives the signal; in this way, a player of a team directly competes against a player of the opposing team. A goal by the faster player through the slalom course counts double.
- The difficulty level can be varied by changing the distances between the cones.
- When the cones are equally spaced, every player should be able to find a rhythm.
Methodical Series 1: Dribbling

5 Match-like Training 1

Catching Game with Obstacles

Description of Exercise
- Divide the players into pairs, with one ball per player, then distribute the pairs among obstacles made of cones (see illustration or photo for setup).
- Catching game: Each pair dribbles in and around the obstacle, the chaser tries to catch his partner by tapping him.
- If caught, the partner becomes the catcher. After that relax actively by e.g. juggling.

Methodical Pointers / Corrections
- Assign the pairs according to playing ability.
- The players should observe the actions of the opponent and respond with changes of direction, using only peripheral vision to keep track of the ball.
- Ensure tight ball control.
- Variation: Players are not allowed to dribble through the middle of the obstacle.

Competition Using Coned Goals

Description of Exercise
- Use cones to mark off several goals.
- Players are assigned pairwise and stand on either side of a goal. The chaser passes the ball to his opponent, who lets it go through his legs and then tries to escape with it by dribbling through a different goal. The chaser is not allowed to run through the goal through which he passed the ball.

Methodical Pointers / Corrections
- The passes must be quick so that it is easier to switch to dribbling.
- The chaser should not start moving towards his opponent until the ball has been intercepted.
- Dummying helps in the escape: Require a further dummy pass or dummy run.
- It is important to always keep the ball under control when dribbling with speed.
**Methodical Series 1: Dribbling**

### Match-like Training 2

#### 1-ON-1 Competition

**Description of Exercise**
- Mark two lines using cones, with one player behind each line, one of whom has a ball.
- The player with the ball passes it to his opponent, who then tries to dribble it over the opposite line. The passer tries to win the ball back and counterattack over the other line.
- Several pairs can do this exercise parallel on other parts of the pitch.

**Methodical Pointers / Corrections**
- The ball should be intercepted quickly so that the player has time to gather enough pace.
- Use body swerves and dummies to dribble past the opponent.
- Shield the ball and dribble with the foot that is further away from the opponent.
- This exercise is very intense, therefore include a sufficient number of breaks!

### Complex Game Play

**Description of Exercise**
- Goals are marked by cones. Mark two pairs of opposing goals with a width of 8m each. Vary the distances between the goals according to the number of players.
- Divide the players into two teams and allow them to play in free-play format. Goals are scored by dribbling the ball across a goal line.

**Methodical Pointers / Corrections**
- Training is more effective with smaller teams since each player participates more. It is therefore recommended to play 4-on-4 or 5-on-5 tournaments with four teams.
- Adjust rules to prevent teams from relying on just one player. For instance, final result = number of goals times number of different goal scorers.
Methodical Series 2: Dummying

With the aid of dummying, every player - independent of his position - must be able to win open space for follow-up manoeuvres. The players can learn to master spectacular dummying techniques during their own training; during institution training, the focus should be on deceptions that can be applied frequently.

Components of Dummy-Training

✶ Dynamic Movements
  The deceptive movement must be executed so convincingly that the opponent will fall for it.

✶ Change of Pace
  A significant increase in pace must follow the deception so that the momentary advantage can be utilised and the player can move past the outplayed opponent.

✶ Alternatives
  For every deception, a corresponding alternative must be learnt, in case the opponent does not respond to the dummy as expected. The alternative could be the repeating of the deception in the other direction (e.g. a repeated shot feint), but usually the best alternative is to abandon the dummy altogether (if possible, just take the shot!).

✶ Repertoire
  The higher the age and skill level, the more dummying techniques the players should be able to command; if only one deceptive movement is used, it is easy for the opponent to prepare himself. In addition, the deception has to fit the match situation and available space.

An Overview of the Methodical Steps of Training Dummying

- Match-like Training 2
- Preliminary Exercises
- Off the dribble, with alternative
- Off the dribble, in marked-off area
- Off the dribble, at an angle, restricted opponent
- Decision-taking Training
- Match-like Training 1
Methodical Series 2: Dummying

**BODY SWERVE**

- **Technique Pointers**
  - Off the dribble, make an outward sidestep behind the ball.
  - Shift the bodyweight onto this leg.
  - Play the ball to the other side with the outside of the other foot.
  - Variation: double body swerve.

**STEP-OVER**

- **Technique Pointers**
  - Off the dribble, make an outward sidestep over and around the ball.
  - Shift the bodyweight onto this leg.
  - Play the ball to the other side with the outside of the other foot.

**MATTHEWS-DUMMY**

- **Technique Pointers**
  - Bring the ball inward with the inside of the foot.
  - Immediately turn the ankle inward and play the ball in the other direction with the outside of the same foot.
  - Do a small jump to the outside from the supporting leg to help change direction.

**RIVELINO-DUMMY**

- **Technique Pointers**
  - Off the dribble, make an inward sidestep over the ball and do a short step on the ground.
  - Bring the supporting leg forward, shift bodyweight onto this leg and play the ball to the other side with the outside of the playing foot.
Methodical Series 2: Dummying

**SHOT-FEINT 1**

**Technique Pointers**
- Off the dribble, feign a shot.
- Abort the shot at the last moment and bring the ball inward with the inside of the playing foot.

**SHOT-FEINT 2**

**Technique Pointers**
- Off the dribble, feign a shot.
- Abort the shot at the last moment and bring the ball outward with the outside of the playing foot.
- Variation: feign a pass.

**RONALDO-DUMMY**

**Technique Pointers**
- Off the dribble pull the ball forwards and inwards with the sole of the foot.
- Step over the ball with the other leg.
- Turn on the ball of the step-over foot and take the ball along with the inner side of the kicking foot.

**SCHOLL-DUMMY**

**Technique Pointers**
- While dribbling slowly or while standing, feign a pass.
- Guide the ball with the inside of the foot in the feigned pass direction, keeping the foot on the ball.
- Point the tip of the foot to the inside and start with the ball on the inside.
**Methodical Series 2: Dummying**

**OKOCHA-DUMMY**

**Technique Pointers**
- While dribbling put one leg in front of the ball and draw the ball up along the calf of the leg with the instep of the other foot.
- Continue running and kick the ball over the head with the heel.

**ZIDANE-DUMMY**

**Technique Pointers**
- While dribbling stop the ball with the sole of the foot, thereby turning 180° over the ball.
- Immediately change feet over the ball, pull the ball backwards with the sole of the foot, and turn on the standing leg towards the direction of running.

**BEHIND THE STANDING LEG**

**Technique Pointers**
- While dribbling slowly, step over the ball with one foot and plant it sideways in front of the ball.
- With the inside of the tip of the foot of the playing leg, pull the ball diagonally sideways behind the standing leg.
- Turn on the ball of the standing foot towards the direction of running.

**DECEPTION WITH THE OPPONENT BEHIND**

**Technique Pointers**
- Feign a dribble to the inside by making a step-over from outside to the inside of the ball.
- Put the foot down briefly.
- Play the ball with the outside of the same foot in the other direction and accelerate away.
Methodical Series 2: Dummying

1 Preliminary Exercises

WHILE STANDING

Description of Exercise
- Perform a dummy movement in front of the stationary ball, lightly kick the ball to the side before stopping it again.
- Do this repeatedly.

Methodical Pointers / Corrections
- This level of ability will not interfere with the correct timing of a dummy while off the dribble.
- This exercise allows the coach to step in with corrective suggestions. By restricting the dummy manoeuvre to its essence, mistakes in its execution can be recognised early and have to be corrected immediately, before the players automate their pattern of movement.

AFTER A SHORT DRIBBLE

Description of Exercise
- The players dribble freely on the pitch.
- After short dribbles, they carry out dummy moves.

Methodical Pointers / Corrections
- This exercise is very well suited for the warm-up before a technique main part. This way dummy manoeuvres are also practised more often and the techniques reinforced.
- Rather train one or two dummy movements extensively with untrained players, than many dummy movements cursorily.
2 Off the Dribble with Alternative

**IN A MARKED OFF AREA**

*Description of Exercise*
- Use cones to mark off a practice pitch.
- The players dribble on the pitch and perform dummy movements as well as the respective alternatives.

*Methodical Pointers / Corrections*
- For every dummy movement, the alternative movement must be mastered so that the opponent can be played past from either side. In the case of the body swerve with sidestep, it is the double body swerve where the ball is eventually played to the first side.

**MARKED OFF AREA WITH GOAL KICK**

*Description of Exercise*
- Position the players in two groups in front of the goals with goalkeepers.
- The respective first player dribbles towards the goal, performs a dummy movement and then shoots at the goal.

*Methodical Pointers / Corrections*
- Plan approximately five to eight metres for dribbling and dummying. There has to be enough space to perform a dummy movement, but it is not the intention to have an "endurance run" towards the goal.
- Have the players perform the dummy movements to both sides and with alternatives.
- Speedy goal kick after the dummy movement.
Methodical Series 2: Dummying

3) Off the Dribble in a marked-off Area

**CIRCUIT**

**Description of Exercise**
- Mark off four dummy areas with cones (see illustration).
- Dummying circuit: The players start from the cone in front of the marked off area, dummy within the marked-off area and run to the next “start” cone.

**Methodical Pointers / Corrections**
- With this exercise structure, the area for the performance of the dummy movement is restricted for the first time and therefore the first step to practising the correct timing of the manoeuvre.

