

TECHNIQUE

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Technical actions in football are all those actions performed by the player who has the ball.

But before talking about technical actions in football, we will review the concepts of coordination, basic coordination, and specific coordination.

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Concept of coordination

Football is played in a dynamic environment, where players constantly face motor challenges in various situations. Whether it's jumping on one leg, touching the ball with the outside of the foot to change direction, or positioning oneself against a defender on the right and using their body as a barrier. This diversity of scenarios in football requires players to be able to address a variety of motor problems adequately.

In other words:

The footballer performs his actions according to the game's evolution, which implies that before carrying out an action, he must consider the possible solutions and select the most appropriate one. In other words, each movement is influenced by the decisions made by the player.

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BASIC COORDINATION SKILLS

Definition: Any movement where only execution matters (coordination factors) and helps us improve in the desired sport.

1. **Jumping:** In football, it's vital for players to master various types of jumps: with both legs, with one, forward, backward, or laterally.
2. **Moving:** Learning to move effectively is essential for playing well. Many players struggle when moving backward.
3. **Turning:** Redirecting the body on different axes is crucial for reacting quickly in the game.

4. **Balance:** Football requires constant balance and control. Working on it from a young age is fundamental.
5. **Stops/starts:** Changing the speed of actions is essential. They must be quick and with little support.
6. **Change of direction:** The dynamics demand constant redirection. Observing the direction of the last contact with the ground is critical.
7. **Supports:** This skill allows us to move faster in all actions. Supports must be as fast as possible against the ground and always supporting the tips of the feet.

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SPECIFIC COORDINATION SKILLS

Definition: Movements where only execution matters (coordination factors), manipulating an object with a defined purpose.

When talking about **SPECIFIC COORDINATION SKILLS**, we refer to movements where coordination is exclusively executed, using instruments with specific objectives. These movements involve the whole body and are characteristic of a sport or any other field.

When we talk about **Specific Coordination Skills IN FOOTBALL**, we refer to those related to this particular sport.

CLASSIFICATION OF SPECIFIC COORDINATION SKILLS

1. **THROWS:** Releasing an instrument that is held, giving it momentum and direction to reach a predefined destination. (Pass in handball)
2. **STRIKES:** Impact an object with part of the body or accessory, accelerating or slowing down the instrument and giving it direction. (Long pass from the goalkeeper in football).
3. **MOVEMENT:** Move an object or person from one place to another. (Advance with the ball in rugby).
4. **STOPS:** Grab a moving object to reduce its speed until it stops. (Stop a throw in handball).
5. **PICK-UPS:** Take a static object. (Pick up the ball in rugby tackle).
6. **DROPS:** Release an object that was held without apparent momentum. (Drop shot in tennis).

What do you think are the technical actions of football?

Try to make a list of all

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SPECIFIC TECHNICAL ACTIONS OF FOOTBALL

OFFENSIVE

Control: Take control of the ball, to continue our team's offensive action.

Pass: It allows us to move the ball from one point to another on the field, to maintain possession.

Shot: It allows us to get the ball to the opposite goal, with the intention of scoring.

Driving: It allows us to move from one point to another on the field, with the ball at our feet.

Dribble: It allows us to move from one point to another on the field, with the ball at our feet, dodging one or several opponents.

Protection: It allows us to keep the ball against an opponent who presses us intensely.

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DEFENSIVE:

Rejection: Action that allows us to get rid of the ball when it is in a dangerous situation, to maintain its control.

Tackle: Action with the purpose of recovering the ball, which an opponent has controlled.

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Now we will see each one in detail with practical examples of how to train them:

We will see the coordination guidelines and then the specific football guidelines for each technical action.

What is a guideline?

A guideline is an instruction. Each action is accompanied by several guidelines or

instructions for this action to be successfully carried out.

It is the most important element to improve our players. It is a guide that helps us improve each action.

They are all the aspects that we must take into account when working on the contents of our sessions.

The guidelines directly refer to the improvement factors of each of our players' technical (and tactical) actions.

