

Fundamental Skills Checklist

Basic Throw-in

- *Placement* – Firmly plant both feet on the ground, completely outside of the field of play. Toes pointed to side line. Feet must remain on the ground.
- *Grip* – Spread fingers apart and have hands placed symmetrically on both sides of the ball.
- *Preparing to Throw* – Take the ball backward over the head equally with both arms far enough that their thumbs can touch the base the neck at the shoulders.
- *Throwing* – Use both arms simultaneously to “catapult” or “slingshot” the ball. Release the ball above the area of the forehead.
- *Follow through* – To maximize the throw, players should continue their arm motion after releasing the ball towards the expected target.

Trapping (Receiving)

- *Cushion* – Use soft feet to trap the ball with any part of the body
- *Foot* – Capture balls descending, near or on the ground and get in front of the ball
- *Extend* – Anticipate the arrival of the ball and extend the leg and foot forward of the body
- *Contact* – Pull leg back to slow the ball, or “cushion” the ball
- *Thigh* – Get in front and square to the incoming ball. While standing on one foot, raise the other knee and thigh to connect with the ball. Quickly drop the knee, which should momentarily ‘stick’ to the thigh. Drop knee until the ball rolls from the thigh to the foot.
- *Chest* – Square up to the incoming ball, and push out chest to meet the incoming ball. Arms may need to be up, or out to offset the loss of balance upon impact. Pull chest back quickly from the waist at the moment of impact, while ball ‘sticks’ to their chest and drops to their feet.

Dribbling

- *Head* – Ensure eyes are up to find open players and to secure ball.
- *Shield* – Use body as a ‘shield’. Turn their back to an opponent and turn with the opponent as they try to go around
- *Pace* – Never run faster than the ball can be controlled

Passing

- *Planting* – Foot not striking the ball, should be planted next to the ball when contact is made
- *Posture* – Hips and shoulders (belly button pointing to target) should be square to player received the pass. Foot stiff through impact.
- *Strike* – Kicking foot should be turned out and the ball struck with the inside of the foot.
- *Follow through* – Kicking leg should follow through towards the target.

Shooting

- *Attack* – Come up to the ball from behind and at a slight angle.
- *Step* – Take a long step with your non-kicking leg, allowing your kicking leg to go back.
- *Planting* – Foot no striking the ball should be planted right next to the ball. Ensure that leg is slightly bent.

- *Head* – Steady and focused on the ball.
- *Strike* – Lift your kicking foot. Knee should be directly over the ball. Whip your leg straight, and contact the center of the ball with your instep (top of foot, lace area). Foot should be firm and pointed down as it makes contact with the ball.
- *Square Up* – Hips and shoulders should be square to the goal.
- *Follow through* – Extend your kicking leg completely and have it point towards the goal.

Tackling

- *Marking* – Stay between the player on the other team and the goal. The closer they are to the goal, you should mark tighter which is tackling.
- *Approach* – Have body angled sideways when you are near offensive player.
- *Eyes* – Keep eyes on the ball. Do not be faked out by the player's body movements.
- *Posture* – Legs slightly bent to be able to move in any direction. Keep player in front of you.

Goalkeeping

- *Focus* – Stay alert and ready for action even if the ball is on the other end of the field.
- *Position* – Always stay between the ball and the goal. Narrow the angles!
- *Approach* – When a shot comes, approach the ball. Don't wait for it to get to you.
- *Kneel* – Kneel down, and scoop up the ball with your arms wide.
- *Hands* – Squeeze the ball and bring it to your chest.
- *Air Balls* – Bring hands up in a diamond position with fingers spread and your thumbs almost touching. Use one-legged takeoff and jump up and catch the ball at the highest point possible. Bring to chest to secure.

Goalkeeping Distribution

- *Roll* – Step with a foot, and roll the ball like a bowling ball to teammates feet.
- *Overarm Throw* – One long step and heave the ball to a teammate's feet upfield. Similar to a baseball throw.
- *Punt* – Take one long step, drop the ball, and kick it before it touches the ground.