

Spalding Basic Skills Page

- 1) Basic Pass- practice passing straight on and from several angles. Of course practice with both feet. You should practice several series of passes from 5-7 yards and from 10-14 yards, and from various angles. Do a set of Right foot passes, and then a set of Lefts. Do not alternate feet, but repeat using the same foot during the entire series. Be sure to lock your ankle, hit the center of the ball, and follow through with your kicking foot. Keep the passes on the ground as much as possible.
- 2) Basic Trap- you want to receive the ball with a touch that takes the pace off the ball allowing you to bring it under control. You should practice receiving the ball from different angles and of course with either foot. A first touch positive is receiving the ball and making a small self-pass, please practice making a positive first touch out in front, then angled to the right...etc
- 3) One Touch Pass- practice getting your body into the path of the ball, and then steady yourself and prepare to meet the ball just as it arrives. You'll need good balance, a smooth, controlled swing of the leg, and be sure to make firm contact with the center of the ball. Again, practice with both feet and use varying angles and distances.
- 4) Two Touch Turn- approach the ball straight on, as the ball arrives pivot on one foot so that you are now receiving the ball from a sideways angle, make a gentle touch with the inside of the farthest foot from the ball. The ball should now be right in front of you, and your body should still be positioned sideways from when you started. Now, complete the turn by taking the ball away with the instep of your opposite foot. You should now be carrying the ball away in the opposite direction from where you were originally approaching the ball.
- 5) Touch Across Your Body- when you receive a ball that's coming to you from the side, flick the ball to the other side of your body, allowing you to carry or pass the ball in the opposite direction from where the ball came.
- 6) Basic Cut- This is one of what we call "the moves", everyone will need to perfect this skill with both feet. Push the ball slightly out in front of you but at an angle. Place your plant foot near the ball and reach your kicking foot around the other side of the ball. Make a sharp touch that angles the ball in front of you but in the opposite direction. Carry the ball away in the new direction.
- 7) Pull Back- this is a move that allows you to turn 180 degrees with the ball, so we call these 180 moves. Dribble the ball in a forward motion, and as you approach it hop up on the ball and using the sole of the hopping foot, pull the ball gently behind you. Allow your body to land on the other side of the ball, and then turn and take the ball back in the direction from whence you came.
- 8) Attacking Scissors- This is an attacking move where you approach the ball and place your plant foot beside the ball. Be sure to leave a little space between your plant foot and the ball. We call this space a "lane". Take your non-plant foot (your kicking foot), through the lane and around the ball, planting it beside the ball but on the other side. Your kicking foot should go from a six o'clock position (behind the ball), through the lane and around the ball, landing in at a three o'clock position creating a new lane. Use the original plant foot to take the ball away in the opposite direction.