

# SOCCER SKILLS 101

## 1. DRIBBLING

- HOW TO DRIBBLE
- HOW TO SHIELD THE BALL
- THE STEPOVER
- THE SCISSOR
- THE PULL BACK
- RONALDO CHOP
- CRUYFF TURN
- MARADONA TURN
- SMALL TOUCHES VS BIG TOUCHES
- DRIBBLING IN TIGHT SPACES

## 2. KICKING

- HOW TO STRIKE THE BALL
- CORNER KICK
- HOW TO VOLLEY THE BALL

## 3. PASSING

- PASSING IN SOCCER
- HOW TO PASS WITH LACES
- RECEIVING ON THE GROUND
- RECEIVING WITH DIFFERENT PARTS OF THE FOOT
- RECEIVING THE BALL IN THE AIR WITH YOUR FEET
- RECEIVING WITH THE THIGH
- PASSING ON THE RUN
- GIVE AND GO

- CROSSING THE BALL

#### 4. HEADING, THROW-IN, AND JUGGLING

- HEADER
- JUGGLING
- THROW-IN
- JUGGLING WITH THE HEAD

#### 5. DEFENDING

- DEFENDING
- PRESSURE
- COVER
- BALANCE
- HOW TO DO A BLOCK TACKLE
- POKE TACKLE

#### 6. ATTACKING

- ATTACKING
- SHOOTING
- HOW TO SHOOT WITH THE LACES AND INSIDE OF THE FOOT
- COMMON SHOOTING MISTAKES

#### 7. GOALTENDING

- GOALKEEPER FOOTWORK
- HOW TO DO A DIAMOND CATCH
- COLLECTING THE BALL ON THE GROUND
- PUNCHING THE BALL
- HOW TO PUNT
- HOW TO DO A SIDEWINDER
- HOW TO DO A COLLAPSE DIVE
- HOW TO DO AN EXTENSION DIVE