**WITH GOAL KICK**

**Description of Exercise**
- Mark off two dummy areas with cones in front of the goals with goalkeepers.
- Divide the players into two equal teams and position them in front of the cone rectangles.
- The respective first player passes the ball into the marked-off area, performs a dummy movement and then shoots at the goal.

**Methodical Pointers / Corrections**
- Place the “start” cone so close to the dummy field that the players only need to pass the ball forwards once. They thereby concentrate on the dummy movement and not on the dribbling.
**Methodical Series 2: Dummying**

**4 Off the Dribble, at an Angle**

**IN FRONT OF A CONE**

**Description of Exercise**
- Mark off an exercise area with cones and place a "cone jungle" in it.
- The players dribble in the marked off area, execute a dummy in front of a cone and pass to the side.

**Methodical Pointers / Corrections**
- At this skill level, the dummy movements should already be mastered, the focus now lying on the reduction of the space necessary for dummying and the improvement of the timing.
- By dribbling at an angle, the intended opponent is drawn to one side, thereby the space on the other side becomes available for subsequent action.

**WITH GOAL SHOOTING**

**Description of Exercise**
- Use cones to mark off a line in front of a goal with goalkeeper.
- Position the players, each with ball, at a "start" cone in front of this line.
- One player at a time dribbles towards one of the cones, performs a dummy movement and then shoots at the goal.

**Methodical Pointers / Corrections**
- Decrease waiting times by erecting a parallel exercise set-up in front of a second goal.
- Not all dummy techniques require dribbling at an angle. More difficult tricks, e.g. the Okocha-Dummy, are rarely applicable in matches and should therefore be practised by the players during their own time.
Methodical Series 2: Dummying

5 Dribbling at an Angle, restricted Opponent

FROM CONE TO CONE

Description of Exercise
- Mark off two lines with cones, placing one "start" cone each in front of and one behind the lines.
- Position one defender per line and divide the rest of the players with ball behind the "start" cones.
- The first player with ball dribbles towards the defender at an angle, dummies in front of him, and dribbles to the opposite cone. The second round starts from there.

Methodical Pointers / Corrections
- The defender only moves on the imaginary line between the cones and attentively follows the dummy movements so that he can make room for the striker.
- Corrections: Dribble at an angle to open space on the other side (picture 1), Obvious dummy movement (picture 2), choose the distance to the opponent so that he cannot get to the ball before the dummy is executed (picture 3: dribbled too close).

WITH GOAL KICK

Description of Exercise
- Mark off a line with cones in front of a goal with goalkeeper, position the players with ball in front of a "start" cone.
- One defender is on the imaginary line, the first player with ball dribbles towards the line at an angle, dummies and closes by shooting a goal.
- The defender follows the dummy movement.

Methodical Pointers / Corrections
- Decrease waiting times by erecting a parallel exercise set-up.
- Flowing changeover: The defender fetches the ball and positions himself at the cone, the striker becomes the defender.
- Dribble towards a cone to encourage the dribbling at an angle.
6 Decision-taking Training

FROM CONE TO CONE

Description of Exercise
- Set-up as shown in the illustration.
- As soon as the striker starts dribbling, the defender runs from an outer “start” cone towards the centre.
- If he stops at cone 1, the striker executes an alternative dummy manoeuvre or dribbles straight through the line at speed.
- If the defender runs through to cone 2, the striker has to try to manoeuvre past him with a dummy.

Methodical Pointers / Corrections
- Take the eyes off the ball and observe the behaviour of the defender.
- The defender may only offer the side for the breakthrough very late so that the striker cannot prepare himself in advance.
- Only use appropriate dummy techniques, some dummies are not possible when dribbling at an angle.

WITH GOAL KICK

Description of Exercise
- As above, except that the goal kick is now performed as a follow-up action.

Methodical Pointers / Corrections
- The objective of dummying is to get past an opponent, or at least create space for oneself for follow-up action. If, however, the breakthrough is possible without a dummy movement, then dribble over the line without losing time making one!
Methodical Series 2: Dummying

7 Match-like Training 1

RESTRICTING THE DEFENDERS

Description of Exercise
- Mark off a line with cones in front of a goal with goalkeeper.
- Position one defender between the cones, who has to actively defend, but may only move along the imaginary line.
- The players with the ball must play around the defender (dummy / alternative) and then shoot at the goal.

Methodical Pointers / Corrections
- Considerable increase in pace after a dummy movement.
- Require a quick finish: even though the defender may not tackle the striker behind the line, a quick follow-up action must be performed.

RELIEF FOR THE STRIKER

Description of Exercise
- Set up two cone triangles, two sides serve as cone goals (see illustration).
- Position the players with ball at a "start" cone in front of the third triangle side.
- Position one defender in each cone triangle.
- Each player dribbles towards the defender at an angle and then dribbles through one of the cone goals.

Methodical Pointers / Corrections
- The defender may only react within the triangle and may not confront the striker in front of it.
- Adapt the size of the cone goals to the skill level of the players.
- The strikers must observe the movements of the defender carefully and identify the side that is easier to attack.
Methodical Series 2: Dummying

8 Match-like Training 2

1-ON-1

Description of Exercise
- Set up two goals with goalkeepers opposite each other.
- Divide the players into two teams and position them next to the goals, one team with a ball.
- The first player with a ball passes to his opponent on the opposite side, this one traps the ball, then tries to play the ball around the ball passer, who has by now advanced onto the pitch, to be able to shoot at his goal. The passer counter attacks after winning the ball.
- Repeat this process until every member of both teams has had a turn.

Methodical Pointers / Corrections
- Position the goals so far away from each other that the kick after the 1-on-1 is not shot from a too short distance.
- Look for the most direct way to the goal and a quick finish.
- Dispense with the dummying if the way to the goal is not obstructed (see decision-taking training!)

COMPLEX GAMEPLAY

Description of Exercise
- Position two goals with goalkeepers next to each other, mark a counter attack line opposite.
- Two teams with three players each compete against each other; blue players play at the two goals, red players counter attack over the dribble line.
- Goals shot after dummying count double.
- Change sides after half-time.

Methodical Pointers / Corrections
- To have space for solo manoeuvres, the size of the teams should be small. Therefore, use a further six players to conduct another dummying exercise parallel, or carry out a tournament.
- As many players as possible should try to perform solo manoeuvres.
Methodical Series 3: Passing 1 - (Low Balls)

Passing is the elementary technique of the modern football game. A secure build-up of the game and quick direct passing relays require correct timing, accurate aiming and the skill to vary the power of the shot. Precise passes at high speed and under pressure from the opponent must be mastered.

Components of Training the Technique of Passing

♀ Correct Movement Sequences
It is imperative, especially during the basic training, that the correct implementation of the technique is observed, as mistakes during the basic movement sequences can stunt skill development and can later only be eliminated with difficulty.

♀ Varied Techniques
Passes with the heel, the tip of the foot or the head are used during matches. The pass techniques referred to below are the most commonly used ones, allow the most controlled passes and should therefore be mastered.

♀ Accuracy
The priority is to always aim as accurately as possible. The power of the pass should not affect the precision.

♀ Varied Distances
In the modern football game mainly short passes are played due to a lack of free space, yet during counter attack situations or after changing wings, long passes have to be mastered. So that the pass is not intercepted, the power of the pass must be adjusted according to the distance.

An Overview of the Methodical Steps of Training Passing

- Match-like Training 2
- Preliminary Exercises
- Match-like Training 1
- While Standing
- Direct Play
- Off the Dribble
Methodical Series 3: Passing 1 - (Low Balls)

WITH THE INSIDE OF THE FOOT

**Technique Pointers**
- Supporting leg: knee slightly bent, foot next to the ball, tip of foot points in the direction of the shot.
- Playing leg: point the tip of the foot to the outside, slightly pulled in and locked.
- Shot: Angle kicking leg and swing forward in direction of shot.

MISTAKES

**Technique Pointers**
- Picture 1: The supporting leg is behind the ball, not next to it. The knee is stretched!
- Picture 2: The ball is only kicked with the tip of the foot! The ideal shot for an accurate pass is from the inside of the foot, due to it being the widest area.

SPECIAL TECHNIQUE 1: INNER SIDE - DROPKICK

**Technique Pointers**
- A high pass is immediately passed further after it lands.
- Technique as with the shot from the inside of the foot, made more difficult due to the timing.
- Shot variations: kick above the centre of the ball (low), centre (half-high) and below the centre (high).

SPECIAL TECHNIQUE 2: WITH THE OUTER SIDE

**Technique Pointers**
- Suitable for a concealed pass over a short distance.
- Supporting leg: knee slightly bent, foot in stride length next to the ball.
- Playing leg: Tip of foot is stretched, pointing diagonally to the front. The ball is played away from the standing leg using the outside of the foot.
Methodical Series 3: Passing 1 - (Low Balls)

1 Preliminary Exercises

"LEG GOALS"

Description of Exercise
- Partner exercise: One player sits with legs stretched wide, the second player tries to carefully shoot into this "leg goal".
- Task rotation after 20 shots.

Methodical Pointers / Corrections
- Vary the shooting distance according to the individual skill level of the players.
- Pay attention to correct execution right from the start! This exercise should be practised using both feet.

SHOOT AT THE LEGS

Description of Exercise
- Partner exercise: The player with the ball kicks at the legs of the player standing opposite him.
- Who is the first to score ten goals?

Methodical Pointers / Corrections
- Vary the shooting distance according to the individual skill level of the players.
- Pay attention to correct execution right from the start! This exercise should be practised using both feet.

