

Marshfield Youth Soccer
Senior Division Technical Skills

- All of these skills should be practiced under some amount of pressure and movement with changes in speed.
- There should not be any drills where players are waiting in a long line to perform.

Technical Skills	U12	U14 and up
Dribbling	Turning the ball, changing speed and direction with the ball, using inside and outside of feet, feinting moves, wrong-footing defenders	Fluid turns under pressure, increased speed with ball, improved maneuvering and feinting, reading the opponent
Passing and Receiving	Stronger and more accurate passing, sending leading passes, receiving passes in motion, instep and chip pass, setting up second touch with first touch, improved transitioning	Stronger and more accurate passing in the air and on ground, sending leading passes, receiving passes in motion, instep and chip pass, setting up second touch with first touch, receiving air and ground balls effectively with immediate transition
Shooting	Keeping the ball inside the goal posts, lifting the ball, using both feet to shoot, improving accuracy and strength of shot, shooting bouncing balls, volleys and half volleys	Volleys and half volleys, shooting from crosses, improved hardness and accuracy, shooting under pressure, aggressive attitude about hitting sides of net, position over power during penalty kicks, beginning to swerve the ball
Kicks	Corner, penalty and goal kick basics, instep kicks, improved accuracy and strength	Improved and accurate corner, penalty and goal kicks, instep kicks, improved accuracy and length
Shielding and tackling	More effective and aggressive shielding and tackling, side block tackling, shoulder charging, use in positional play	Slide tackles, effective and aggressive shielding and tackling, side block and shoulder charging, effective use in play
Throw-ins	Throw in techniques, offensive and defensive strategy	Throw in techniques, offensive and defensive strategy
Heading	Jumping heading, heading for a goal, defensive heading	Jumping heading, heading for a goal, defensive heading
Goal Keeping	Using hands and feet to deflect shots, diving, outlet passing and throwing, goal kicks and punts, stopping shots and crosses, narrowing angles, staying on feet, recovery, understanding role in game	Using hands and feet to deflect shots, diving, outlet passing and throwing, goal kicks and punts, stopping shots and crosses, narrowing angles, staying on feet, recovery, understanding role in game