



Technical Abilities

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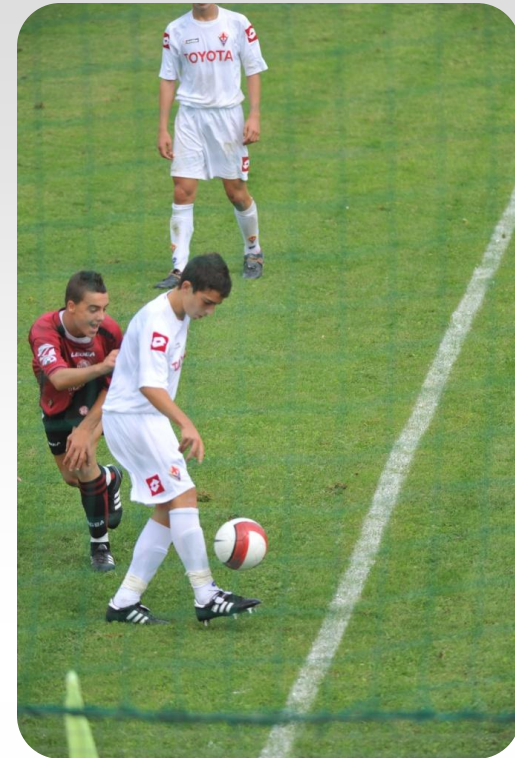
First Stage

1. Juggle
2. Passing & Receiving
3. Guiding (running) Ball

Juggle

Didactic Progression

- *Juggle of the ball with bouncing on the ground*
- *Juggle of the ball without bouncing*
- *Juggle of the plastic ball (different sizes)*
- *Juggle of the tennis ball*
- *Juggle of the ball in pairs*
- *Juggle of two balls in pairs*
- *Juggle of a balls & a plastic ball in pairs*
- *Juggle in group of 3 players*
- *Juggle in group of 4 players*
- *Juggle in group of 5 players*



Major coordinative capacities activated

- Rhythm
- Balance
- Differentiation

Receiving & Passing

Didactic Progression

- *Passing in pairs with the trapping of the ball*
- *Passing in pairs with two ball*
- *Passing in pairs high trajectories ball (in the air)*
- *Passing in group of 3 palyers*
- *Passing in group of 4 players*
- *Passing in group of 5 palyers*
- *Passing in group of 6 players*
- *Passing in group of 6 players with two balls*
- *Trapping and passing in a circle*



Major Coordinative Capacities activated

- COMBINE COUPLE MOVEMENTS
- ADAPTION & TRANSFORMATION
- SPATIAL - TEMPORAL ORIENTATION



The receiving of the ball is the technical ability that allows the control of the ball that is coming, and therefore, its possession. If the player at the time of receiving the ball, remains stationary with the ball, you have the "TRAP ON THE SPOT" or receiving in absorption. If at the time of ball control, is related to another technical move after it's called "TRAP & FOLLOW" or "RECEIVING WITH DIRECTION".

Fundamental Principles of Receiving

- Proper assessment of the ball trajectory, distance, speed and place of contact (meet the ball);
- Go to place of contact of the ball quickly - avoid the rebound - to prevent the anticipation of the opponent, position the body in balance with the help of open arms, to allow the trapping of the ball correctly;
- Keep eyes to the ball until the impact, calculating speed and trajectory;
- The limb selected to receive the ball starts to move along the ball's trajectory, and starts to retreat before the impact with the ball, with the surface relax, soft and not rigid;
- The muscles must be relaxed to cushion the impact derived from the force of the ball;
- Position the body with a correct angle for the next intended action-move, try to have a broad vision of the field, by avoiding to have the back turn away from the open space.
- Point the toes toward the direction of the objective



Receiving the ball with a first touch in a different direction from where the ball arrives is called “Trap to Follow” or “Trap with Direction”. In modern football making an optimal “Trap to Follow” determines the success of the next play (speed of play). Quite often a “Trap to Follow” is preceded by a fake or a counter move.