PASS AGAINST THE WALL

Description of Exercise
- The player kicks the stationary ball against the wall so that it bounces straight back to him.

Methodical Pointers / Corrections
- This exercise is perfectly suited for self-training, which complements the training units and assists the player in achieving the ideal learning progress.
Methodical Series 3: Passing 1 - (Low Balls)

2 While Standing

"LANES" WITH CONE-GOALS

Description of Exercise
- Position the players in pairs opposite each other, set up cone-goals between them.
- The player with the ball passes the ball through the cone-goal to his partner.
- The partner stops the ball and then passes the stationary ball back.
- Which pair is the first to shoot 30 goals?

Methodical Pointers / Corrections
- This exercise can be made more difficult by making two changes: narrower cone-goals and a further pass distance require more precision and more power behind the shot.
- Abandon the competition if the execution of the passes is over-hasty and therefore too inaccurate.
- Train all passing techniques.

WITH GOAL KICK

Description of Exercise
- The players with ball position themselves in front of a goal with goalkeeper.
- One player stands a greater distance away from the goal.
- The first player with ball passes to the player without ball, who traps the ball and shoots at the goal.
- The passer then rotates the position with the pass receiver.

Methodical Pointers / Corrections
- Adapt the respective distances to the goal according to the skill levels of the players.
- Let small groups practise parallel to each other to lessen the waiting time. The technique will be trained more effectively through frequent repetitions.
- Do not overburden and discourage the players through too many corrections; the focus of this exercise is the pass, not the goal-shooting technique.
Methodical Series 3: Passing 1 - (Low Balls)

3 Off the Dribble

**AT CONE-GOALS**

**Description of Exercise**
- Set up several cone-goals on the practice pitch.
- Divide the players into pairs with one ball per pair.
- The pairs run onto the practice pitch and pass the ball through the cone-goals to each other.
- They may not repeatedly pass the ball through the same cone-goals in succession.

**Methodical Pointers / Corrections**
- A higher skill level is required, as the ball is no longer stationary. Therefore, initially ask for a slow dribbling speed and limit the corrections to the position of the ball and the timing of the pass.

**WITH SHOT AT GOAL**

**Description of Exercise**
- Position players with ball next to a goal with goalkeeper and one player without a ball in front of the goal.
- The first player next to the goal dribbles a few steps from the goal line onto the pitch and then passes the ball off the dribble to the player without ball.
- The player traps and controls the ball and then shoots at the goal. Then the positions and tasks are swapped.

**Methodical Pointers / Corrections**
- Increase difficulty: The pass receiver must move a few steps to the left or right before the ball is passed. The aim is for the passer to look away from the ball to the pass receiver to be able to pass the ball accurately. Generally, the pass receiver dictates when and where the pass is played to.
Methodical Series 3: Passing 1 - (Low Balls)

4 Direct Play

**IN A TRIANGLE**

**Description of Exercise**
- Position the players next to cones (see illustration).
- The first player passes the ball to the player at the next cone, who lets the ball bounce away and runs around his cone in the direction of the third cone.
- The first player passes the ball into the second player’s path and moves towards the second cone. The second player passes the ball to the third player, who bounces the ball back, and the procedure is repeated.

**Methodical Pointers / Corrections**
- Let the ball bounce towards the centre of the triangle so that the angle of the shot is easier for the next player.
- Alternate the power of the shot: a forceful first pass, cushioning it while letting it bounce, followed by a measured pass into the path of the running player, etc.
- After a short familiarisation phase between position 3 and position 1 use the passing procedure instead of dribbling.

**WITH SHOT AT GOAL**

**Description of Exercise**
- Position the players next to cones (see illustration).
- The first player passes the ball to the player directly in front of him, who lets the ball bounce back.
- The first player then passes the returning ball directly to the central player, who traps and controls the ball and shoots at the goal. Every player moves up one position; the same procedure from the other side.

**Methodical Pointers / Corrections**
- The player receiving the first pass should let the ball bounce in the direction of the goal so that the angle for the following pass is easier.
- Ensure that various passing techniques are used.
Methodical Series 3: Passing 1 - (Low Balls)

5 Match-like Training 1

Restricting the Defenders

Description of Exercise
- Mark squares with cones, position an attacker at each cone and place two defenders in the centre.
- 4-on-2, the attackers pass the ball to each other as directly as possible. The defenders are only allowed to walk!
- If an attacker loses the ball, he exchanges positions with the defender who has been in the centre the longest.

Methodical Pointers / Corrections
- The attackers must use the full size of the practice pitch.
- The passer must always have three kick-off possibilities: one to either side, one diagonally.
- Adapt the size of the pitch to the skill level of the players.

Attackers Outnumber Defenders

Description of Exercise
- Three players per team; play against two goals with goalkeepers.
- The defending team may only have two players on the pitch; the third player has to wait next to the goal.
- After a goal by the attackers or after the defenders intercept the ball and pass it back to the goalkeeper, rotate the tasks of the attackers and defenders.

Methodical Pointers / Corrections
- The attacking team must utilise their outnumbering the defending team to create goal-kicking opportunities. No over-hasty solo runs!
- Number the players consecutively; so that it is clear which defender is the next to leave the pitch.
Methodical Series 3: Passing 1 - (Low Balls)

6 Match-like Training 2

DECREASE DIFFICULTY BY ADDING GOALS

Description of Exercise
- Mark a practice pitch with four cone-goals.
- 3-on-3 play at the cone-goals.

Methodical Pointers / Corrections
- The attackers have to create goal chances through quick relocation of action to a different part of the pitch.
- Utilise the size of the practice pitch and slip in a few long passes.

COMPLEX GAMEPLAY

Description of Exercise
- Mark off a practice pitch with two goals with goalkeepers.
- 5-on-5 (4-on-4) play against both goals.

Methodical Pointers / Corrections
- Do not create teams that are too big; so that every player has to take an active part in the game.
- If the practice pitch is smaller, then the passes must be made under extreme pressure from the opposing team.
Methodical Series 4: Ball Control 1 - (Low Balls)

Trapping and controlling the ball does not only mean stopping the ball. Before making contact with the ball, the opponent has to be shaken off, on contact with the ball it already has to be played in the direction of play, while being shielded from the opponent.

Components of Training the Trapping and Controlling of Low Balls

- **Breaking away from the Opponent**
  Through a dummy run as an opening move, the player must break away from the cover by the opponent and win a open space and a strategic advantage.

- **With Body Swerves**
  If possible, combine every trapping of the ball with a body swerve to gain some open space.

- **Securing the Ball**
  If the pass receiver is under pressure from the opponent and does not have enough open space to play the received ball, he has to secure the ball in that he positions himself sideways to his opponent, trapping the ball with the outer side of the foot further away from the opponent and shielding the ball with his body.

- **Pace of the Game**
  The pace of the game may not become slower through trapping and controlling the ball, it should rather increase.

- **Subsequent Actions**
  While trapping the ball prepare a follow-up action. Ideally, a closing-in opponent can be dribbled around. Trapping and controlling the ball in the direction of play prepares for dribbling, passing, crossing or goal shooting.

**An Overview of the Methodical Steps of Training the Trapping & Controlling of Low Balls**

- Match-like Training 2
- Preliminary Exercises while Standing
- Match-like Training 1
- With the Inside of the Foot while Moving
- With a Turn
- With the Outside of the Foot while Moving
Methodical Series 4: Ball Control 1 - (Low Balls)

**WITH THE INSIDE OF THE FOOT**

- **Technique Pointers**
  - The knee of the supporting leg is slightly bent.
  - The tip of the foot of the playing leg is slightly pulled back and turned to the outside.
  - To cushion the force of the ball, meet the ball with the foot and on contact slightly relax the foot.

**WITH THE OUTSIDE OF THE FOOT**

- **Technique Pointers**
  - The tip of the foot of the playing leg is turned downwards and inwards.
  - To cushion the force of the ball, meet the ball with the foot and on contact slightly relax the foot.
  - Photos: Shielding the ball (but turn the shoulder towards the opponent, thereby blocking him!)

**BEHIND THE SUPPORTING LEG**

- **Technique Pointers**
  - The knee of the supporting leg is slightly bent; the upper body is leaned slightly backwards.
  - Trap the ball with the inside of the foot (see above) and guide it behind the supporting leg while cushioning it.

**180° TURN**

- **Technique Pointers**
  - The knee of the supporting leg is slightly bent; the upper body is leaned slightly backwards.
  - Trap the ball with the inside of the foot (see above) and guide the ball through a 180° rotation while cushioning it.
1 Preliminary Exercises while Standing

"IN THE LANE"

Description of Exercise
- Divide the players into pairs, each pair with a ball.
- The pairs stand five meters apart and pass the ball to each other.
- The receiving player meets the ball with his playing leg and in the moment of ball contact, pulls the leg slightly to the back so that the ball is cushioned and remains lying as close as possible to the foot.

Methodical Pointers / Corrections
- The point of this exercise is to teach the players the basic movements of trapping the ball and the necessary feel for the ball is schooled.
- If the ball bounces off the foot, either the playing leg was brought forward too late, thereby causing a sort of pass shot, or the cushioning of the ball with the playing leg was not pronounced enough.

"IN FRONT OF A WALL"

Description of Exercise
- The player kicks the ball against a wall and traps the rebounding ball with the inner or outer side of his foot.