The guidelines help us break down each of the technical and tactical actions. In this way, we can improve each of the actions based on the guidelines. It focuses or divides the action into various aspects to improve.

It is easier to understand when we see examples.

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Control:

Definition: Take control of the ball, to continue our team's offensive action.

Coordination guidelines:

- 1.- Prioritize the use of large and soft body surfaces.
- 2.- The contact leg must be in a less tense situation to cushion the control.
- 3.- Lower the center of gravity.

Specific guidelines:

1. Attack or not the ball, depending on the marking distance.
2. Never stop the ball.
3. Direct the ball towards free spaces.
4. Orient the ball, preferably with the leg furthest from the defender.
5. Observe and have information about the nearby environment before controlling.

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Can you think of tasks to train control?

Tip: Think of open tasks where all the components of football exist

Ball, defenders, and attackers. Optional that there is directionality.

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Examples of tasks to practice control:

BALL POSSESSION	DRAW
Content: Control	
Main instruction: Direct the ball towards the free spaces	
Strategy: Ball possession	
Participants: 3 against 3 and an offensive joker.	
Space: 30m wide x 30m long.	
Scoring zones: each control towards a free space is a point.	
Rules: the space is divided into four equal parts. When the team defends, they must do so in a way that always leaves at least one free space. The attackers can move freely. The offensive joker cannot score a goal by driving towards the scoring zones.	
Variants: two jokers in the outer zones. Or without jokers.	

Note that we have a main guideline, but we can also discuss all the other guidelines during the exercise. For example, never stopping the ball, orienting the ball preferably with the leg furthest from the defender, etc.

We can also discuss the coordination guidelines, remind players of body positioning, etc.

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BALL POSSESSION	DRAW
Content: Control	
Instruction: Observe and gather information about the nearby surroundings before controlling.	
Strategy: Ball Possession	
Participants: 3 against 3 and one offensive joker	
Space: 25m wide x 25m long.	
Scoring zones: each control with information about where the joker is located is worth one point.	
Rules: the joker will always move along the sides of the playing area, making it easier to be seen. When we control the ball, we must point out where the joker is located at the same time	
Variations: two jokers in the outer zones. Without jokers.	

Now that you've seen some examples, can you improve the previously proposed tasks?

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Pass:

Definition: A technical action that allows us to move the ball from one point to another on the field to maintain possession.

Coordination Guidelines:

1. Keep the supporting foot in front for short passes, in the middle for medium distances, and behind for long passes.
2. Tense the muscles of the kicking leg.
3. Slightly bend the supporting leg.
4. Make a rotation, extending the arm opposite to the kicking leg.

Specific Guidelines:

1. Alternate between short and long passes.
2. Prioritize passes to advantageous spaces.
3. Execute the pass to facilitate the teammate's play.
4. Keep your head up to monitor passing options.

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Can you think of tasks to train control?

Tip: Think of open tasks where all the components of soccer are present.

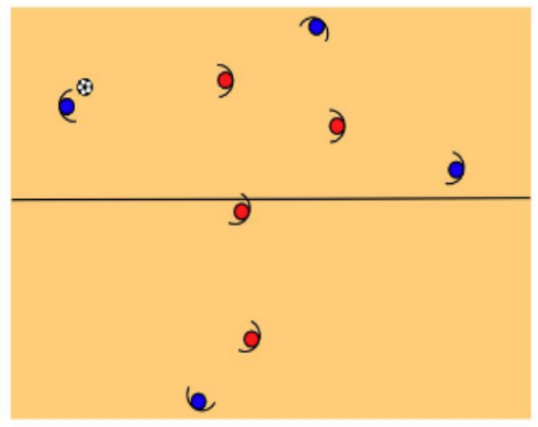
Ball, defenders, and attackers. Optionally, there is directionality.

Note to the teacher: let them present in the way that best suits the class, it can be all together, in groups of two or three, or individually. You can always mix if someone wants or prefers to work alone.

The important thing is that they think about possible exercises or tasks before seeing the ones we propose.