TRAP WITH THE SOLE OF THE FOOT

- **Low ground ball:** The tip of the foot that makes the trap is directed upwards with the heel slightly off the ground. The joints of the ankle, knee and hip that are related with the ball must be relaxed, the muscles of the thigh must be relaxed as well to cushion the impact with the ball. The support foot (leaning foot) makes a slight jump back.
- **Ball with trajectory in the air:** The ankle joint of the receiving leg must be relaxed, to cushion the bounce of the ball off the foot, with knees slightly bent and prevent leaning the body's weight on that leg during the execution of the technical gesture to prevent loss of balance. Your arms should be slightly forward to facilitate the defense of the ball.



Trap with inside of the foot

- **Ball incoming on the ground & front trajectory:** The player after assessing the precise trajectory and speed of the ball must amortize the trajectory with the inside foot. The leg that is chosen to receive must be behind of the leaning foot, flexed with the hip joint rotated outward to form a 90 degree angle with the trajectory of the incoming ball. The receiving leg should be with forward momentum first, like it is going to meet the ball, but it must portray, starting with the return path when the foot is going to have contact with the ball. The support leg should be flexed and the toes should be pointed slightly outward relative to the direction of arrival of the ball and has to make a slight bounce before impact to encourage the damping speed of the ball.
- **Ball incoming on the ground & lateral trajectory:** The player must amortize the speed and trajectory with the inside foot opposite from where the ball is coming. The body should be slightly bent toward the direction of arrival of the ball with the muscles relaxed.

- **Ball incoming with air trajectory:** The foot of the leg that is receiving must be turned outward to form a 90 degree angle with the other foot (leaning leg). For a proper collect and control of the incoming ball the body moves back in to the path of the ball trajectory.. The hip joints that is related with the ball should be relax and rotated outward, with the body positioned with a low center of gravity to protect the ball and facing the direction to the next move (off pressure). The knee must cover the ball. The opposite limb (leaning leg) is positioned near the point where the ball touches the ground to have a good stability. Your arms should be slightly wider for the balance and the defense of the ball.



Trap with the outside of the foot

- **Ground ball incoming:** The player must amortize the speed of the trajectory with the outside right foot, if the ball comes from the right. If ball comes from the left, the outside of the left foot. The leg that is related with the ball must be in front and move toward the ball as if it goes to meet, but return back in to the trajectory path when the contact is about to happen. The position of the body should be bent toward the direction of the incoming ball to anticipate the action of the next move.
- **Ball incoming with air & curve trajectory:** The leg that is receiving the ball must cross in front of the supporting leg with the foot turned slightly inward. The outside of the foot, at the moment of receiving, it accompanies the ball in the opposite direction by crossing back the leg in front of the body.



TRAP WITH CHEST

➤ ***BALL INCOMING WITH PARABOLIC AIR TRAJECTORY:*** The player, in the 'execution of the movement, must be positioned with the legs slightly apart in sagittal position to ensure a good balance with your upper body square towards the incoming trajectory of the ball, back arched projecting the chest forward & upward, arching the torso. Upon contact with the ball, the rib cage must be relaxed and empty, the chest should be oriented towards the desired direction and retracts so as to amortize the trajectory. The ball must bounce back near the body & in front for immediate control for next directional move. The damping action of the ball is facilitated by bending the knees. Arms should be open position forward to promote the protection.



PASSING with the INSIDE of the FOOT

Inside of the foot pass is used to cover short and medium distances and allows for more accuracy (contact areas are ample and linear).

➤ **THE RUN UP TO THE BALL**

The run up to the ball is short and vertical to the ball and the target. It is performed using short and quick steps, as the continuous contact with the ground allows for better coordination and balance. The last step is bigger and grazing the ground to find a good position of the standing foot that will allow for better balance and have more stability on the ground. This will allow for a coherent development of the kinetic chain needed to give an impulse to the ball and determine its power and direction. At the same time this allows the kicking foot to swing back and then forward to bring the contact surface to the ball.

➤ **SUPPORTING (STANDING) FOOT**

The supporting foot is placed next to the ball with the toes pointing toward the target. The leg is slightly bent (loading), the degree of which is related to the following kicking impulse required to reach the target. Simultaneously with the impact, it performs a slight relaxation starting the kinetic chain that will boost the kick through the synergetic work and rapid succession of muscles involved.