Methodical Pointers / Corrections
- This exercise is perfectly suited for self-training, which complements the training units and assists the player in achieving the ideal learning progress.
Methodical Series 4: Ball Control 1 - (Low Balls)

2 With the Inside of the Foot while Moving

"IN THE LANE"

Description of Exercise
- Divide the players into pairs, each pair with a ball; position each pair 15 metres apart.
- The players jog towards each other, the player with the ball passes the ball to his partner, who traps it and brings it under control with the inside of his foot, while moving forward.
- Each player turns around when he reaches the other cone and they switch tasks.

Methodical Pointers / Corrections
- Keep the running pace slow; the passes may not be played with too much power.
- Trapping and controlling the ball must flow with the jogging movement.
- The passer must jog towards his partner, who must then trap and control the ball on the side.

SHOOTING A GOAL

Description of Exercise
- Position two groups of players, each with ball, on both sides of a goal with goal/keeper, position one player without ball at a cone centrally in front of the goal.
- The player without a ball runs towards the goal, the first player with a ball passes the ball to him while he is running.
- The receiving player traps and controls the ball with the inside of his foot while moving and shoots at the goal.

Methodical Pointers / Corrections
- The players should already set up the shot at goal when they trap the ball and bring it under control.
- Variations of trapping with the inside of the foot:
  △ If the pass is from the left hand side, trap with inside of the right foot, guide the ball inward and forward, and shoot with the left foot (and vice versa).
  △ Trap the ball, guide it forward, shoot with the same foot (see photos).
**ATHLETIC DEMANDS**

**Methodical Series 4: Ball Control 1 - (Low Balls)**

3. **With the Outside of the Foot while Moving**

### "IN THE LANE"

**Description of Exercise**
- Divide the players into pairs, each pair with a ball; position each pair 15 metres apart.
- The players jog towards each other, the player with the ball passes the ball to his partner, who traps it and brings it under control the outside of his foot while moving forward.
- Each player turns around when he reaches the other cone and they switch tasks.

**Methodical Pointers / Corrections**
- Keep the running pace slow; the passes may not be played with too much power.
- Trapping and controlling the ball must flow with the jogging movement.
- The passer must jog towards his partner, who must then trap and control the ball on the side.

### SHOOTING A GOAL

**Description of Exercise**
- Position two groups of players, each with ball, on both sides of a goal with goalkeeper; position one player without ball at a cone centrally in front of the goal.
- The player without a ball runs towards the goal, the first player with a ball passes the ball to him while he is running.
- The receiving player traps and controls the ball with the outside of his foot while moving and shoots at the goal.

**Methodical Pointers / Corrections**
- The players should already set up the shot at goal when they trap the ball and bring it under control.
- Variations of trapping the ball using the outside of the foot:
  - Pass from the front: Trap and control with the outside of the left foot and guide to the left and vice versa (secure the ball: guide forward with the foot further away from the opponent).
  - Pass from the side: Pass from left, trap and control with the right outside of the right foot and guide to the right and vice versa.
Methodical Series 4: Ball Control 1 - (Low Balls)

4 With a Turn

**INSIDE OF THE FOOT**

**Technical Pointers**
- Turn the tip of the kicking foot slightly outward, trap and control the ball while guiding it around the supporting leg.
- Turn the body on the ball of the supporting foot.

**OUTSIDE OF THE FOOT**

**Technical Pointers**
- Turn the tip of the kicking foot slightly inward, trap and control the ball while guiding it sideways to the back.
- Turn the body on the ball of the supporting foot.

**WITH A DUMMY**

**Technical Pointers**
- Just before trapping and controlling the ball, do a body swerve to one side.
- Trap and control the ball on the other side.

**WITH THE INNER SIDE**

**Technical Pointers**
- While trapping and controlling the ball with the inside of the foot, give way far to the back with your playing leg, cushioning the speed of the ball, but not changing its direction. At the same time make a 180° turn on the ball of the supporting foot.

**BEHIND THE STANDING LEG**

**Technical Pointers**
- Trap the ball with the inside of the foot, while giving way with the playing leg guide the ball behind the supporting leg.
- Move the weight slightly to the back; turn towards the side of the supporting leg.
ATHLETIC DEMANDS

Methodical Series 4: Ball Control 1 - (Low Balls)

5 Match-like Training 1

RESTRICTING THE DEFENDERS

Description of Exercise
- Position one attacker and one defender in front of the goal with goalkeeper, in front of them position the players with ball.
- The attacker breaks away from the defender with a dummy run, then traps and controls the pass from the first passer.
- The defender may only exert pressure on the attacker, who will try to shoot a goal, after the attacker’s first contact with the ball.
- Subsequently swap positions and tasks.

Methodical Pointers / Corrections
- On the first contact with the ball, immediately control it and guide it into the desired direction!
- Get a further head start by doing a body swerve before trapping and controlling the ball.
- Use all techniques according to the situation: turn around the defender, if he has moved up too close, otherwise try to get into a frontal position.

ATTACKERS OUTNUMBER DEFENDERS

Description of Exercise
- Same set-up as before.
- After the passer has passed the ball to the striker, he plays a 2-on-1 together with the striker.
- There are no restrictions for the game of the defender.
- Swap positions and tasks after a goal was scored.

Methodical Pointers / Corrections
- The striker must decide according to the situation if he needs to pass the ball back to his partner or should try to shoot a goal on his own. He may not restrict himself to only one possibility before he traps and controls the ball!
- Time limit! No passing the ball back and forth in front of the goal, rather use the numerical advantage and quickly shoot a goal.
- The offside rule is applicable!
Methodical Series 4: Ball Control 1 - (Low Balls)

6 Match-like Training 2

DURING A 1-ON-1

Description of Exercise
- Set-up two goals with goalkeepers opposite each other; have one attacker and one defender on the practice pitch.
- The goalkeeper in the first goal passes to the attacker, who traps and controls the ball and tries to shoot a goal into the other goal.
- Should the defender win the ball, he counterattacks against the first goal.

Methodical Pointers / Corrections
- Every player should play in the positions of attacker and defender several times.
- This exercise is very intense, therefore plan ample relaxation time between the rounds.
- Try to shoot a goal quickly!

COMPLEX GAMEPLAY

Description of Exercise
- Divide players into four teams of four players each, with two teams per practice pitch. Have two players per team on the pitch and two on opposite sidelines as passers.
- 2-on-2 on the pitch. The team that manages to pass the ball from one passer to the other without losing possession of the ball receives a point.
- There is no limit to the number of ball contacts by the players on the pitch.

Methodical Pointers / Corrections
- Duration of a round is 2-3 minutes, then swap positions and tasks of the players on the pitch and the passers.
- Carry out the rounds as a motivating tournament between the four teams.
- The defenders must not limit themselves to marking the second attacker. Therefore, give an extra point if the defenders have not made contact with the ball for five consecutive passes.
Methodical Series 5: Passing 2 - (High Balls)

High passes and curling shots, especially when used as crosses, are kicked with the inside of the foot (occasionally with the outside of the foot). Since their tactical uses differ, the technique of kicking the ball with the inside of the foot will be described separately to the instep kick.

Components of Training the Technique of Kicking with the Inside of the Foot

♦ **Distance of the pass**
  The ball can be kicked over a large distance by using the inside of the foot. With this technique, the player can make a goal shot, a long pass to cross the midfield when counter-attacking, or escape a pressure situation.

♦ **Height of the pass**
  Using the inside of the foot to kick the ball allows the height of the pass to be varied. This aspect of the technique is of particular importance when an opponent blocks the path of the pass along the ground, since the ball can then be passed over his head. This is also possible with the broader inside of the foot or the instep kick, but the flight path of the ball and therefore the spot where it will land are not as precisely predictable with these techniques, which makes it difficult for the team mate to trap and control the ball.

♦ **Spin**
  A big advantage of this technique is to be able to put spin on the ball by striking it slightly off-centre. The phenomenon that the rotating ball takes on an arched curve in flight is often used tactically and will therefore be clarified in more detail.

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**An Overview of the Methodical Steps of Training Kicking with the Inside of the Foot**

- **Match-like Training 1**
- **Match-like Training 2**
- **Dead-Ball with Spin**
- **Dead-Ball**
- **Off the Dribble**
- **Preliminary Exercises**

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**TRAINING - METHODICAL SERIES 5**
Methodical Series 5: Passing 2 - (High Balls)

Tactical uses of Kicking with the Inside of the Foot and adding Spin

🌟 Standard situation
Free kicks close to the goal and especially corner kicks are usually kicked with the inside of the foot and with added spin. With (direct) free kicks from an area centrally in front of the goal, the spin is used to circumvent the wall and curl the ball into the goal. From the side of the pitch the ball will be kicked either away from the goalkeeper into an area between the goal area and the penalty spot or, if the team-mates are further away from the goal, into the team-mate’s path, but behind the defenders. Tactical variations with corner kicks: curl the ball away from the goalkeeper or towards the goal.

🌟 In play
While the game is in play, the spin kick is often used in cross-field passes or long passes that span the midfield. This technique is of particular importance when an attacker has several close markers so that he is able to set up goal opportunities by shooting curling kicks around the defenders and into the path of the team-mates.

WITH THE INSIDE OF THE FOOT

- Technique Pointers
  - Run diagonally towards the intended direction of the kick.
  - Place the supporting leg sideways behind the ball.
  - Stretch the ankle of the kicking leg, turn it slightly to the outside and lock it, KICK the ball with the inside of the foot.
  - Follow-through with the kicking leg.

