

# MASTER THE BASICS





This e-book covers essential skills and techniques in football that your child can practice at home to accelerate their football development!

## KEY TECHNIQUES

- Passing
- Controlling
- Receiving
- Goalkeeper throwing
- Shot stopping







# PASSING

The side pass

The lofted pass

The driven pass

The one-touch pass



# CONTROL

Aerial control

Shielding

Receiving



# PASSING TECHNIQUES



**Side pass:** Using the inside of your foot, keep your ankle locked, head over the ball and aim to connect with the middle of the ball. Try to kick the ball to your teammate's feet.



**Lofted pass:** Using the instep of your foot, strike the ball underneath the centre whilst leaning back slightly. Allow your foot to follow through for added height and distance.



# PASSING TECHNIQUES



**Driven pass:** Using the laces, strike through the centre of the ball, keeping your ankle locked with your head slightly over the ball.



**One-touch pass:** Using the inside of the foot, open up your body to meet the ball as it arrives to you and then use the inside of your foot to pass the ball first time.



# CONTROL TECHNIQUES



**Aerial control:** Cushion the ball with your chest, thigh or foot. Try to absorb the impact and bring it down smoothly.



**Shielding:** Position your body between the ball and the defender. Also, use your arms to maintain distance and protect the ball.





# CONTROL TECHNIQUES



**Receiving: Use the inside of your foot to stop the ball as it arrives, softening the impact and bringing it under control.**



**Top Tip! Make sure the body part making contact with the ball is soft, not tense!**

# GOALKEEPING

## THROWING & KICKING

The overarm throw

Goal kicks

## SHOT STOPPING

Saving the ball

Handling



# THROWING & KICKING



**The roll out:** Hold the ball in both hands, step forward with your non-throwing foot, move the ball into your throwing hand and release the ball with a forward rolling motion to a teammates feet.



**Goal kicks:** Place the ball on the ground on the edge of the box. Take a few steps back and strike through the centre of the ball with your laces or perform a pass to your teammate.

# SHOT STOPPING



**Saving the ball:** Get your body behind the ball, use your hands to catch or move the shot away from the goal.



**Handling:** Catch the ball cleanly with both hands, cushioning the impact and securing it against your chest.



# PRACTICE MAKES PERFECT!

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