➤ KICKING FOOT

The kicking leg performs a large and fast back-swing with extra rotation at about 90°, followed by a forward-swing and determining the contact with the appropriate surface. The foot impacts the ball at its center-point continuing the swing to direct the ball better and to seek a prompt support after the kick, in preparation for the next action. The larger the swing the more effective is the lever used and therefore the greater the impulse transmitted to the ball. The knee and ankle, initially loose, will be subject to strong tensions to stiffen the contact area.

➤ ARMS

The arms act as elements of balance and protection. When kicking with the inside of the foot, the arm opposite to the kicking foot is projected forward, while the corresponding arm moves backwards.

➤ CONTACT SURFACE

The contact surface is represented by the triangle formed by the base of the big toe, the inner ankle bone and the base of the heel. This flat and wide area is the safest and most linear way to cover the ball. At the moment of the impact the ankle is locked (toes pointing upwards) to transfer fully the impulse wanted.

➤ TRUNK

The trunk slightly covers the ball, thus allowing protection of it and the usage of the muscles of the trunk (abdominal and back) for a harmonious development of the kicking motion itself.

GUIDING THE BALL



- *Guide the ball straight line right-left foot*
- *Guide the ball thru cones*
- *Guide the ball thru cones with changes of direction*
- *Guide the ball thru cones & fake*
- *Guide the ball in game situation*

MAJOR COORDINATIVE CAPACITIES ACTIVATED

- DIFFERENTIATION
- DYNAMIC BALNCE
- SPATIAL-TEMPORAL ORIENTATION
- COMBINE COUPLE MOVEMENTS
 - RHYTHM

The guiding of the ball is the technical ability that allows the player to move into space of the playing field without losing control and possession of the ball. Who has mastered this technical ability can conquer space forward to perform a pass, or a shot on goal. During the execution of this gesture the player must have good peripheral vision and make contact with the ball with the outside of the foot for a quick fast start in guiding the ball (straight line), while it should be able to use properly the exterior and interior of foot to the changes of direction. The contacts with the ball at the moment of forward thrust should be soft and light, so the ankle joint should not be hard but elastic and flexible.

RECEPTORS (analyzers) USE:

- VISUAL
- KINESTHETIC
- DYNAMIC-STATIC (vestibular)





This ability is very refined only when the player is able to maintain the spatial references related to the position on the field of the mates and opponents, keep possession of the ball even in difficult game situations such as strong pressure from opponents; especially if in the mastery of guiding the ball is combined with a great quality in the technical ability of fake and dribbling



- During the run, the ball must always be kept in control by the foot.
- Must use outside shoe laces for quick fast speed in open space, and inside-outside foot for quick changes of direction.
- The player must have continuously control of peripheral vision
- Touch of the ball (push) must have the opposite foot in a good & stable support (balance).
- At the moment of impact with the ball, the foot must be slightly relaxed.



Technical Abilities

SECOND STAGE

4. LONG PASSING
5. SHOOTING
6. DRIBBLING (1V.1)

LONG PASSING

- *Long passing in pairs “standing”*
- *Long passing in pairs “moving”*
- *Long passing in group of 3 palyers*
- *Long passing in group of 4 palyers*
- *Long passing in group of 5 palyers*
- *Long passing in game situation*



Major coordinative capacities activated

- Spatiat-Time Orientation
- Combine Couple Movements
- Adaption & Transformation



➤ ***APPROACH TO THE BALL (run up):***

The run up is short with an angle to the ball on the side opposite of the kicking foot and is held in short steps and quick, the last step will be lengthened and more close to the ground to allow the leaning foot to position in a monopod balance therefore greater stability on the ground for a coherent development of the kinetic chain needed to give an impulse to the ball and determine strength and direction at the same time allows the kicking limb to work the swing back and then forward to bring the contact surface on the ball

➤ ***SURFACE CONTACT:***

The contact surface is represented by the area between the base of the first and second toe on the inner bone (1st. toe). On the moment of impact the contact surface is rigid. The foot is externally rotated.

