

# HIGH CATCH

*When a player jumps to cleanly catch the ball above head height, usually in a contested aerial challenge.*

## Head:

- Keeping eyes on the ball throughout movement.

## Hands:

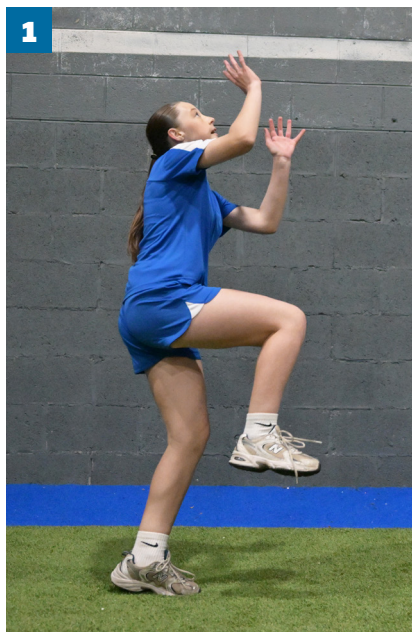
- Making 'W' shape with your hands to catch the ball, raise your hands in 'W' shape above your head.

## Feet:

- Drive your non-jumping leg into the air, getting your knee up to a 90-degree angle parallel to the ground. This ensures maximum height and hang time.

## Watch out for

- ✗ Mistimed jump (too early or too late)
- ✗ Arms not fully extended (limits reach and security)
- ✗ Taking eyes off the ball (anticipating contact too soon)



**Tell**  
**Explain**  
**Act**  
**Coach**  
**Help**

# BLOCK DOWN

**Stopping an opponent's shot or pass by blocking the ball with your hand or body.**

## Head:

- Keep your eyes on the ball at all times.
- Approach from the side and stay close to the opponent.

## Hands:

- Keep your hands together, ready to block.

## Feet:

- Stay balanced and move your feet to time your block just as the ball leaves the opponent's hand.

## Watch out for

- ✗ Poor hand positioning (not covering enough space)
- ✗ Slow reaction time (late to block)
- ✗ Not closing distance to the kicker (block becomes ineffective)



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# BODY CATCH

**Catching a dropping ball by letting it hit your chest and holding it.**

**Head:**

- Focus your eyes on the ball throughout.

**Hands:**

- Extend arms in front of your chest, elbows close, palms facing up.
- Use your hands to guide the ball towards your chest.

**Feet:**

- Stay balanced, step into the catch if needed to cushion the ball into your chest.

**Watch out for**

- ✗ Not forming a secure 'basket' shape with the arms:
- ✗ Standing flat-footed instead of stepping into the catch.
- ✗ Eyes not on the ball: (misjudging the flight of the ball)



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# CROUCH LIFT

**Picking the ball up off the ground using your hands while crouching.**

## Head:

- Keep your eyes on the ball, head down over it.

## Hands:

- Form a 'W' shape in front of the ball with both hands ready to scoop.

## Feet:

- Bend knees lean forward, place one foot behind the ball, and use the toe to scoop the ball up.

## Watch out for

- ✗ Feet too far apart or too close (affects balance)
- ✗ Incorrect hand position (flat hand instead of scooping action)
- ✗ Lifting ball too late (missing timing, ball rolls away)



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# FIST PASS

**Passing the ball by hitting it with a closed fist; can also be used to score.**

## Head:

- Keep your eyes on the ball and your target.

## Hands:

- Support the ball in the non-striking hand.
- Strike the ball with a fist using the heel of the hand.

## Feet:

- Step into the pass with the opposite foot to generate power.

## Watch out for

- ✗ Incorrect striking surface (open hand instead of closed fist)
- ✗ Poor arm extension (short or weak passes)
- ✗ Lack of body balance (causes inaccurate delivery)



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# NEAR HAND TACKLE

**Using your closest hand to knock the ball away from your opponent.**

**Head:**

- Keep your eyes on the ball, not the player.
- Move alongside the opponent (shoulder to shoulder).

**Hands:**

- Use the near hand to flick the ball away when the opponent plays it.

**Feet:**

- Stay light on your feet to adjust your position quickly.

**Watch out for**

- ✗ Reaching with far hand (less effective, higher foul risk)
- ✗ Poor foot positioning (not getting close enough)
- ✗ Mistimed tackle (too early or too late)



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# PUNT KICK

**Kicking the ball with the top of your foot, often used to pass or score.**

**Head:**

- Keep your eyes on the ball and head over the ball when kicking.

