**Learning Objectives**

- Mastering movements for higher performance
- Developing functional capacity of organism
- Ensuring consistency in performance
- Preparing players for future development.

### 2.1.1 Definition

*Skill* is the ability of an individual to adopt, choose & execute the correct technique at the right time in the right direction, during the course of play, to bring about predetermined result within minimum time and with less or economical effort.

### 2.1.2 What is Technique?

Technique is the model and the procedure to realize a motor task economically but effectively, based on the individual peculiarities within the binding of the rules.

- It is the tools of the trade.
- Technique is the action of the player for solving a motor task.
The form of individual technique must change with the degree of development of the player’s physical and psychological qualities.

Over the years, there has been a dramatic change in all sphere of the game but the development is not much noticeable in the sphere of the technique.

2.1.3 Why Difficult?

- Anatomical structure
- Quality of opponent
- Lack of variety
- Un-predictability
- Bio-rhythm

2.1.4 Requirements of Technique

- Players must possess a high level of physical as well as mental fitness for effective execution of a technique.
- Players must be able to execute any technical element effectively under competitive stress and under the influence of opponent.
- The player should have the ability to select the right technique in the nick of time.
- Choice of when and when not to use a given technique should be the discretion of the player.
- It should always be precise and deceptive to the opponent.
- It must be applied on the basis of senso-motor regulation, i.e. brain to foot & vice versa.

The basis of attractive, successful soccer is the mastery of basic techniques, even under the most demanding situations.

2.1.5 List of skills related to attack and defence

<table>
<thead>
<tr>
<th>Attack</th>
<th>Defence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kicking with inside of the foot (Push Pass), Low drive, High drive, Chipping, Volley, Half-volley, Overhead volley, Overhead volley with falling, Dribbling, feinting with &amp; without ball, Heading, Throwing, Diagonal pass, through pass, controlling with all parts of the body (except hands)</td>
<td>Positioning, Tackling, Interception, Heading for clearance, Volley for clearance, Goalkeeping.</td>
</tr>
</tbody>
</table>
2.1.6 **Fundamental skills (or Technique):**

The technique of football may be classified in two ways;

a) Techniques with ball

b) Techniques without ball

The techniques are as follows;

a) Techniques with ball;  
b) Techniques without ball;

i. Kicking
ii. Heading
iii. Dribbling
iv. Feinting
v. Tackling
vi. Controlling
vii. Goalkeeping

(attack & defence)

2.1.7 **Techniques with ball**

**Kicking**

- It is the fundamental technical element and require more often than any other.
- Since it is used most frequently, should be given due emphasis.
- The wide variety of kicks and their varied application also increases the importance of kicking.
- The use of different kicking movements can also take the opponent by surprise and these possibilities make kicking a considerable technical weapon.
- The direction of the movement of the ball depends on the contact.
- The power imparted by the kick must correspond to the vertical plane of a straight line linking the centre of the ball and the intended target.
- If the kicking foot deviates from this plane, the ball will deviate either left or right.
- It is the player’s most valuable asset and can effectively be used in every phase of the game.
- Its great advantage is the unlimited possibilities in covering various distances.

**Controlling**

One should understand the difference between receiving and controlling.

**Receiving** - Receiving is to get the ball for subsequent action which was passed by some other player.

**Controlling** – Whereas, controlling the ball is to have proper command on it for subsequent manipulation in the interest of the team. It is the ball control and adaptability that increases the value of the player.
2.1.8 Important elements of controlling

- Judgment of oncoming ball
- Decision
- Movement/body alignment
- Timing
- Angling
- 1st touch
- Cushioning

2.1.9 Techniques without ball

Running

All movements with or without ball should be correct, effective and economically executed in order to improve performance.

Difference between Running of soccer player and that of an athlete;

<table>
<thead>
<tr>
<th>Soccer Player</th>
<th>Athlete</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mostly flying start</td>
<td>Fixed start.</td>
</tr>
<tr>
<td>Unpredictable</td>
<td>Predictable.</td>
</tr>
<tr>
<td>Intensive push-off is missing.</td>
<td>Push-off determines the success.</td>
</tr>
<tr>
<td>Lifting of knees not so great.</td>
<td>Stride to keep too long.</td>
</tr>
<tr>
<td>Shorter stride</td>
<td>Longer stride.</td>
</tr>
<tr>
<td>Influenced by opponent &amp; surface</td>
<td>Predetermined.</td>
</tr>
<tr>
<td>Mostly away from the body &amp; no vigorous swing of arms</td>
<td>Free from external influence.</td>
</tr>
</tbody>
</table>

Changing direction

- Longer stride.
- Shifting of C.G backward.
- Bringing C.G close to the ground.
- Planting the heel of the turning leg on the ground.

iii) Jumping

- A Soccer player jumps for the ball to gain or regain or to deflect by heading or fistig.
- Mostly it is done hurriedly & without much preparation.
- Always challenged by opponent.
- Technique must be correct to avoid violation of laws.
- Landing must be taught to avoid injuries

- Timing is important & so is decision.
- Since the player can't choose his favourite action of jumping, it should be included in training.
- While jumping swinging of legs must be controlled.
- Elasticity should be developed for better Jump

2.1.10 Technique Training
The basis of attractive, successful soccer is mastery of basic techniques, even under the most demanding situations.