➤ **SUPPORT LIMB:**

The supporting foot is placed beside the ball. The distance is far enough to allow the entry of the foot that kicks. The support limb is slightly bent, more or less pronounced in relation to the will of the thrust to give to appropriately achieve the objective. It tends simultaneously at the impact, to extend and start the kinetic chain that, through work and synergistic muscles involved in rapid succession, will give the thrust to the kick.

➤ **KICKING LIMB:**

Performs a wide and fast back-swing resulting forward oscillation, and after impact, the oscillation will continue and seek a prompt support on the ground in preparation of the next play, and to direct the ball with precision.



➤ **UPPER LIMBS (arms):**

The arms act as elements of balance and defense / protection. Contribute to the realignment of the trunk at the time of the kick. In launching the upper limb opposite to the kicking foot is projected forward, while the opposite one swings back.

➤ **TRUNK:**

The trunk slightly covers the ball, and oriented toward the foot that kicks. It tends to realign at the moment of impact through the action of the abdominal muscles and back.

SHOT on GOAL



It is an element of applied technique that is crucial because it represents the finalization, the ultimate goal of any situation of individual or collective ball possession. The way in which the attacker finishes towards the goal depends on the evaluation of some parameters such as the position of the ball, the situation at hand and the position of opponents and teammates. Different types of shots on goal can be executed: outside of the foot, instep and inside of the foot.

- *Trap and shot*
- *Guide (dribble) and shot*
- *Cut and shot*
- *Guide – fake and shot*
- *Game situation shot*

Major coordinative capacities activated

- SPACE AND TIME ORIENTATION
 - DIFFERENTIATION
 - ADAPTATION AND TRANSFORMATION



➤ **RUN UP TO THE BALL**

The run up to the ball is straight and therefore on the target, or purposely curvilinear in the opposite direction to the foot that kicks. It is performed using short and quick steps, while the last step is bigger and grazing the ground to find a good position of the standing foot that will allow for better balance and have more stability on the ground. This will allow for a coherent development of the kinetic chain needed to give an impulse to the ball and determine its power and direction. At the same time this allows the kicking foot to swing back and then forward to bring the contact surface to the ball.

➤ **CONTACT SURFACE**

The contact surface is represented by the ankle and metatarsal joint (instep). At the time of impact the surface must be stiffened (toe lying down) to transfer fully the desired impulse.

➤ **SUPPORTING (STANDING) FOOT**

The supporting foot is placed next to the ball with the toes pointing toward the target and in line with the tangent passing through the front of the ball. The distance is smaller compared to other ways of kicking, as the foot that kicks does not need special spaces to impact the ball. The toes of the supporting foot, in some cases, are pointed slightly surpassing the tangent line passing through the front of the ball. The supporting foot is bent (loading) more than in other ways of kicking as it allows a greater accumulation and a consequent release of energy for a more powerful kick.



➤ KICKING FOOT

The kicking leg performs a large and fast back-swing, followed by a forward-swing and after the impact with the ball, continuing the swing to direct the ball better and to seek a prompt support after the kick, in preparation for the next action. At the moment of kicking, the knee is above the ball or just beyond to enjoy a greater swing of the leg (knee-leg) and at a central impact zone where it adds to greater power and a straighter trajectory. The larger the leg swing, the bigger the lever will be and therefore the greater the impulse transmitted to the ball (the knee and ankle, initially relaxed, are subject to considerable tension to stiffen the contact surface).

➤ TRUNK

The trunk covers the ball and the usage of the muscles of the trunk (abdominal and back) is important for a harmonious development of the kicking motion itself. The trunk tends to realign itself at the moment of the impact.

➤ ARMS

The arms act as elements of balance and protection. When shooting to goal, the arm opposite to the kicking foot is projected forward, while the corresponding arm moves backwards.

DRIBBLING (1 v 1)



The dribbling is the most effective way to overcome an opponent and is always associated with the fake. From the didactic point of view can be defined as the ability to pass by the opponent through rapid and alternating movements performed with feints and counter feints to unbalance the opponent. In the execution it will be important to continually move the ball, unambiguously attack the defender and fake, not look at the ball but concentrate on the movement of defender's legs and trunk of the to lead the ball in the direction where they are unbalanced.