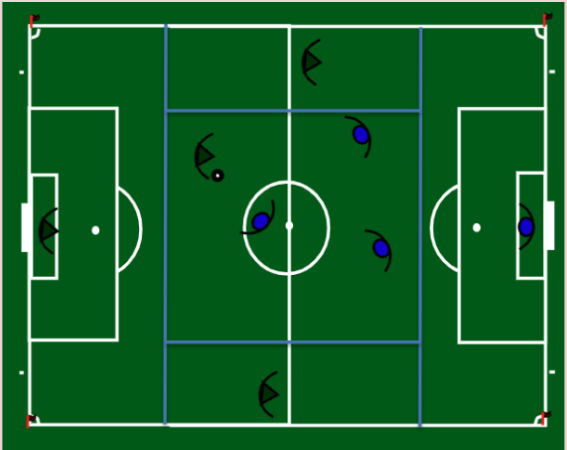
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Examples of tasks to practice passing:

BALL POSSESSION	DRAW
Content: Pass	
Instruction: Alternate short and long passes	
Strategy: Ball Possession	
Participants: 4 against 4	
Space: Two spaces of 20m x 10m	
Scoring zones: Achieve 10 consecutive passes	
Rules: Players move freely around the field. After 3 passes in each of the zones, we can change zones.	
Variations: Force all the reds to press in the field where the ball is.	

Read the exercise together and discuss it.

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MATCH	DRAW
Content: Pass	
Instruction: Prioritize passes to advantageous spaces	
Strategy: Match	
Participants: goalkeeper and 3 players, against goalkeeper and 3 players	
Space: 25m x 35m	
Scoring zones: score a goal in the goal. If the goal is generated from a space on the side, the goal is worth double.	
Rules: the space is divided into 3 subspaces in the middle zone and two on the sides. The defending team must always maintain their position, depending on where the ball is located in the attack. If it's in the center, everyone defends the central space. If the ball is on the side, only one player can enter to defend. In the finishing zones, you cannot enter until the ball does.	
Variations: incorporation of two wingers per side, maintaining the lanes and eliminating the finishing zones.	

Read the exercise together and discuss it.

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Shot:

Definition: Technical action of getting the ball to the opposite goal, with the purpose of scoring.

Coordination Guidelines:

1. Orient the trunk forward to prevent the ball from rising.
2. Contact the ball at the highest possible point.
3. Use the arms to gain space.
4. Orient the head in the direction of the target we want to give more speed to the ball.

Specific Guidelines:

1. Aim the shot low.
2. Continue the action after shooting at goal.
3. Orient the body towards the goal.
4. Shoot as quickly as possible.
5. Anticipate the action of the defenders.
6. Arrive quickly to the action and define according to the direction of the shot.
7. Shoot downwards in shooting actions at goal.
8. Attack the ball with determination. Don't wait.

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Can you think of tasks to train the shot?

Tip: Think of open tasks where all the components of soccer are present.

Ball, defenders, and attackers. Optionally, there is directionality.

Note to the teacher: let them present in the way that best suits the class, it can be all together, in groups of two or three, or individually. You can always mix if someone wants or prefers to work alone.

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Examples of tasks to practice shooting:

WAVE	DRAW
Content: Finish	
Instruction: Shoot as quickly as possible. Attack the ball with determination. Don't wait.	
Strategy: Wave	
Participants: 5 attackers, 4 defenders	
Space: half of a football 7 pitch	
Scoring zones: score a goal. If the defense recovers, take the ball to midfield or pass between the cones in midfield.	
Rules: the space is divided into 3 sub-zones, in the finishing zone. In the central zone, only 3 attackers and the two defenders can enter. The marking in this zone will be individual and very intense. In the side zones, the ball cannot be taken away. You have to let it be centered.	
Variations: without side zones, 5 against 5, to make the attack more difficult.	

Note here that the guidelines can be varied. We can include guidelines such as shooting downwards, orienting the body towards the goal, arriving quickly to the action, and defining according to the direction of the shot. Practically all the guidelines can be applied when we perform an exercise focused on shooting.