- A playing area is to be demarcated.
- Objectives of attacker or defender are given and a score is to be kept.
- Realistic rules are set and the positions of the players at the start of the exercise should be decided.
- Opportunity should be given for maximum repetition.

2.1.11 **Aim of Technical Training**

- To master as thoroughly as possible the movements required for higher performance.
- The game is a sphere of free movements and every situation calls for innovation.
- Training helps to utilize the powers most rationally and solve all problems economically and effectively even at the highest level.
- To accustom the organism to a definite level of performance.
- To ensure consistency in performance through a high standard of physical fitness, technical & tactical abilities, psychological factors and knowledge of the game.
- To skillfully direct the proceedings to bring out the best with regard to individual talents.
- To prepare the players enabling them to fulfill the future development of the game.

**Accuracy**

- Decision making
- Precision of movement
- Time of execution
- Direction

2.1.12 **Principles of Technique Training**

In spite of all, motivation is missing in training, due to the absence of certain elements such as rivalry, the drive for success, spectators influence etc. So, effort
should relentless be made to compensate those by creating such environment during preparation.

**The following principles will certainly insure effective progress.**

- Technique training should be introduced in the beginning of the main part. i.e., when the players are fresh.
- Training of elementary technique is especially effective during childhood – although approach is entirely different.
- A purposeful and correct model of technique should be the objective, keeping in mind the individual differences and abilities.
- Accuracy and economy should always go hand in hand.
- Degree of difficulties must be increased gradually
- Technique should be stabilized and automatized with full realization of tactics.
- It must be in conformity of the laws of the game.
- All ball technique practices must be organized as near to the actual game like conditions and stress as possible.
- With the improvement of motor qualities, the movement structure of different techniques also needs further adjustment.
- Movement with similar structure of different techniques should be trained in a sequence, according to their degree of difficulties.
- Technical training for young players should be realized for short period and greatest possible variety should be brought into technical training.
- If new technique is to be introduced, care must be taken to avoid any chances of injury. Whenever necessary, adequate assistance may also be rendered.
- In selecting exercises, besides capabilities and experience of each individual, the coach must plan his organization so as to how and which part of the field is conducive for the practice

2.1.13 **Guide to technique training**

- Foundation of general techniques & movements can be laid down in childhood.
- In addition, fundamental elements of movements (running, jumping etc.) should be encouraged as much as possible.
- No special technique is encouraged at childhood as physical and neuromuscular coordination do not develop at that stage.
- For adults, some general techniques should be practiced along with special techniques.
- It is a continuous process and should be included regularly in the training programme.
- Greatest possible variety should be brought about into the technical training, keeping in mind its application in actual match situation.
- Movements requiring light exertion may be included in the warm up itself.
- As warm up progress, complex exercise may be inserted and after some time games of more strenuous movements as well as basic technical exercises to develop technique may be introduced.
- Only in the main part, special technical developing ball exercises that are more difficult due to various supplementary movements be introduced.
- Relay competitions and games are to be introduced when the players are tired.
- In selecting exercises, beside previous training & capabilities, the part of the field where the practice will be organized must be decided.
- While introducing new movements, necessary precaution must be taken in order to avoid injury.

2.1.14 Teaching Procedure

Teaching is a systematic process of learning a task. It should always be;
- Simple to complex.
- One element at a time.
- Conscious to sub-conscious

2.1.15 teaching stages

- Introductory
- Main Part
- Concluding

2.1.16 Introductory

- Assembly & Roll Call
- Enquiry (Health etc)
- Briefing when all are present.
- Keep Balls away
- There should be less destruction
- Warm-up. General warm-up should be followed by specific one, may be with or without ball. Sometimes it may be done with minor game

2.1.17 Main Part
At the beginning there should be a brief introduction of the task and it should be followed by:
- Demonstration
- Explanation
- Organization

Demonstration may preferably be given by the coach wherever possible. The coach may take the help of a trainee, by a picture or video.

Explanation should be brief covering all salient points.

Class need to be organised as early as possible.

Once the trainees start practice, the job of the coach is:
- Always face the group.
- Identification of faults
- Rectification
- No much regimentation
- Teach in a playful manner
- Keep the environment Conducive for learning
- Understand the Psychology of children
- Understand the stress on child

The coach should position himself in such a place from where he can observe the entire group and players can hear him clearly.

- Repetition should be after a short interval.
- Recognize individual difference & make homogeneous or heterogeneous group.
- Use simple or easy language.
- Avoid repetition of same word or point.

2.1.18 Concluding Part

- The players should go for cool down using jogging and slow stretching exercises.
- The coach should brief the task undertaken.
- Clarify the doubts, if any.
- Ensure players go home with a feeling of learning something new.
Summary

Techniques are one of the most important tools of football which can be effectively developed in childhood. Hence, utmost care must be taken to teach the correct technique right from the beginning. Coaches must also show patience and farsightedness in order to avoid the stage of relearning. It is also important to note that the progression is always simple to complex and the exercises must correspond to the level of the individual player.