- *Didactic progression of feints*
- *Dribble and feints around cones*
- *Fake - dribbling in groups with passive defenders*
- *Game situation – 1 v 1*

Major coordinative capacities activated

- CREATIVITY
- ANTICIPATION
- ADAPTATION AND TRANSFORMATION



TECHNICAL ABILITIES

THIRD STAGE

7. HEADING

8. FAKE

9. TACKLE

HEADING



The header is a fundamental technical ability in modern soccer; a complete player must have this skill in his repertoire regardless of their role of the field. One must evaluate: the starting position, evaluation of the parable of the ball, speed of decision, attacking the ball jumping.

- *Heading of the ball coming in a straight line*
 - *Heading with a jump taking off from both feet*
 - *Heading with a jump taking off one foot (left and right)*
 - *Heading after 3 steps (run)*
 - *Diving heading*
- *Heading in a circle and crossing situation*

MAJOR COORDINATIVE ABILITIES ACTIVATED

- SPATIAL-TEMPORAL ORIENTATION
- ANTICIPATION
- COMBINATION AND COUPLING

➤ HEADING IN THE AIR

It can be executed by taking off from one foot, preferably when on the run, or with both feet. This is generally applied when one is in contact with the opponent.



➤ FRONTAL HEADING

One hits the ball with the center of the forehead giving it more power and directing it straight in front.

➤ LATERAL HEADING

Powered by a twist of the torso with a tilt back with an intention to direct the ball sideways.

➤ ARMS

The arms greatly facilitate the phase of moving upward with their upswinging momentous movement.

FAKE



It 's a movement of deception, implemented in the various elements of applied technique and tactics applied individually, especially during the possession phase. There are various types of fakes and can be done with the movement of the trunk, legs or simply by a look. It's a part of the dribbling (1v1), but the fake is realized even in separation from the mark, in the so-called counter-dissociation. The fake is also present in the pass and shot on goal.

- *Didactic progression of feints*
- *Dribble and feints around cones*
- *Fake - dribbling in groups with passive defenders*
- *Game situation – 1 v 1*

MAJOR COORDINATIVE ABILITIES ACTIVATED

- CREATIVITY
- REACTION
- ADAPTATION AND TRANSFORMATION

TACKLE



Tackle is the technical gesture that allows the defender to win the ball or kick it away from the attacker with the intention to stop his action. Tackle is important but not easy to teach and also creates significant difficulties in learning because children are fearful of contact with the opponent that can generate a fall. Because of this, during the evolutionary ages, the development and consolidation of basic motor patterns such as running, pushing, rolling, grabbing, etc are crucial. These motor patterns associated with sense-perceptual skills that manage the movement allow the development of coordination skills most important for the success of gesture.

MAJOR COORDINATIVE ABILITIES ACTIVATED

- *Frontal tackle*
- *Lateral tackle*
- *Sliding tackle*

- SPATIAL-TEMPORAL
ORIENTATION
- ANTICIPATION
- DIFFERENTIATION



➤ FRONTAL TACKLE

It is defined by the frontal position of the defender in relation to the attacker.

The principles for a good execution are:

➤ TIMING OF THE TACKLE

➤ THE SUPPORTING LEG HAS TO BE SLIGHTLY CONTRACTED AND FOOT HAS TO BE QUITE CLOSE TO THE BALL AND POSITION ITSELF A LITTLE BIT BEHIND THE LINE OF THE BALL

➤ THE DEFENDER MUST BE WELL BALANCED IN MAKING THE TACKLE AND HAVE A HOMOGENEOUS DISTRIBUTION OF BODY WEIGHT BETWEEN THE SUPPORTING FOOT AND THE FOOT THAT MAKES THE TACKLE. KNEES SHOULD BE SLIGHTLY BENT TO CREATE MORE STABILITY IN COLLISION WITH THE OPPONENT

➤ THE TACKLING FOOT HAS TO BE FLEXED AND IN ORDER TO WIN THE BALL ONE CAN USE THE INSIDE OF THE FOOT, AS WELL AS THE INSTEP.

➤ LATERAL TACKLE

Occurs when the defender is positioned laterally to the opponent and happens when the defender chases from behind the attacker moving towards the goal. The defender that comes from the side must rotate his body on the supporting foot that functions as a pivot; this must happen close to the opponent and in line with the ball.