Also remember that all the coordination guidelines can be mentioned when we see a deficiency.

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WAVE	DRAW
Content: Shot	
Instruction: All?	
Strategy: Ball Possession	
Participants: 5v5 plus 1 joker and goalkeeper	
Space: Half of a football 7 field.	
Scoring zones: goal in the goal.	
Rules: We play a ball possession in the orange zone (20mx20m). After 4 passes, we can play with the joker and go to the shooting zone.	
Variants: Add a joker in the ball possession to facilitate the 4 passes. The joker cannot be pressed.	

As you already know, football is a sport in which it is very difficult to separate different aspects such as passing, control, shooting...

In the exercise above, what other technical action do you think they are training and from that technical action, what guideline?

Answer: there are several correct answers, but the answer we are looking for is the technical action of passing and the guideline of alternating short and long passes.

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Driving with the ball/Ball carrying:

Definition: Technical action with which we can move from one point to another on the field, with the ball at our feet.

Coordination Guidelines:

1. Lower the center of gravity.
2. Use the outside instep, the instep, or the inside instep, depending on the dribbling to be performed. Have the leg semi-flexed at the time of contacts during dribbling.
3. It is better to dribble with the outside to improve the speed of play, avoiding looking at the ball during dribbling.

Specific Guidelines:

1. Dribble the ball with your head up, observing the nearby environment.
2. Dribble the ball with the leg furthest from the opponent.
3. Change direction to hinder the action of opponents.
4. Use a high number of ball touches (short touches) in spaces with nearby opponents and fewer touches (long touches) in spaces without nearby opponents.
5. Always dribble the ball when there is an optimal situation (we have free space) or to fix opponents.

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Note: Fixing an opponent. Do you know what it is?

We talk about fixing an opponent when we prevent that opponent from performing another action. For example, if we dribble the ball towards a player from the opposing team, this player will be fixed on us, which will mean that some other player from our team will be free.

A phrase in football says: "Good players are those who give time to their teammates". In this case, by dribbling the ball towards a free opponent, we fix him and give one of our teammates time to receive our hypothetical pass.

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Can you think of tasks to train dribbling?

Tip: Think of open tasks where all the components of soccer are present.


Ball, defenders, and attackers. Optionally, there is directionality.

Note to the teacher: let them present in the way that best suits the class, it can be all together, in groups of two or three, or individually. You can always mix if someone wants or prefers to work alone.

The important thing is that they think about possible exercises or tasks before seeing the ones we propose.

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Examples of tasks to practice dribbling:

WAVE	DRAW
Content: Ball Carrying.	
Instruction: Carry the ball with the foot furthest from the opponent. Use a high number of ball touches (short touches) in spaces with nearby opponents and fewer touches (long touches) in spaces without nearby opponents.	
Strategy: Wave	
Participants: Goalkeeper and 3 defenders against 3 attackers	
Space: 25m wide x 35m long. Being longer than it is wide, there will be more ball carrying towards the goal.	
Scoring zones: Score a goal in the goal. If the defenders recover the ball or it goes out, the attack ends and the roles are reversed. The attackers become defenders and the defenders attack. If there is a goal or shot on goal, there is no role change.	
Rules: The space is subdivided into two subspaces. Space A of 20m and space B of 15m. Space A with one defender. Space B with two defenders. Defenders cannot leave their subspaces. In this way, we will achieve longer ball carrying by the attackers in the first space and shorter in the second. Attackers play freely.	
Variants: What can you think of?	

Here we have another example of a task in which many guidelines are given and in which we can focus on many of them.

For example, guideline number one of dribbling with the ball with your head up observing the nearby environment is obvious, the guideline to protect the ball, that is, to dribble the ball with the leg furthest from the opponent is also obvious, and changing direction to hinder the action of opponents is also obvious. Even dribbling when we have free space or especially to fix opponents in this case is also given.