WITH THE OUTSIDE OF THE FOOT

- Technique Pointers
  - Stretch the ankle of the kicking leg, turn it slightly inwards and lock it when it makes contact with the ball.
  - Place the supporting leg sideways behind the ball.
  - Kick the ball with the outside of the foot.
  - Follow-through with the kicking leg.
Methodical Series 5: Passing 2 - (High Balls)

1. Preliminary Exercises

**EXERCISE WITH A PARTNER**

**Description of Exercise**
- Divide the players into pairs and give each pair a ball.
- The partners pass the ball to each other by kicking it with the inside of the foot.

**Methodical Pointers / Corrections**
- Exercise with light balls for a short period, even with older players.
- Adjust the distance between the players according to the skill level! The aim is to pass the ball so that the partner can receive it in the air.
- Both feet should be used for kicking during this exercise.
- Approach the ball at an angle.

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Kick the dead-ball into the goal with the inside of the foot.

**Methodical Pointers / Corrections**
- Adjust the distance to the goal according to the skill level! The aim is to shoot the ball into the net without it touching the ground first.
- More difficult: take aim at the crossbar.
- The player should try different types of kicks (with and without spin).
- Both feet should be used for kicking during this exercise.
Methodical Series 5: Passing 2 - (High Balls)

2 Dead-Ball

ON OPPOSITE LINES

Description of Exercise

- Two players stand opposite each other, one of them has a ball. The distance between them depends on the skill level.
- Mark a goal using cones halfway between the two players and place a player on the goal line.
- By kicking the dead-ball with the inside of the foot, the outer players have to pass the ball to each other so that the player in the centre has no chance of intercepting it.

Methodical Pointers / Corrections

- Substitute the centre player regularly.
- Increase difficulty: the player in the centre may also use his hands and arms to intercept the ball.
- Organise a competition: Every player has ten (fifteen) tries. Whose passes with the inside of the foot are intercepted the least?

WITH A SHOT AT GOAL

Description of Exercise

- Position player B on the goal line of a 10 metre wide goal marked by cones. This goal is 16 metres in front of an actual goal.
- Player A has a ball and is 30 metres away from the goal.
- A must try to kick the ball with the inside of the foot over B in such a way that the ball does not bounce before it touches the net of the goal.
- B must try to intercept the ball.

Methodical Pointers / Corrections

- Increase difficulty: Position B closer to the goal.
- Organise a competition:
  - B intercepts the ball: 0 points
  - Ball lands in the goal: 1 point
  - Ball hits the net without bouncing: 2 points
3 Dead-Ball with Spin

**AT A CONE GOAL**

**Description of Exercise**
- Position B on the goal line of a goal marked by cones.
- Place another cone on the extension of the goal line.
- Player A, with ball, is positioned at this cone.
- A tries to kick a curling shot to B.
- B returns the ball.

**Methodical Pointers / Corrections**
- Decrease difficulty:
  - A may kick from a position that is further away from the cone. The further the initial position from the cone, the easier it is to kick the ball into the goal.
  - Extend the goal.
- A and B switch positions and tasks after five attempts.

**AT A BIG GOAL**

**Description of Exercise**
- Position the players with ball next to a goal, on the goal line.
- The players must try to kick the ball with a spin so that it curls into the goal.

**Methodical Pointers / Corrections**
- The further the players are inside the pitch, the easier it is to perform the shots.
- Organise a competition:
  - No goal: 0 points
  - Ball lands in the goal: 1 point
  - Ball hits the net without bouncing: 2 points
Methodical Series 5: Passing 2 - (High Balls)

4 Off the Dribble

GROUP OF FOUR

Procedure
- Player A starts the action by kicking a long pass to D, who volleys the ball to player C.
- C returns a low pass to D, who traps and controls the ball, dribbles it and then kicks a long pass to A. A then volleys the ball to B, receives the return pass and prepares the next long pass to D, etc.

Methodical Pointers / Corrections
- The players must accompany every pass with a "hop"; this is helpful in establishing a flowing rhythm when passing.
- Variation: Rotation of positions between A and B as well as C and D after every long pass.

WITH GOAL SHOT

Description of Exercise
- A player dribbles along the wing towards the goal line and crosses to the front of the goal.
- The strikers intercept the cross and shoot at goal. The procedure is then repeated from the other side.

Methodical Pointers / Corrections
- With the last dribbling contact before the long pass, guide the ball slightly to the inside of the playing area. While following the ball, look up to observe the direction in which the strikers are running, then cross the ball to the front of the goal.
- Easier: As above, though now without dribbling, play the ball only briefly before passing.
Methodical Series 5: Passing 2 - (High Balls)

5 Match-like Training 1

Restricting the Defender

Description of Exercise
- A player on the wing has a head start over his marker, dribbles towards the goal line and crosses the ball in front of the goal before the defender can block the ball.

Methodical Pointers / Corrections
- The bigger the distance between the two players, the smaller the time pressure or opponent pressure.

Strikers Outnumber Defenders

Description of Exercise
- While moving along the wing in the corridor between the cone and touchline, two strikers try to out-manoeuvre a defender so that one of them can cross the ball to the front of the goal.
- The strikers intercept the cross and shoot at goal.

Methodical Pointers / Corrections
- The favourable odds inspire the strikers to passes. Although: the player in possession of the ball need not pass it. He can choose to pass the ball or he can do a solo run and try to out-manoeuvre a defender on his own.
- More difficult: The offside rule is applicable in the corridor along the wing.
Methodical Series 5: Passing 2 - (High Balls)

6 Match-like Training 2

OUT OF A 1-ON-1

**Description of Exercise**

- After receiving a pass, the wing player tries to free himself from his marker and cross the ball to the front of the goal.
- Afterwards, the same procedure is followed by the other wing player.

**Methodical Pointers / Corrections**

- To be able to receive passes, the wing player must lose his marker. This requires dummy moves:
  - Possibility 1: He feigns a run in the direction of the goal line (leave), but then suddenly changes direction and runs towards the passer (approach).
  - Possibility 2: He runs towards the passer (approach), but then changes direction towards the goal line (leave) and requires the ball to be passed into his path.

COMPLEX GAMEPLAY

**Description of Exercise**

- 8-on-8 between penalty areas. Include goals with goalkeepers.
- Special rule: Goals scored after passes from the wing count double.

**Methodical Pointers / Corrections**

- The special rule helps to place more emphasis on playing wide.
- Variation: In addition to the special rule, mark off 15m-wide corridors along the wings with cones. Only two contacts with the ball are allowed in the central area, unlimited contacts within the corridors.
The trapping and controlling techniques of half-high and high balls are more difficult than controlling low balls. Firstly, the ball movement has to be calculated three-dimensionally and secondly, additional techniques and more complex movement sequences have to be mastered.

Components of Training the Trapping and Controlling of High Balls

✿ **Trajectory of the Ball**
Precision and height of the pass are deciding factors for the choice of technique for trapping the ball, as well as the possibilities of controlling the ball afterwards.

✿ **Technique Repertoire**
The more the players master the techniques referred to below, the more varied they can react to the different tactical requirements of the respective game situations.

✿ **Body Use**
If high balls have to be controlled under pressure from an opponent, then a corresponding use of the body is unavoidable. With high balls, the ball is generally “in flight” for quite a while, affording the defender more possibilities of trapping the ball. Slight jostles while trapping a high ball have a more negative effect than on a low ball. Therefore, it is important to mark the nearing ball and to have a sturdy foot position when trapping it.

✿ **Subsequent Actions**
The trapping and controlling of the ball should already prepare the necessary follow-up action according to the situation.
**INSIDE AND THE OUTSIDE OF THE FOOT**

**Technique Pointers**
- Meet the ball with the inside / outside of the foot and in the moment of ball contact yield slightly with the foot (as a drop as soon as the ball bounces).
- Lean the body over the ball and take on the pass on the side of the body while running.

**WITH THE SOLE OF THE FOOT**

**Technique Pointers**
- Pull in the point of the foot of the kicking leg, the knee slightly bent.
- Hold the foot over the ball, let it bounce forward lightly off the sole.
- Cushion the speed of the ball by relaxing the knee.

**TECHNIQUES OF TRAPPING HIGH BALLS BEFORE CONTROLLING THEM WITH THE FOOT:**

**WITH THE UPPER THIGH**

**Technique Pointers**
- Lift the upper thigh towards the ball.
- In the moment of ball contact, knees slightly bent, the upper body is bent slightly backwards.
- Take the ball along with the sole, the inside or the outside of the same kicking leg as above.

**WITH THE CHEST**

**Technique Pointers**
- Keep feet apart for balance, knees slightly bent, the upper body is bent slightly backwards.
- On contact, let the ball fall forwards to the ground with a cushioning movement and with a possible turn guide it into the desired direction.
- Play the ball with the sole, the inside or the outside of the same kicking leg as above.

**WITH THE HEAD**

**Technique Pointers**
- Feet apart, knees slightly bent.
- Let the ball bounce off the forehead.
- On contact with the ball do a cushioning movement with the whole body and with a possible turn guide it into the desired direction.
- Play the ball with the sole, the inside or the outside of the same kicking leg as above.
Methodical Series 6: Ball Control 2 - (High Balls)

1 Preliminary Exercises while Standing

WITH THE FOOT

Description of Exercise
- Position all players, each with a ball, in a marked area.
- The players throw the ball up and lift the instep towards the ball in time.
- Give way in the moment of ball contact and cushion the momentum of the ball.
- Short dribble.

Methodical Pointers / Corrections
- The exercise should be practised with both feet.
- Demonstrate correct procedure and correct (individual and group corrections).
- Variations: Trap and control the ball after juggling it up into the air using the feet.