**Hands:**

- Hold the ball firmly in both hands, release it onto the kicking foot.

**Feet:**

- Step forward with the non-kicking foot and kick with the laces, following through.

**Watch out for**

- ✗ Incorrect ball drop (affects contact and accuracy)
- ✗ Striking with the toe (causes misdirection)
- ✗ Incomplete follow-through (limits distance and control)



**Tell**  
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# HOOK KICK

**A kick that makes the ball curve by swinging your leg across your body.**

**Head:**

- Face the target with your shoulder pointing towards it and eyes focused on the ball

**Hands:**

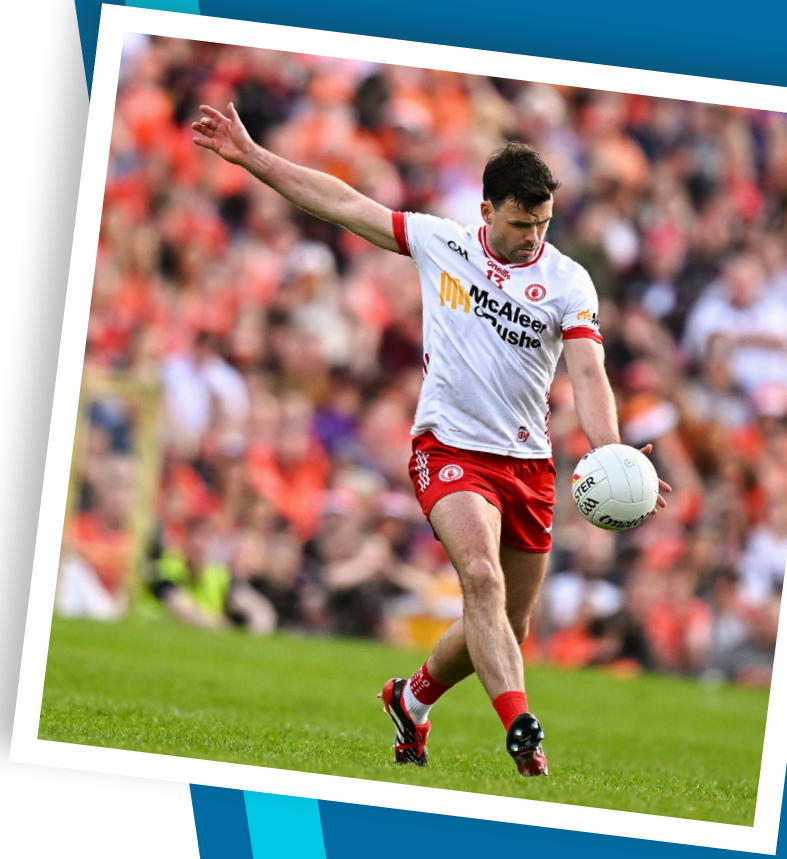
- Hold the ball securely in both hands, then release it into one hand while the other arm extends for balance.

**Feet:**

- Kick across your body with your toe pointing upwards to strike the ball cleanly.

**Watch out for**

- ✗ Poor foot placement (non-kicking foot too close or too far)
- ✗ Lack of body rotation (limits power and accuracy)
- ✗ Improper contact point (striking with the toe instead of instep)



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# SOLO RUN

**Dropping the ball onto your foot and kicking it back into your hand while running.**

**Head:**

- Eyes always on the ball during the solo.

**Hands:**

- After you toe tap, be ready to catch the ball securely.

**Feet:**

- Drop the ball onto the foot and toe tap it back up to your hands while moving.

**Watch out for**

- ✗ Incorrect ball drop (too low or too far from foot)
- ✗ Lack of rhythm (running too fast or too slow for ball control)
- ✗ Not alternating feet (predictable and limits skill growth)



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# FEINT AND SIDESTEP

**A fake move to trick a defender (feint) or a quick step to the side to dodge them (sidestep).**

**Head:**

- Run directly at the opponent and sell the feint with a strong head fake in the wrong direction.

**Hands:**

- Keep the ball secure and steady to maintain control during the movement.

**Feet:**

- Shift body weight in the fake direction, then quickly push hard off the planted foot to change direction and accelerate away.

**Watch out for**

- ✗ Poor weight transfer (feint is not convincing)
- ✗ Lack of head and eye deception (less effective fake)
- ✗ Too slow or too wide (allows defender to recover)



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