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BALL POSSESSION	DIBUJO
Content: Ball Carrying	
Instruction: Use a high number of ball touches (short touches) in spaces with nearby opponents and fewer touches (long touches) in spaces without nearby opponents.	
Strategy: Ball Possession	
Participants: 3 against 3	
Space: 25m wide x 35m long. This causes more ball carrying towards the scoring zone, being longer than it is wide.	
Scoring zones: every time a team reaches the scoring zone, carrying the ball, they will score a point.	
Rules: players will mark each other individually. If they are surpassed in defense, coverages cannot be made.	
Variants: Each team has a scoring zone and one where they defend (we polarize the exercise).	

Can you think of more variations for this exercise?

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Dribbling:

Definition: Technical action that allows us to move from one point to another on the field, with the ball at our feet, dodging one or several rivals.

Coordination Guidelines:

1. Lower the center of gravity.
2. Use the outside instep, the instep, or the inside instep, depending on the dribbling to be performed.
3. Have the leg semi-flexed at the time of contacts during dribbling.

Specific Guidelines:

1. Give false information.
2. Change the pace from slow to fast or from fast to slow.
3. Continue the action after the feint.
4. Cut the space with the opponent, crossing in front of his path.
5. Observe the position of the opponent's feet

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Can you think of tasks to train dribbling?

Tip: Think of open tasks where all the components of football exist.

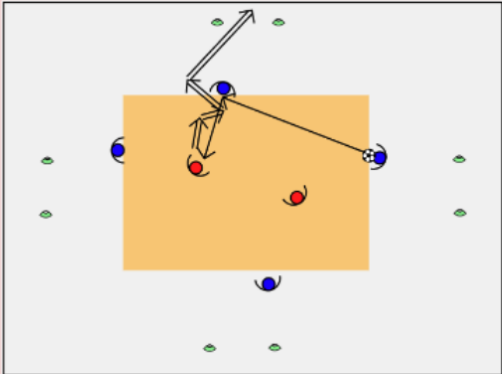
Ball, defenders, and attackers. Optionally, there can be directionality.

Note to the teacher: let them present in the way that best suits the class, it can be everyone together, in groups of two or three, or individually. A mix can always be done if someone wants or prefers to work alone.

The important thing is that they think of possible exercises or tasks before seeing the ones we propose.

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Examples of tasks to practice dribbling:

MATCH	RITNING
Innehåll: Dribbling	
Instruktion: Ge falsk information	
Strategi: Rondo	
Deltagare: 4 anfallare mot 2 försvarare	
Utrymme: 10mx10m med mål på 2m 5m från rondo	
Poängzoner: mål i målet	
Regler: Vi spelar en "normal" rondo. När man återvinner bollen utmanar spelaren som återvinner i 1v1 försvararen som förlorade bollen. Han måste lyckas passera med bollen kontrollerad mellan konerna. Den blå spelaren som förlorade bollen kan inte pressa direkt efter att ha förlorat bollen.	
Varianter: Efter återvinning kan han utmana vilken spelare som helst	

Can you think of more variations for the previous exercise?

What other guidelines can we use in this exercise?



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WAVE	DRAW
Content: Dribbling	
Instruction: Continue the action after the dribble. Change the pace from slow to fast or from fast to slow.	
Strategy: Wave	
Participants: 2 attackers against 2 defenders + 1 goalkeeper	
Space: 20m x 40m	
Scoring zones: goal in the large goal with a goalkeeper or small goal without a goalkeeper	
Rules: We play a 1v1 in the first zone with another 1v1 in the next zone. If we pass the first 1v1, we can advance to the next zone creating a 2v1. If the red team recovers, they must "pass" in the small goal. If they recover in zone 1 with a 1v1 or if they recover in zone 2 with a 2v2.	
Variations: The player in 1v1 can decide to pass to the player in zone 2. Count different points if he passes or if he performs in 1v1.	

As before, can you think of other similar exercises to practice one-on-one?

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Protection:

Definition: Technical action that allows us to retain the ball against an opponent who presses us intensely.

Coordination guidelines:

1. Lower the center of gravity.

Specific guidelines:

1. Place the body between the opponent and the ball.
2. Stretch out the arm and make contact with the opponent.
3. Place the ball on the farthest leg.

