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Football
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up The Most

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#1

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Football Skills

Techniques

Technique 1. Ball control. Ball control refers to a player's ability to collect the ball and gain control of it using all parts of...

2.

Dribbling skills. Dribbling skills refers to a player's ability move up and down the pitch with full control of

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the... 3. Passing
accuracy. Passing
accuracy refers ...

15 Key Soccer
Skills - How to
Achieve Success in
Football ...

Hand-Eye
Coordination. Most
of the players
thought of as "skill
players" must have

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Hand-eye Techniques

coordination.

Players such as wide receivers, cornerbacks, and linebackers must have good hands and hand-eye coordination to catch, swat, or intercept passes. Players also must have coordinated feet and have good

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Rookie Road
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and Techniques
Blocking. Offensive
football is
predicated on
strong blocking.
The offensive line
must open holes

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for the running
backs... Tackling.
You must show
toughness,
strength and
determination
when tackling, but
it also takes
excellent technique
to... Passing. A ...

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and Techniques |

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Techniques 1. Box
Blast This exercise
is to improve the
explosive power in
your hips and legs
to execute perfect
football skills in...

2. Calves It is
important to work
out your calves

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before a football
match. Calves
strain due to sharp
twists and ...

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Decathlon

One of the hardest
skills in football to
pull off, the
Elastico was a
favourite of

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Ronaldinho. It

involves rolling your foot over the ball in such a way that when you bring it down on the other side, you are able to knock the ball past an opponent in one swift movement.

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Make Footballers
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you can improve as
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BEGINNER

FOOTBALL SKILLS -

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learn. In this video

Jolter teaches you

5 of the most basic

football skills that

are great for

beginner level

football playe...

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How to do some
great football
soccer skills.

Players like
Cristiano Ronaldo,
Özil, Ribery &
Neymar are doing
these in matches,
but you can easily

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ball to the player
quicker. A long
pass can be
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on the ball to beat
a defender. getting
your foot. under
the ball and
following through.
with your laces to
get more power.
standing tackle.
You would use a
standing.

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Tactics by Albert
Coe

FIFA's Women's
football
development
programmes
encompass a wide
array of initiatives
– from courses to
build the skills of
female coaches
locally, to the
support of
promotional

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What we do -
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FIFA.com
Tips on side-foot
soccer passing
technique. Use the
inside of the foot -
that's the area
from the base of
the big toe to the

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central area of the heel, under the ankle bone. Kick foot at right angles to the ball. Belly button should be facing the player receiving the pass. Non-kicking foot alongside the ball. Knee and ankle joints held firm.

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How to coach
perfect passing
technique

Swing your leg
through the ball,
aiming higher on
the ball if you want
to keep it low or
lower on the ball if
you want to send it
through the air.

Follow through with
your shooting leg,
in a hopping

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motion that brings your plant foot off the ground, and land on the foot you shot with for the most power.

What Are the
Fundamental Skills
in Soccer? |
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The purpose of
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passing the ball is to be able to get the ball to one end of the court to the other end of the court to score in the net. Passing is a gross, discrete and open skill. There are two different technique that can be used to pass the ball, bounce pass and

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Chest pass. A chest pass is used when passing the ball over a short distance.

Netball skills and technique – Team sports

Football Skills, Techniques and Tactics by Albert Coe
Passing is one

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of the most fundamental skills in soccer, as it is how you move the ball from yourself to another teammate. For a short basic pass, you will turn your foot 90 degrees to the outside and swing your leg so that the inside of your leg makes

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Football Skills And
Techniques -
SEAPA

Good techniques
are the basic
requirements for
successful play.
Inside of the Foot
Pass The "inside of
the foot" or instep
pass is the safest

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soccer And Techniques

pass. Because of the large contact area between the ball and the foot, very precise passes can be executed.

Soccer Coaching –
Basic Techniques
A long pass is an
attacking skill that
allows players to

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switch the direction of the attack very quickly to create space, find a teammate or to catch out the opposition.

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