**Dribbling**

**Purpose:** To move the ball up the field. Dribbling is also used to maintain possession of the ball and is the most common way an offensive player moves with the ball.

**Cues**
1. Ready position
2. Keep ball close
3. Eyes up
4. Use all of foot

**Use To**
- Control the ball
- Avoid the defense
- Create open shots

**Types**
- Close control (inside/outside foot)
- High speed (instep/shoelaces)
Passing

**Purpose:** To maintain possession and move the ball quickly. Pass selection depends on the type of defense being used and distance from a teammate.

**Cues**
1. Step beside ball
2. Knee over ball
3. Strike with foot
4. Drive foot through

**Use To**
- Possess the ball
- Create open shots
- Stop scoring (Outlet pass)
- Restart play

**Types**
- Inside of foot
- Instep of foot (shoelaces)
- Outside of foot
- 2-Hand throw-in
Trapping

**Purpose:** To maintain possession by "catching" and controlling the ball. Type of trap used depends on the height of the ball as it approaches your body.

**Cues**
1. Position to meet ball
2. Contact
3. Cushion
4. Control

**Use To**
- Catch & control the ball
- Transition to dribble or pass

**Types**
- Foot: sole/instep/inside/outside
- Thigh: top/inside
- Chest

![Soccer Content Card](image)
Shooting

Purpose: Shooting is the method for scoring. Shot selection depends on defensive pressure, distance from the goal and ball position.

Cues
1. Step beside ball
2. Contact with shoelaces
3. Chest over ball
4. Drive through

Use To
• Score

Types
• Drive
• Chip
• Swerve
• Volley (Full/Half/Side)
**Give and Go**

**Purpose:** The give and go is a multi-player offensive tactic that relies on passing and moving without the ball to create open scoring opportunities.

**Cues**
1. Boot
2. Bolt
3. Catch (trap)
4. Shoot & Follow

**Use To**
- Possess the ball
- Create open shots

**Types**
- 2 Person
- Chain/Series
**Team Offense**

**Purpose:** To work in unison applying skills and strategy to maintain possession and score.

**Cues**
1. Deep & Wide
2. Break Thru
3. Shoot & Follow

**Use To**
- Keep the ball
- Create open shots

**Types**
- Popular: 4-4-2
- Classic: 4-3-3
- Pure ‘O’: 3-4-3
Defense - Mark & Zone

**Purpose:** To defend against scoring and create turnovers. The type of defense selected depends on player attributes and opponents’ characteristics.

**Cues**
Mark / Zone
1. Match-up / Know Your Zone
2. Shadow / Protect Your Zone
3. Stay Between
4. Communicate

**Use To**
- Defend space
- Defend the goal
- Create turnovers

**Types**
- 1-on-1 Mark
- Sweeper
- Match-up zone
- Shifting zone

---

1-on-1 Marking

Zone Defense
Officials’ Signals

Purpose: To manage contest and communicate rule related information. Signals are the “sign language” of the game.

Cues
1. Know the Rules/Signals
2. See the Play
3. Be Active
4. Whistle then Signal

Use To
• Manage the Game
• Communicate Violations
• Maintain Game Pace

Types & Tips
• Types: Referee and Linesman
• Be respectful
• Be decisive
• Be composed

Types & Signals
- Handling the Ball
- Offsides - Indirect
- Corner Kick - Direct
- Tripping
- Pushing
- Misconduct