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Can you think of tasks to train protection?

Tip: Think of open tasks where all the components of football exist.

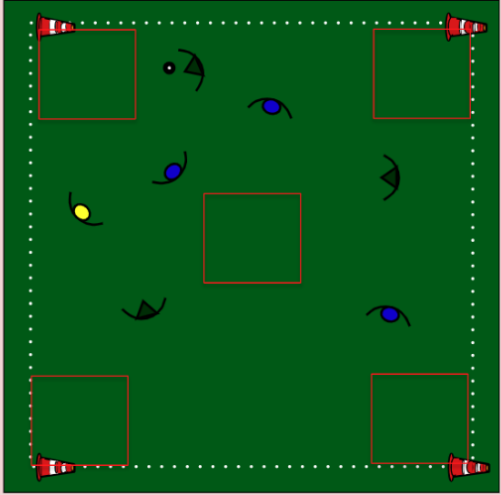
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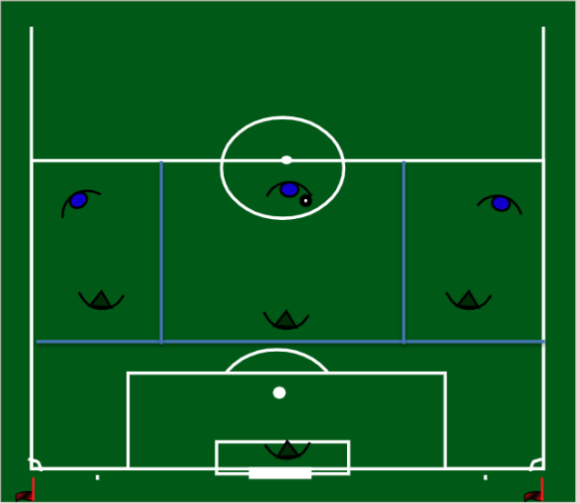
The important thing is that they think of possible exercises or tasks before seeing the ones we propose.

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Examples of tasks to practice protection:

BALL POSSESSION	DRAW
Content: Protection	
Instruction: Place the body between the ball and the opponent.	
Strategy: Ball Possession	
Participants: 3 defenders against 3 attackers and one offensive joker.	
Space: 20m x 20m	
Scoring zones: Retain the ball for 5 seconds, without the opponent recovering it, within the marked zones.	
Rules: A normal ball possession game is played, but every time a player receives a pass in one of the scoring zones or enters it driving the ball, they must protect it for 5 seconds. Only one defender can enter the scoring zones.	
Variations: Allow more than one defender to press.	

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WAVES	DRAW
Content: Protection	
Instruction: Position the ball on the furthest leg.	
Strategy: Wave	
Participants: 3 defenders against 3 attackers	
Space: Half pitch of 7-a-side football	
Scoring zones: Goal in the goal.	
Rules: In the side zones, the game will always be played in a 1x2 situation, with defensive superiority. In attack, the original lane cannot be abandoned. The player must keep the ball for 10 seconds before making a pass.	
Variations: Add an offensive joker.	

With the previous examples, can you think of variations to the exercises we have seen or new exercises to practice ball protection?

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Defensive tactical actions:

Clearance:

Definition: Technical action with the purpose of getting rid of the ball when it is in a situation with a risk of losing control.

Coordination guidelines:

1. Prioritize the use of large and soft body surfaces.
2. Clear with any part of the body if the situation is very dangerous.

Specific guidelines:

1. Direct the clearance upwards and towards the sidelines.
2. Clear out.
3. Clear far and with determination.
4. Stop the "go forward" after clearing the ball if the opposing team controls it.
5. Do not let the ball bounce.



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Can you think of tasks to train dribbling?

Tip: Think of open tasks where all the components of football exist.

Ball, defenders, and attackers. Optionally, there can be directionality.

