

Passing & receiving

Prepare the next action. Use both feet and choose a surface that fits the ball, space and pressure.

First touch & direction

- Scan before the pass and adjust the body as the ball travels.
- Receive forward, sideways or backward into safe space.
- Cushion or guide the ball so the next action stays playable.

Same foot & opposite foot

- Receive and pass with the same foot to protect the ball or release it efficiently.
- Receive with one foot and pass with the other to transfer across the body or change the angle.
- Practise both combinations; choose according to space and pressure.

Driven passes: ground & air

- **Laces:** toe down, ankle firm and balanced contact through the ball.
- Ground drive: strike near the centre with the chest over the ball.
- Aerial drive: strike below centre with enough follow-through to lift it.
- Increase distance only while accuracy and balance remain.

Inside, outside & sole

- **Inside:** guide the ball away from pressure with a broad contact surface.
- **Outside:** take the ball into space on that side of the body.
- **Sole:** stop or drag the ball lightly while staying balanced.
- Practise each surface with both feet.

Passing surfaces

- **Inside:** firm ankle, support foot beside the ball, contact through its centre.
- **Outside:** turn the foot slightly inward and strike with the outer surface to change or disguise the angle.
- Use both feet; judge accuracy and weight as well as technique.

Receiving out of the air

- Read the flight and move early into the ball's path.
- Cushion with the inside or laces, withdrawing slightly on contact.
- Settle the ball into space for the next action; use both feet.
- Begin with gentle service, then vary height, distance and pressure.

Dribbling

Keep the ball available while changing speed, direction and the defender's expectations.

Ball mastery: every surface

- Use the inside, outside, sole and laces with both feet.
- Stay balanced with soft knees and small adjustments.
- Take quick looks around between touches as control improves.

Speed, control & direction

- Push into open space with the laces or outside; shorten touches near pressure.
- Change direction at speed with the inside or outside of either foot.
- Lower the hips and plant in balance for the cut.
- Keep the exit touch reachable before the next opponent.

Step overs & scissors

- Practise circling the foot around the front of the ball in both directions.
- Demonstrate the exact movement; step-over and scissors terminology varies.
- Add a convincing weight shift, then exit into available space.
- Use either foot for the exit and accelerate beyond the defender.

Drag across & outside the body

- Roll the ball with the sole across the body or away to the outside.
- Shift body weight so the ball stays reachable.
- Link a drag to an inside or outside push.
- Use both feet and vary the exit direction.

Body feints & change of pace

- Sell a direction with the shoulders, hips and weight shift.
- Move the ball when the defender reacts, then accelerate.
- Use the feint to create space; avoid extra movements that delay progress.

Exercise design

Choose one technical outcome, create enough repetitions, then test it against a real opponent.

1. Name the outcome

- Be specific: receive away from pressure, drive an accurate pass, or change direction and accelerate.
- Do not try to cover every technique in one exercise.

3. Add information

- Vary the pass, receiving angle or exit target.
- A late signal creates a simple look-and-adjust task, but does not replace reading an opponent.
- Change one variable at a time so you can see its effect.

2. Rehearse the action

- Use pairs or a ball each.
- Set a useful distance, a clear target and a next action.
- Briefly specify the surface or foot pattern when introducing it.
- Cones organize the space; they do not create pressure.

4. Add live pressure

- Use 1v1 + 2 end targets for receiving, 1v1 to two gates for dribbling, or 2v1 for choosing a pass or carry.
- Give defenders a genuine chance to win the ball and a counter-score.
- Allow normal solutions.