WITH THE UPPER THIGH

Description of Exercise
- As above, except now lift the upper thigh towards the ball.
- Give way in the moment of ball contact and cushion the momentum of the ball.
- Let the ball drop from the upper thigh, trap it with the foot (inside, outside or sole), and control it.

Methodical Pointers / Corrections
- The exercise should be practised with both feet.
- Trap and control the ball after juggling it up into the air using the feet.
- Play the ball into the air with the right (left) upper thigh and stop it with the left (right) thigh.
Methodical Series 6: Ball Control 2 - (High Balls)

2 With the Inside of the Foot while Moving (also drop trapping)

ON OPPOSITE LINES

Description of Exercise
- Divide players into pairs (one ball per pair).
- The partners position themselves opposite each other, three metres apart.
- The player with the ball throws the ball to his partner and moves to the opposite line.
- The partner traps the ball with the inside of his foot and dribbles to the opposite line.

Methodical Pointers / Corrections
- Require that the ball be trapped either from a volley (lift the inside of the foot in the direction of the ball and cushion it in the moment of contact) or after it has bounced (trap the ball with the inside of the foot above the centre as soon as it has bounced!)
- Require trapping and controlling while moving. For this the passer has to throw the ball so short that the partner has to run up to the ball.

WITH SHOOTING AT GOAL

Description of Exercise
- A throws ball to B.
- B traps the ball with the inside of his foot, turns towards the goal, short dribble and kick at goal.
- A follows his throw, B fetches the ball and moves to position A.

Methodical Pointers / Corrections
- Require that the ball be trapped from a volley and after it has bounced.
- Require trapping without time delay, i.e. with the first contact, play the ball towards the goal so that after a short (!) chase the ball can be dribbled.
3 Other Techniques while Moving

**WITH THE OUTSIDE OF THE FOOT**

**Description of Exercise**
- Trap with the outside of the foot on the side of the body (volley or after bounce) and control.

**Methodical Pointers / Corrections**
- After throwing the ball to the partner, run towards him. He then has to trap the ball from the side (see pictures).

**WITH THE UPPER THIGH**

**Description of Exercise**
- Move the upper thigh towards the ball, cushion it and let it drop, then trap and control it with the foot.

**Methodical Pointers / Corrections**
- After throwing the ball to the partner, offer him a side and block the other side.

**WITH THE CHEST**

**Procedure**
- Let the ball drop off the chest, then trap and control the falling ball with the foot.

**Methodical Pointers / Corrections**
- See pictures.

**WITH THE HEAD**

**Description of Exercise**
- Stop the ball with the head, then trap and control the falling ball with the foot.

**Methodical Pointers / Corrections**
- See pictures.
Methodical Series 6: Ball Control 2 - (High Balls)

4. With a Turn

**Trap with Inside of Foot After Bounce**

**Description of Exercise**
- After bouncing, trap the ball and, in conjunction with a body turn, control it with the inside of the foot above the centre to the side/back. Depending on the height of the pass first stop the ball (see techniques above).

**Trap with Outside of Foot After Bounce**

**Description of Exercise**
- After bouncing, trap the ball and, in conjunction with a body turn, control it with the outside of the foot above the centre to the side/back. Depending on the height of the pass first stop the ball (see techniques above).

**With the Chest**

**Description of Exercise**
- Turn the upper body at the moment of ball contact and let the ball drop to the side.
- Trap the falling ball with the foot and play it to the back.

**With the Upper Thigh**

**Description of Exercise**
- Let the ball bounce off the inner side (see photo sequence) or off the outer side.
- Trap the falling ball with the foot and play it to the back.

**Behind the Supporting Leg**

**Description of Exercise**
- After the ball has bounced, trap the falling ball with the inside (or toe) of the foot, control it behind the supporting leg, turn on the supporting leg and dribble away to the back.
Methodical Series 6: Ball Control 2 - (High Balls)

5 Match-like Training 1

RESTRICTING THE DEFENDERS

Procedure
- A is 30 metres away from a goal with goalkeeper. He plays a high ball to B (adapt distance to level of ability!).
- B’s first ball contact is without pressure from the opponent (C does not intervene!).
- The 1-on-1 situation begins immediately with the first ball contact, where B has to shoot a goal and C has to defend it.

Methodical Pointers / Corrections
- Easier:
  - A throws or volleys from the hand to B.
  - B has two free ball contacts.
- Due to the presence of an opposing player, B is provoked into trapping the ball in a match-like manner (e.g. shielding the ball).

STRIKERS OUTNUMBER DEFENDERS

Procedure
- A is 30 metres away from a goal with goalkeeper. He plays a high ball to B.
- B traps the ball under immediate pressure from the opponents and may only return the ball to A after the second ball contact.
- We then have a 2-on-1 situation - A and B try to shoot a goal while C tries to defend it.

Methodical Pointers / Corrections
- C must try to intercept the pass from A to B.
- Even though there are more strikers, a return pass from B to A is not necessary. Depending on the situation, a solo run could be appropriate.
- B must watch the defender’s behaviour and trap the ball so that both game continuations (return pass or solo run) are possible.
Methodical Series 6: Ball Control 2 - (High Balls)

6 Match-like Training 2

1-ON-1

Procedure
- A, positioned 25 metres in front of a goal, throws a proper throw-in to B.
- B must trap the ball in spite of the defensive action of C and shoot at the goal behind him.

Methodical Pointers / Corrections
- B must lose C through a dummy, thereby allowing A to throw the ball to him.
- Easier: after trapping the ball (no direct return pass!), and to secure it, B may play the ball back to A and again move into an open space.
- Require A to do the throw-ins in different heights, so that B must make use of different techniques to trap it.

COMPLEX GAMEPLAY

Procedure
- A does a throw-in to B or C.
- Play 2-on-2: B and C try to shoot a goal at goal 1. If the defenders win the ball, they counter by shooting at goal 2.

Methodical Pointers / Corrections
- The game is finished after a successful goal. At the latest after one minute send new pairings onto the pitch and start with a throw-in again.
- The striker, who receives the throw-in, must trap the ball before he plays it to his partner with the second ball contact.
- After the throw-in, A and a further defender join the players on the pitch for a three-on-three.
Methodical Series 7: Shooting - (Instep Kick)

The instep kick is used for powerful shots or long range passes. This type of shot is most often used when taking shots at goal, therefore it is important to master several variations of the technique depending on the player’s position relative to the goal and the match situation.

Components of Training the Instep Kick

❖ Power
The strength of the shot comes from a combination of power and technique; however, a harder swing will not necessarily lead to a more powerful shot. Instead, the correct technique is required, which is why this is the focus of the training.

❖ Accuracy and Precision
Accuracy and precision suffer under an excessive exertion of force, but is necessary for precise passes to other players or to take a shot at goal that is beyond the reach of the goalkeeper.

❖ Technique Variations
To successfully accomplish shots at goal after receiving passes from any position, it is necessary to command the variations of the instep kick technique discussed in the following text.

❖ Under Pressure
At higher skill levels, the instep kick should be practiced while under pressure from opposition players and while running at full speed. In this way, shooting techniques can be effected as a real match would demand!

An Overview of the Methodical Steps of Training the Instep Kick

1. Preliminary Exercises
2. Drop and Volley
3. Dead-Ball
4. Off the Dribble
5. After Trapping and Controlling the Ball
6. After Receiving a Pass
7. Match-like Training 1
8. Match-like Training 2
Methodical Series 7: Shooting - (Instep Kick)

**INSTEP KICK**

**Technique Pointers**
- The approach to the ball should be straight on in relation to the kicking foot.
- The supporting foot should be placed beside the ball, with the toe of the foot pointing to the target.
- The kicking foot should be pointing down and be locked throughout the shot and follow-through.

**SPECIAL TECHNIQUE 1: DROPKICK**

**Technique Pointers**
- As above, although the ball is in the air now, approaching the player, the player places his supporting leg next to where the ball is about to drop and kicks it as soon as it touches the ground.
- The timing of the kick determines the trajectory of the shot.

**SPECIAL TECHNIQUE 2: OUTSIDE OF THE FOOT**

**Technique Pointers**
- The approach to the ball can be straight on or at a slight angle.
- The foot of the kicking leg is pointing straight down and turned slightly to the inside.
- The torso is bent slightly over the ball.
- The ball is kicked with the outside of the foot.

**SPECIAL TECHNIQUE 3: SIDE VOLLEY**

**Technique Pointers**
- The torso should be turned towards the ball, away from the target, with the front shoulder facing the target. The torso should then be tilted away from the ball over the supporting leg.
- Raise the kicking leg up sideways so that it is parallel to the ground, extend it (keeping the weight on the supporting leg), lock the ankle and kick the ball with the instep.

**SPECIAL TECHNIQUE 4: OVERHEAD KICK**

**Technique Pointers**
- Jump with the kicking leg.
- Perform a bicycle-like motion with the legs and kick the ball backwards over the head with the instep of the kicking foot while lying on the back in mid-air.
- Use hands to soften the landing.
Methodical Series 7: Shooting - (Instep Kick)

1 Preliminary Exercises

ROLLING EXERCISE

Description of Exercise
- Play the ball forward with the instep of the foot and pull it back with the sole. Practice with both feet.

Methodical Pointers / Corrections
- Ensure that the toe of the kicking foot is pointing down (!) and that the ball is struck in its centre.

DRIBBLING WITH THE INSTEP

Description of Exercise
- Play the ball forward slightly with each step using the instep. Bend the torso over the ball a little.

Methodical Pointers / Corrections
- Ensure that the toe of the kicking foot is pointing down!