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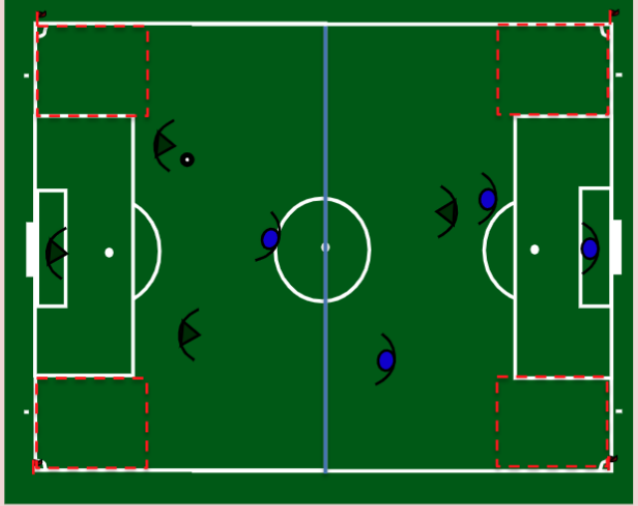
The important thing is that they think of possible exercises or tasks before seeing the ones we propose.

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Examples of tasks to practice clearing:

WAVE	DRAW
Content: Clearance	
Instruction: Clear upwards and towards the sidelines	
Strategy: Wave	
Participants: Goalkeeper, 3 defenders, against 4 attackers	
Space: Half pitch of 7-a-side football	
Scoring zones: Score a goal in the goal. If after the cross, the defenders directly get the ball to the marked red zones with two passes, it's worth a point	
Rules: The space is divided into different subspaces, on the sidelines and the center. The plays must always end in a cross. In the shooting zone, there can only be one player. After the cross, if there hasn't been a shot on goal, pressure will be applied to all players.	
Variations: More players can enter the shooting zone to make it harder for the defenders.	

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MATCH	DRAW
Content: Clearance	
Instruction: Clear strongly and to the sidelines	
Strategy: Match	
Participants: Two teams of 3 players (with player goalkeeper)	
Space: 30m length x 30m width	
Scoring zones: A goal in the opponent's goal is worth 1 point. Clearing to the sideline is worth 2 points (marked zones).	
Rules: Organization of the two teams 1-2-1.	
Variations: More players can enter the shooting zone to make it harder for the defenders.	

With the current examples, can you think of variations of these exercises and some exercise focusing on clearing?

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Tackle:

Definition: Defensive technical action, with the intention of recovering the ball which a rival has controlled.

Coordination guidelines:

1. Have a high frequency of contacts.
2. Differentiate the different types of tackles: frontal, lateral, and from behind.

Specific guidelines:

1. Avoid being overrun.
2. Position yourself laterally, directing the player towards the outer spaces.
3. Enter at the moment the opponent loses control of the ball.
4. Maintain an optimal distance in front of the opponent's driving.
5. If the attacker has his back to the ball controlled, reduce the optimal distance.

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Can you think of tasks to train tackling?

Tip: Think of open tasks where all the components of football exist.

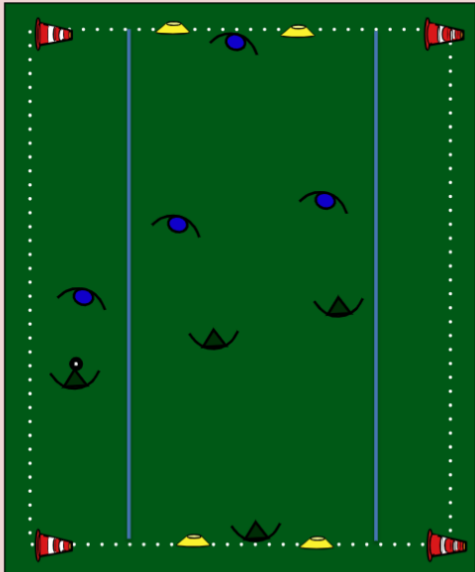
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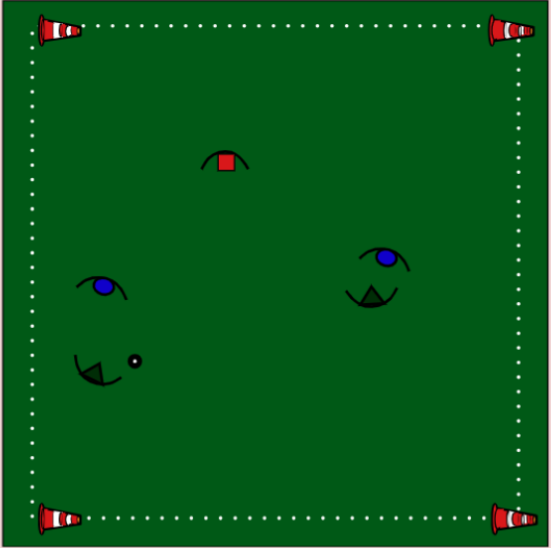
The important thing is that they think of possible exercises or tasks before seeing the ones we propose.

