

## LESSON FOCUS

## Soccer Skills — Dribbling, Inside-of-the-Foot Pass, Inside-of-the-Foot Trap

**SHAPE Standards:**

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**DPE Outcomes:**

- I can change speeds while dribbling using three of four cues.
- I can kick a ball into the air to a partner demonstrating three of four cues.
- I can trap a ball passed from a partner using the inside of my foot.

**Equipment:**

- 8" foam rubber ball or junior soccer ball for each student
- Pinnies (optional)
- Cones for marking the drill areas and goals

**Instructions****Skills**

Practice the following skills:

## 1. Dribbling

Dribbling is moving the ball with a series of taps or pushes to cover ground and still retain control. It allows a player to change direction quickly and to avoid opponents. The best contact point is the inside of the foot, but the outside of the foot will be used at faster running speeds. The ball should be kept close to the player to maintain control.

## 2. Inside-of-the-Foot Pass (Push Pass)

The inside-of-the-foot pass is used for accurate passing over distances of up to 15 yards. Because of the technique used, this pass is sometimes referred to as the push pass. The non-kicking foot is placed well up, alongside the ball. As the kicking foot is drawn back, the toe is turned out. During the kick, the toe remains turned out so that the inside of the foot is perpendicular to the line of flight. The sole is kept parallel to the ground. At contact, the knee of the kicking leg should be well forward, over the ball, and both knees should be slightly bent.

## 3. Inside-of-the-Foot Trap

This is the most common method of control and is used when the ball is either rolling along the ground or bouncing up to knee height. The full surface of the foot, from heel to toe, should be presented perpendicular to the ball.

## 4. Goalkeeping

Goalkeeping involves stopping shots by catching, stopping, or otherwise deflecting the ball. Goalkeepers should become adept at catching low rolling balls, diving on rolling balls, catching airborne balls at waist level and below, and catching airborne balls at waist height and above.

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### Drills Using Four or More Players

Use the following partner drills to practice the skills above. Drills for four or more players should be organized so that a rotation gives all players an equal opportunity to practice skills.

1. Dribbling. Two teams of four players are lined up and facing each other about 10 yards apart. Each player at the front of the team has a ball. Both front players dribble to the center, where they exchange balls and continue dribbling to the other side. The next players perform similarly.

2. Shooting, goalkeeping, and defense. A shooting drill against defense can be run with four players and a 15-foot goal set off with cones or other markers. One player has the ball. He advances and attempts to maneuver around a second player so that he can shoot past the goalkeeper guarding a goal. A fourth player acts as the retriever. Rotate positions.

3. Dribbling. Four or five players, each with a ball, form a line. A "coach" stands about 15 yards in front of the line. Each player, in turn, dribbles up to the coach, who indicates with a thumb in which direction the player should dribble past. The coach should give the direction at the last possible moment.

4. Passing, controlling, and defense. Four players stand in the four corners of a square, 10 yards on a side. Two defensive players are inside the square. The corner players stay in place within the square and attempt to pass the ball among themselves, while the two defenders attempt to recover the ball. After a period of time, another two players take over as defenders.

### Teaching Hints

Contact the ball with the inside, outside, or instep of the foot.

Keep the ball near the body so it can be controlled. (Don't kick it too far in front of the body.) Dribble the ball with a controlled tap.

Place the non-kicking foot alongside the ball. Keep the head down and eyes focused on the ball during contact.

When trapping, move in line with the path of the ball and reach with the foot to meet the ball. Give when ball contact is made to absorb force.

Goalkeepers should practice catching low rolling balls by getting down on one knee, with their body behind the ball to act as a backstop, and catching the ball with both hands, fingers pointing toward the ground.

Use foam rubber balls for goalkeeping drills to avoid hurting someone with the ball.