

Running with the Ball Technique

Technique

- Use your strongest foot.
- Use the outside of the laces to strike the ball.
- Bend your knees, every time your foot strikes the ball your knee should be directly over the ball.
- Slightly lean over the ball and try to stay low.
- Relax on the ball.
- Head up: Look up between touches on the ball.
- Knock the ball out into space; you should be taking four or five steps in between each touch on the ball (or however many steps it takes to go full speed). This depends on how much space you have to work on.

Best Used

- To cover ground quickly.
- When there is a lot of space in front of you.
- Relieve pressure.
- Attack space.

Possible areas

- Ball is too close and doesn't allow player to move at full speed.
- Ball is not under control, it is too far away from foot.
- Player looks down too much.
- Legs are too straight.