



Petoskey Youth Soccer Association



Technical Skill - Dribbling PYSA Players Should Be Able To

u-10	u-12	u-14	u-16	u-18
<ul style="list-style-type: none"> ⚽ Become "friends with the ball": maximum ball touches and repetitions in footwork activities. ⚽ Differentiate the three types of dribbling. <ul style="list-style-type: none"> - Dribbling for Possession (Shielding) - Speed Dribbling - 1 v 1 ⚽ Turn ball 180 deg. with inside, outside, and sole of foot (Hook turn, Cryuff turn, Step- over turn, etc.. Emphasize balance. ⚽ Start and stop with the ball; change direction with the insides and outsides of both feet. 	<ul style="list-style-type: none"> ⚽ Change speed and direction with the ball. ⚽ Guide the ball at a 45 degree angle off a straight line with the inside and outside of the foot: the technical rudiments of beating an opponent with a dribble. ⚽ Unbalance the defender using disguise in dribbling with body feints, change of pace, and/or direction. ⚽ Speed dribble with toe down using the instep or outside of the foot. ⚽ Shield the ball effectively, "sideways on" to the defender 	<ul style="list-style-type: none"> ⚽ Identify a defenders front foot and attacking it with the dribble to unbalance. ⚽ Develop and refine two to three 1v1 dribble moves (scissors, inside/inside/outside, etc.). ⚽ Perform fluid turns under pressure. 	<ul style="list-style-type: none"> ⚽ Continue to refine 1v1 dribble moves. ⚽ Master dribble moves and turns with both feet. ⚽ Develop improvisational dribbling skills in tight spaces. 	<ul style="list-style-type: none"> ⚽ Polish improvisational skills.



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Technical Skill – Passing PYSA Players Should Be Able To

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<ul style="list-style-type: none"> ⚽ Execute accurate passes 10 to 15 yards with the inside of the foot (toe up and heel down) while considering the "weight" of passes. ⚽ Understand that the best weighted pass is one which the receiver can successfully one touch to a teammate. ⚽ Make stronger and more accurate inside of the foot kicks up to 20 yards. ⚽ Perform instep kicks. 	<ul style="list-style-type: none"> ⚽ Perform accurate instep kicks over 20 yards. ⚽ Execute a pass with the outside of the foot. ⚽ Execute lofted and driven passes 	<ul style="list-style-type: none"> ⚽ Make passes on the ground and in the air that are accurate over 20 to 30 yards, delivered with the correct weight and to the proper side of the receiver. ⚽ Differentiate between lofted chips and driven balls. In both cases: <ul style="list-style-type: none"> - Ball must be "out" of feet. - Player approaches from angle - "Hop" on to support foot" which in slightly behind the ball - Toe pointed down ⚽ In a lofted chip the player leans back and kicks down at ball hitting the bottom half. A driven ball is hit in the middle 	<ul style="list-style-type: none"> ⚽ Shape passes into the path of teammates run using inside and outside of foot. <ul style="list-style-type: none"> - Kicking "across" ball - Toe pointed down at impact when slicing with outside of foot. - Toe pointed up at impact when hooking with inside of foot. ⚽ Mater weight and accuracy with both feet. 	<ul style="list-style-type: none"> ⚽ Mater weight and accuracy with both feet. ⚽ Drive a ball 40+ yards accurately.



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Technical Skill – Receiving PYSA Players Should Be Able To

u-10	u-12	u-14	u-16	u-18
<ul style="list-style-type: none">⚽ Control rolling balls (passes) with the inside and outside of the foot utilizing toe up, heel down technique.⚽ Begin to develop good "first touch" with ground balls.	<ul style="list-style-type: none">⚽ Continue to master receiving ground balls with the insides and outsides of the feet. Should be comfortable with the insides and outsides of both feet.⚽ Consciously set up their second touch with their first touch by not stopping the ball, but preparing the ball towards next target.⚽ Receiving balls across their body on furthest foot while keeping hips open.⚽ Begin to receive balls out of the air using thigh and chest.	<ul style="list-style-type: none">⚽ Receive balls out of the air with chest, thigh, and foot.<ul style="list-style-type: none">- Get in the line of flight of the ball- Decide which body part to use-Present body part to the ball-Relax body part at impact.⚽ Look to see where the pressure is before receiving with back to goal. Player should take two looks. The first while checking, and the second while the pass is in route.⚽ Receive balls "side-on" using a self pass to create space.	<ul style="list-style-type: none">⚽ Master receiving balls out of the air with chest, thigh, and foot.⚽ Master receiving in tight space using the "side-on" technique.⚽ Continue to work on taking two looks before receiving with back to pressure.	<ul style="list-style-type: none">⚽ Stay composed in receiving as a result of proper body shape, perfect first touch, and understanding where pressure is.



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Technical Skill – Shooting/Finishing PYSA Players Should Be Able To

u-10	u-12	u-14	u-16	u-18
<ul style="list-style-type: none">⚽ Shoot accurately keeping the ball in the frame of the goal with the insides of the feet.	<ul style="list-style-type: none">⚽ Shoot for power with the instep utilizing maximum ankle tension⚽ For maximum power and accuracy work on the following:<ul style="list-style-type: none">- Being round and compact over the ball.- Support foot, hips, and shooting knee cap aiming at target when going through the ball.- Staying down on the ball with a steady head.- Striking through the center of the ball.- Landing on shooting foot	<ul style="list-style-type: none">⚽ Master shooting for power and accuracy with the instep.⚽ Shoot bouncing balls (half-volleys).⚽ Shoot crosses (full volleys)⚽ Develop a goal scoring mentality and stay composed when finishing.	<ul style="list-style-type: none">⚽ Master finishing half and full volleys.⚽ Strike bent or clipped balls in free kick situations around a wall.	<ul style="list-style-type: none">⚽ Emphasize mentality and composure when finishing.



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Technical Skill - Heading PYSA Players Should Be Able To

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<ul style="list-style-type: none">⚽ Not age appropriate	<ul style="list-style-type: none">⚽ Practice heading using proper technique to avoid injury:<ul style="list-style-type: none">- Eyes open- Mouth closed- Hit ball with hairline- Power generated with torso not neck.	<ul style="list-style-type: none">⚽ Become comfortable using correct technique to head ball.⚽ Differentiate between defensive heading (head through bottom half of ball) and heading to goal (head through top half of the ball)	<ul style="list-style-type: none">⚽ Master defensive and attacking heading.⚽ Master the concept of flick and possession headers.⚽ Execute a diving header.	<ul style="list-style-type: none">⚽ Master flick, possession, and diving headers.



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Technical Skill – Defending PYSA Players Should Be Able To

u-10	u-12	u-14	u-16	u-18
<ul style="list-style-type: none">⚽ Perform block and poke tackles.⚽ Understand the concept of immediate pressure.	<ul style="list-style-type: none">⚽ Make arced runs to channel attacker.⚽ Delaying and contain the attacker. Make the attacker make the first mistake and then win the ball⚽ Not dive or stab in.	<ul style="list-style-type: none">⚽ Perform a slide tackle.⚽ Maintain possession after making tackle.⚽ Master delaying and containing the attacker.	<ul style="list-style-type: none">⚽ Master tackling technique.	