DROP AND CATCH

Description of Exercise
- The player drops the ball so that it will land in front of him, kicks it up using the instep of the foot and catches it.

Methodical Pointers / Corrections
- The ball should not rotate. Ensure that the ball is struck in its centre with an outstretched foot.

JUGGLING

Description of Exercise
- Juggle the ball by alternately using the insteps of both feet.

Methodical Pointers / Corrections
- Juggling for inexperienced players: kick the ball higher and let it bounce once.
Methodical Series 7: Shooting - (Instep Kick)

2 Volley from the Hand

**ON OPPOSITE LINES**

**Description of Exercise**
- Divide the players into pairs (one ball per pair).
- The players of each pair stand on opposite lines (4m apart), the player with the ball drops and kicks it to his partner using the left and right instep of his foot.
- The ball should reach the partner at chest-height.

**Methodical Pointers / Corrections**
- The ball should be struck in its centre.
- Exercise should be repeated so that players can train with both feet.
- Lock the ankle on contact with the ball.
- Follow through with the kicking leg.
- Competition: Which player is the first to pass the ball fifteen times without the partner having to move a step in any direction to receive it?

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Position a goalkeeper in the goal.
- At most four players, each with a ball, are located at a cone in front of the goal.
- Each player takes a short run-up, drops the ball and takes a shot at goal using the instep of his foot.

**Methodical Pointers / Corrections**
- If possible, set up several stations so that the groups can be smaller (more repetitions per player!).
- Exercise should be repeated so that players can train with both feet.
- Vary the distance to the goal according to the skill level of the players.
- Make single- and group-corrections!
Methodical Series 7: Shooting - (Instep Kick)

3 Dead-Ball

**ON OPPOSITE LINES**

**Description of Exercise**
- Divide the players into pairs (one ball per pair)
- The players of each pair stand on opposite lines (15m apart) and kick the dead-ball to their partner using the instep of their left and right foot.
- The ball needs to pass between a small goal, marked by cones, that is set up between the players (one goal for each pair).

**Methodical Pointers / Corrections**
- Lock the ankle on contact with the ball!
- Follow through with the kicking leg!
- Exercise should be repeated so that players can train with both feet.
- Competition: Which player is the first to pass the ball through the goal fifteen times?
- Increase / decrease difficulty: Vary the distances between the players and the width of the goals.

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Position a goalkeeper in the goal.
- Each player places his ball on a marked line in front of the goal (Adapt the distance to goal according to the skill level of the players!) The player then takes a shot at goal using the instep of his foot.

**Methodical Pointers / Corrections**
- If possible, set up several stations so that the groups can be smaller (more repetitions per player!).
- Exercise should be repeated so that players can train with both feet!
- Allow the goalkeeper to reposition himself after each shot!
- Make single- and group-corrections.
Off the Dribble

WITH A SHOT AT GOAL

Description of Exercise
- Position a goalkeeper in the goal.
- At most four players, each with a ball, are positioned at a cone in front of the goal.
- Each player takes a shot at goal using the instep of his foot after dribbling the ball to a second cone that is closer to the goal.

Methodical Pointers / Corrections
- Just before kicking the ball, the players should take a quick look to see where the goalkeeper is positioned.
- If possible, set up several stations so that the groups can be smaller (more repetitions per player!).
- Exercise should be repeated so that players can train with both feet.
- Vary the distance to the goal according to the skill level of the players.
- Make single- and group-corrections.

WITH A SHOT AT GOAL (COMPETITION)

Description of Exercise
- As above, although now two players compete against each other: which player is the first to dribble across the marked line after a command by the coach (one point)? Which player is able to score a goal using the instep kick after crossing the line (one point)?

Methodical Pointers / Corrections
- In spite of the pressure situation, the players need to use the correct technique.
- Same setup, but the exercise is treated as a team competition instead of individual competition.
Methodical Series 7: Shooting - (Instep Kick)

**After Trapping and Controlling the Ball**

**Straight Ahead**

**Description of Exercise**
- Position a goalkeeper in the goal.
- Position player A close to, but not in front of, the goal.
- Player B is further away from the goal than player A.
- A passes to B.
- B traps the ball, controls it while moving towards the goal and then takes a shot at goal using the instep kick.

**Methodical Pointers / Corrections**
- The ball should not be stopped, but slowed down and controlled so that it can be shot at goal after a short run-up (about two steps). The shot towards goal should be the second contact the player makes with the ball.
- After the shot, the kicking leg needs to follow through and the player should briefly run after the ball.

**With a Turn**

**Description of Exercise**
- Position a goalkeeper in the goal.
- Position player A 25m and player B 18m in front of the goal. (Vary the distance to the goal according to the skill level of the players)
- A passes to B.
- B traps the ball, turns around and takes a shot at goal using the instep kick.

**Methodical Pointers / Corrections**
- Exercise should be repeated so that players can train with both feet, and turns should be completed using both the inside and the outside of the foot.
- To play around the "opponent", the player should trap and control the ball on the side.
- In case the players immediately trap and control the ball in the direction of the goal, set up a small cone goal (width: 1.5m) behind player B's back to force sideways movement.
Methodical Series 7: Shooting - (Instep Kick)

6 After Receiving a Pass

FROM THE FRONT

Description of Exercise
- Position a goalkeeper in the goal.
- Position player A next to the goal.
- Player B is in front of the goal.
- A passes to B.
- B intercepts the pass and immediately takes a shot at goal using the instep kick.
- A takes B's position, B fetches the ball.

Methodical Pointers / Corrections
- Adapt the distance to the goal according to the skill level of the players!
- When intercepting the ball, the supporting leg should be next to the ball at the moment of contact.
- After the shot, the kicking leg needs to follow through and the player should briefly follow the ball.

FROM THE SIDE

Description of Exercise
- As above, except that player A is now placed next to the "line" connecting player B and the goal, and passes the ball at a 90° angle to this line (see sketch).
- Afterwards the ball is passed from the other side.

Methodical Pointers / Corrections
- Every angle between a frontal pass (as above) and a pass from the side is possible and can be implemented as an intermediate step. The more acute the angle, the easier the instep kick will be.
Methodical Series 7: Shooting - (Instep Kick)

7 Match-like Training 1

Restricting the Defender

**Description of Exercise**
- Player A, with a ball, is positioned closer to the goal than player B.
- A dribbles towards the goal and takes a shot using the instep kick.
- B starts chasing A once A starts dribbling and tries to obstruct the shot.
- Switch roles of A and B.

**Methodical Pointers / Corrections**
- Easier: Increase the distance between A and B; this decreases the time pressure on A.
- More difficult: Decrease the distance between A and B; this increases the time pressure on A.

Strikers Outnumber Defenders

**Description of Exercise**
- Position a goalkeeper in the goal.
- Two attackers play against one defender.
- The attackers should try to score a goal (using the instep kick) in spite of obstruction by the defender.

**Methodical Pointers / Corrections**
- This exercise trains taking shots at goal in a pressure situation.
- The attackers can co-operate or work individually.
- Use the off-side rule.
- Variation: Use a time limit (e.g. eight seconds).
Methodical Series 7: Shooting - (Instep Kick)

8 Match-like Training 2

1-ON-1

Description of Exercise
- Player A passes to player B as soon as B has freed himself from player C.
- B needs to succeed in the 1-on-1 situation (with C in his back) and take a shot at the goal behind him.

Methodical Pointers / Corrections
- Increase opposition pressure by introducing another defender.
- Variation: A frontal 1-on-1 situation. C is next to the goal, passes the ball to B, who is 30m from the goal, and then C acts as defender. B traps the ball, moves forward with it, tries to succeed in the 1-on-1 situation with C and then take a shot at goal.

Complex Gameplay

Description of Exercise
- Game: 3-on-3 in a small playing area, with passers, on either side of the opponents' goals.
- The players may include the passers in their combination play to help set up a shot at goal.
- The player receiving a return pass from one of the passers next to the goal must immediately take a shot at goal.

Methodical Pointers / Corrections
- After passing to a player next to the goal, at least one of the players in the field needs to advance towards the goal so that the return pass can be utilized.
- Demand shots at the goals from many different positions in the playing area.
- The small practice pitch leads to many tight situations in the goal areas.
Forwarding high punts into the path of a striker, scoring a goal after a cross from the wing, defending the ball or during set-pieces: heading is - when taking the frequency of its use in various match situations into account - still not trained often enough.

Components of Training Heading

- **Timing**
  The basic requirements for a successful header are the correct assessment of the flight-path of the ball and the right timing of the jump.

- **Two-legged jumping**
  Two-legged jumping when heading is not seen too often in matches and is more likely to be used in defensive situations. However, it is easier to learn this simpler technique when first getting started.

- **One-legged jumping**
  The first advantage of one-legged jumps is the increased jump height, which is due to the free (i.e. non-jumping) leg transferring the momentum of the player’s forward motion. The second advantage is that the flight path of the ball can be changed more easily. The rotation of the torso necessary for this is supported by the motion of the free leg.

- **Heading without fear**
  Practice with lighter balls at first to overcome fear, and keep eyes open and locked on the ball. At higher skill levels, engage in 1-on-1 heading competitions - fair, without using elbows!
Methodical Series 8: Heading

**HEADER - STRAIGHT AHEAD**

**Technique Pointers**
- Face the ball, jump up (not forward), arch back with chin in chest, and use the arms to gain angular momentum.
- Swing head forward, lock neck and hit the ball in its centre with the forehead.
- Keep eyes open!