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Examples of tasks to practice tackling:

MATCH	DRAW
Content: Tackle	
Instruction: Avoid being overrun	
Strategy: Match	
Participants: Two teams with a goalkeeper and 3 players	
Space: 25m width x 35m length. Being longer than it is wide, more drives towards the goal are generated	
Scoring zones: Goal. The goal will be worth double if, before scoring, the ball passes through one of the two side zones.	
Rules: In the side zones, only one defender and one attacker can be present. The attacker, every time he enters the sideline, must perform a 1-on-1 against the defender.	
Rules: In the side zones, only one defender and one attacker can be present. The attacker, every time he enters the sideline, must perform a 1-on-1 against the defender.	

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BALL POSSESSION	DRAW
Content: Tackle	
Instruction: Tackle at the moment the opponent loses control of the ball	
Strategy: Ball possession	
Participants: 2 against 2 + 1 offensive joker	
Space: 20m width x 20m length	
Scoring zones: A point will be added for the player who successfully performs a dribbling action.	
Rules: Players from the team possessing the ball will be defended individually. If a player receives a pass from the joker, they will be allowed to control it.	
Variations: What variations could we include in this exercise?	

Can you think of other exercises to practice tackling?

If you are inspired by the rondo to practice dribbling that we saw earlier, can you think of a way to modify that Rondo to practice tackling and, more specifically, the guideline of positioning yourself laterally directing the player towards the outer spaces?

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How to organize the content?

Football is a complex sport. It is not easy to separate and work on aspects in isolation. But yes, we can focus on certain tactical or technical actions in each session.

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How do we decide what to train? Do we base it on the player's age or their specific needs? Next, we will make a categorization, but remember, you are free to adapt it as you see fit.

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Understanding the Stages of Development

It is crucial to understand the stages of development that most children go through:

Egocentric Stage (2-6 years)

In this stage, children prefer simple and individual games. They do not understand football as a team sport. Therefore, it makes sense to focus on actions such as driving, dribbling, protection, and tackling. Design games or tasks with few players and a lot of ball contact.

Skills to Work On:

Basic coordination: Turns, Stops, Exits, Jumps, Balance, Displacement, Supports, Changes of direction.

Technical Actions: Driving, Protection, Dribbling, Tackle. (those that do not require collaboration)

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Additive Stage (6-11 years)

Children at this stage can already participate in more collective activities and have a better sense of organization. Here, the player begins to seek the help of his teammates to solve situations.

Skills to Work On:

Technical Actions: Dribbling, Driving, Passing, Protection, Shooting, Tackle, Clearing.

Note: Basic coordination skills are only worked on in isolation if necessary.

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Collective Stage (11+ years)

Young people at this stage accept and enjoy the rules and show a special interest in team sports. They understand the concept of a team as a solution to the needs of the sport.

Skills to Work On:

Technical Actions: All the skills, just like in the previous stage.

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Important: Patience is Key

There is no need to rush. Sometimes, as coaches, we want to move too fast. It is crucial to continuously work on all the skills until the player fully assimilates them.

Every year, we must repeat since there is always room for improvement. Repetition is what makes us improve. We must be consistent.