**HEADER - WITH CHANGE OF DIRECTION**

**Technique Pointers**
- One-legged jump with the leg that's closer to the ball, lift free leg in the direction of the ball.
- Hit the ball as close to the peak of the jump as possible.
- On contact with the ball, turn head and torso in the direction of the target.

**DIVING HEADER**

**Technique Pointers**
- The diving header is used for balls that are knee-hip-high.
- Propel body in the path of the ball, tilt head back.
- Keep eyes on ball, soften landing by stretching arms forward.

**INCORRECT**

**Technique Pointers**
- Figure 1: Wrong arm posture. Angled arms should be swung upwards to help in gaining height. Keep eyes open!
- Figure 2: Wrong timing. Flight of the path incorrectly assessed and the jump was way too high, the ball is headed directly downwards.
Methodical Series 8: Heading

1. Preliminary Exercises

**WITH A BEACH BALL**

*Description of Exercise*
- Juggle a beach ball or a balloon with the head.

*Methodical Pointers / Corrections*
- Exercise can be made easier by using a floating balloon and more difficult by using soft balls.

**BALANCING**

*Description of Exercise*
- Place the ball on the forehead and balance it for as long as possible.

*Methodical Pointers / Corrections*
- Tilt the head backwards, keep the eyes on the ball, use soft-stepping, light feet and develop a feeling for the ball.

**TOSS - HEAD - CATCH**

*Description of Exercise*
- Toss the ball upwards, head it into the air once and then catch it.

*Methodical Pointers / Corrections*
- The goal of this exercise is that the players develop a feeling for the correct contact area between forehead and ball.

**JUGGLING USING THE HEAD**

*Description of Exercise*
- Toss the ball upwards and head it into the air as often as possible.

*Methodical Pointers / Corrections*
- Do not head the ball up too high, use soft-stepping, light feet to be able to quickly move in any direction.
Methodical Series 8: Heading

2 From a Standing Position, Straight Ahead

**ON OPPOSITE LINES**

**Description of Exercise**
- Divide the players into pairs (one ball per pair).
- The players of each pair stand on opposite lines (5m apart). The player with the ball throws the ball to his partner, who heads it back.
- The players switch roles after ten headers.

**Methodical Pointers / Corrections**
- Also use a ball pendulum to teach heading techniques. In this way, nuisance factors such as bad throws are avoided and the players learn more quickly.
- Arch the back and then swing the head forward.

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Divide the players into two teams, each with a goal and goalkeeper.
- The goalkeeper throws the ball to each player in his team, who then heads it back. The goalkeeper tries to save the goal.
- If necessary mark a line from which the players should head the ball.

**Methodical Pointers / Corrections**
- Heading the ball at goal serves as motivation, so mark goals using cones (or flags or poles) if not enough actual goals are available.
- Competition: which team has scored more headed goals after each player has had a turn?
3. From a Standing Position, with a Change of Direction

**Description of Exercise**
- Divide the players up into groups of three and position them in the form of a triangle. Behind each player, mark a goal using cones.
- Player A throws the ball to player B, who then heads the ball into the arms of player C.
- Afterwards, C throws the ball to A, who heads it into the arms of B, etc.

**Methodical Pointers / Corrections**
- Increase difficulty by not heading the ball into the arms of the other player, but by trying to score a goal against the other player. To guarantee fair throws, the goals scored against the other two players are counted.
- Change direction of play after each player has had a turn.
- When heading the ball with a change of direction, the torso also needs to turn in the direction of the target.

**WITH A SHOT AT GOAL**

**Description of Exercise**
- Mark two wide goals with cones and position two twoperson teams between them. Place marking cones next to the halfway line between the goals (see sketch).
- The teams try to head the ball into the opposition’s goal; throws can only be made from the marking cones.
- Which team is able to score more goals in three minutes?

**Methodical Pointers / Corrections**
- Variation: goals can only be scored from the own half.
- To save time, keep several replacement balls ready.
- Fast switching between offensive and defensive exercises.
After two-legged Jump

PRACTICING WITH A PARTNER

Description of Exercise
- Divide the players into pairs and place them in front of goals that have been marked by cones. Give each pair a ball.
- The player with the ball stands in front of the goal and throws the ball to his partner. He then immediately moves to one of the cones.
- The other player heads the ball back to his partner. To do this successfully, he needs to concentrate on both the ball and the movement of his partner.
- The players switch roles after ten headers.

Methodical Pointers / Corrections
- Variation: The player tries to head the ball into the goal.
- Swing the arms to increase the height of the jump (see photos).
- To time the jump correctly, the player needs to observe the flight path of the ball. So keep the eyes open and on the ball!

WITH A SHOT AT GOAL

Description of Exercise
- Divide the players into two teams, each with a goal and goalkeeper. Same procedure on both sides.
- A player next to the goal throws the ball to a player in front of it, who then tries to score a goal by heading the ball after a two-legged jump.
- The players then exchange positions and tasks.

Methodical Pointers / Corrections
- Competition: which team has scored more goals after every member of the team has had three attempts at scoring a goal?
- Timing: try to make contact with the ball at the highest point of the jump.
Methodical Series 8: Heading

5 After one-legged Jump, Straight Ahead

**IN GROUPS OF FOUR**

**Description of Exercise**
- Mark two goals opposite to each other using cones and position several players as shown in the sketch.
- The player next to the goal throws the ball to the player in front of the goal, who then tries to score a goal by heading the ball after a short run-up and one-legged jump.
- The players then exchange positions and tasks.

**Methodical Pointers / Corrections**
- Jump up with one leg after a short run up, swing the free leg forward while pulling it up.
- Focus on jumping high, not far.
- Timing: try to make contact with the ball at the highest point of the jump.
- To get used to the technique of heading the ball after a one-legged jump, practice using a ball pendulum.

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**WITH A SHOT AT GOAL**

**Description of Exercise**
- Divide the players into two teams, each with a goal and goalkeeper. Same procedure for both sides.
- A player next to the goal throws the ball to a player in front of it, who then tries to score a goal by heading the ball after a short run-up and one-legged jump.
- The players then exchange positions and tasks.

**Methodical Pointers / Corrections**
- As a guide to the thrower, add a line from which the other player should head the ball.
- Timing: try to make contact with the ball at the highest point of the jump.
Methodical Series 8: Heading

IN GROUPS OF THREE

**Description of Exercise**
- Mark two goals opposite to each other using cones and position several players as shown in the sketch. Some procedure on both sides.
- Player A takes a run-up (almost) parallel to the goal line while player B throws the ball in his direction. A tries to score a goal by heading the ball into the cone goal with a one-legged jump.
- The players then exchange positions and tasks.

**Methodical Pointers / Corrections**
- Jump off with the leg closer to the goal, the free leg is lead towards the goal and thereby initiates the turn.
- Turn the torso in direction of the target.
- Practice with throw-ins from both sides so that heading the ball in each direction can be trained.

WITH A SHOT AT GOAL

**Description of Exercise**
- Set up two goals next to each other, each with a goalkeeper, and position players as shown in the sketch. Same procedure on both sides.
- One of the players on the side runs up to a cone placed in front of the goal and tries to head in the ball thrown in by the player standing next to the goal.
- The players then exchange positions and tasks.

**Methodical Pointers / Corrections**
- After all the players in each team have had several attempts at goal, change goals and practice jumping off with the other leg and heading the ball in the other direction.
7 Match-like Training 1

**STRIKERS OUTNUMBER DEFENDERS**

**Description of Exercise**
- Set up two goals next to each other, each with a goalkeeper, and position players as shown in the sketch.
- The two attacking players in front of the goal approach the goal and try to head in the ball, thrown in by the player standing between the goals.
- The defender tries to fend off the ball.

**Methodical Pointers / Corrections**
- The attackers should coordinate their attack; one of them should approach the post closer to the throw-in, the other one approaches the one further away. They should cross or use dummying techniques to try to shake off the defender.
- Use entire body when in a header duel (see photo).

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**1-ON-1**

**Description of Exercise**
- Mark two pairs of cone goals opposite each other.
- Same procedure on both sides.
- For each pair of goals, a neutral player throws a high ball into the playing area between the goals.
- The two duelling players inside the playing area both try to head the ball to their partner, who is standing in one of the goals.

**Methodical Pointers / Corrections**
- The partner of the player on the left should stand in the goal on the right-hand side, and vice versa, so that the players in the playing area remain together and have to compete for the ball.
Methodical Series 8: Heading

8 Match-like Training 2

GAMEPLAY 1

Description of Exercise
- 2-on-2 in a narrow playing area between two goals with goalkeepers.
- Goals can only be scored by heading a pass by one of the players on the wings, who are not allowed to be obstructed.
- Four players on the wings, two for each team. The two players on the wings belonging to one team should stand on either side of the opposing team's goal.

Methodical Pointers / Corrections
- Switch players on the wings and players in the playing area after five minutes.
- The playing area should be so small that hardly any ground needs to be covered when the attack switches to the opposite goal, so that there are a lot of crosses from the wings.
- The players in the playing area should coordinate their attack and be able to quickly change from attack to defence and vice versa.

GAMEPLAY 2

Description of Exercise
- 4-on-4 in a playing area between two goals with goalkeepers.
- Two additional players per team are positioned on the wings in the opposing team's half of the pitch, one on each side of the playing area.
- Goals scored by heading the ball after it was crossed from the wing count triple.

Methodical Pointers / Corrections
- One of the players in the penalty area should always try to shake his marker and move to the goal post that is closer to the wing from where the ball will be returned. The cross can then be headed to another player or directly at the goal. Passes to the far goal post are easier for the goalkeeper to parry.