



**THE
COACHING
MANUAL**

**TEACHING TECHNIQUE
IN FOOTBALL
THE ULTIMATE GUIDE**

**FOR COACHES &
PARENTS**

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INTRODUCTION

Football is changing fast and the way we teach it has to keep up.

With the rapid rise of women's and girls' football, the game is growing at record speed. That means one thing: we need more coaches than ever.

Many of them are stepping in without an adult playing background.

Brilliant for the sport - but it puts huge value on clear, simple, straight-to-the-point technical guidance.

Meanwhile, today's players spend less time in the park and more time in structured schedules. The instincts once built through hours of free play now have to be developed deliberately - at training or at home.

So the priority is simple:

Teach the right technique. Make every minute count.

This guide helps you do exactly that.

49 concise instructional videos. Every core technique. Essential movement and fitness. Designed for coaches and parents who want players to improve fast.

Let's maximise the minutes.

Let's lift the level.

Let's build confident, skillful players - everywhere.

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HOW TO USE THIS GUIDE

Topics and Techniques

We've broken this guide down into topics and techniques. The natural order of the topics runs from basics to more advanced. You can follow any order. Each topic then has a series of techniques for you to learn and teach.

Technique Videos

Each technique in this guide comes with a short, sharp explanation and the benefits of it. But the real detail lives in the video demos. Every technique links to a video that shows the key coaching points and technical cues you need to get it right.

Challenge Videos

Each technique has an accompanying challenge, these are designed to give players a benchmark that they can improve through practice. They can also be part of your coaching session.

Ages

All techniques can be taught to any age group. Just remember: younger players may not be able to execute them yet. You can teach a young child the correct lofted-pass technique – just don't expect 60-yard pingers.

Safety

When introducing heading to young players, use a sponge ball or balloon. And whatever the technique, make sure the training space is safe.

Coaching Information

Every technical detail in this guide has been checked and refined by top-level experts. You can trust that you're teaching each technique correctly – and confidently.

MOVE TO IMPROVE

Fundamental movement is the foundation of physical literacy, and physical literacy powers every successful athlete.

If you're coaching kids in football, developing these core movement skills isn't optional - it's essential.

THE TECHNIQUES

AGILITY CONE FLIP

A really simple activity which teaches agility, quick footwork, quick turns, decision making and spatial awareness. It also helps develop power.

Technique Demo



Challenge Demo



BEAR CRAWL

A PE classic. Bear crawl helps to build strength in the hands, feet, arms, legs and core all of which will benefit young players regardless of the sport or position.

Technique Demo



Challenge Demo



QUICK FOOTWORK ONE FOOT

Easy to set up and teach. Will help players improve footwork, speed, sprinting technique, power and turning. It's a lot of benefits from a simple activity.

Technique Demo



Challenge Demo



QUICK FOOTWORK SIDE TO SIDE

Another simple activity with loads of benefits. Helps to improve balance, footwork, mobility, speed, coordination and power and it's easy to teach.

Technique Demo



Challenge Demo



QUICK FOOTWORK TWO FOOT JUMP

Can be done fast or slow and it will help to improve power, speed, balance and coordination. It's a simple plyometric activity suitable for every age.

Technique Demo



Challenge Demo



UNDERARM THROW AND CATCH

All you need is a ball and a wall. This activity is relevant for many sports because it will help your athletes improve hand-eye coordination and concentration/focus.

Technique Demo



Challenge Demo



RIGHT FOOT HOPS

Another simple plyometric activity that improves balance, strength, power and agility. You can and should work on both feet for this activity.

Technique Demo



Challenge Demo



SHUTTLE RUN

A classic football activity. This will help your players improve speed, agility, power and turning all of which are essential for any players toolkit.

Technique Demo



Challenge Demo



TWO FOOT LONG JUMP

This plyometric activity is more about control than speed. It will teach players balance, strength, agility and power and is an essential technique for footballers.

Technique Demo



Challenge Demo



BALL MASTERY

When we teach Ball Mastery, we are helping children develop the foundations of all football techniques.

Ball Mastery is a lifelong pursuit for players, hopefully they'll develop a passion for the ball. They're fun and easy to teach.

THE TECHNIQUES

TOE TAPS

A fundamental skill which teaches coordination, control, agility and familiarisation with the ball. A technique which children will see rapid improvement through practice.

Technique Demo



Challenge Demo



INSIDE OUTSIDE

From George Best to Leo Messi, inside outside has been the core dribbling skill for generations. Teaches coordination, quick feet, ball control, movement and spatial awareness.

Technique Demo



Challenge Demo



BALL BOXING

An easy activity to teach. It helps players learn about ball control, coordination, agility. It helps them get comfortable using the instep and controlling their weight of contact.

Technique Demo



Challenge Demo



MARADONA TURN

Made famous by one of the greatest ever to play the game, this technique requires balance, agility, quick feet and spatial awareness, It looks great when you pull it off too.

Technique Demo



Challenge Demo



SCISSORS

One of the great beat the player moves used by everyone from Pele to Ronaldo. It requires coordination, agility, spatial awareness and timing to perform this technique.

Technique Demo



Challenge Demo



SIDESTEP

From Giggs to Mbappe, players have been shimmying past opponents with this technique for decades. Teaches coordination, agility, timing and acceleration.

Technique Demo



Challenge Demo



SOLE DRAGS

Another simple activity which helps players use all surfaces of the foot. Encourage the use of both feet in this skill and ask players to scan behind them when performing the skill.

Technique Demo



Challenge Demo



SOLE PUSHES

Accompany Sole Drags with Sole Pushes. This time we're pushing the ball forward in a controlled way, with the sole. Go slow to learn the technique and increase the speed with competency.

Technique Demo



Challenge Demo



JUGGLING

Juggling is hard. It will help players gain real mastery of the ball, it improves overall ball control and co-ordination.

Learning to juggle also helps players develop determination and resilience.

THE TECHNIQUES

JUGGLING - FEET ONLY

Keep the ball off the floor using only your feet. This helps develop co-ordination and agility as well as expert control. Try to keep the ball below head height.

Technique Demo



Challenge Demo



JUGGLING - THIGHS ONLY

This is harder than it looks. You'll need your players to be light on their feet and very focused on how they meet the ball with the top of the thigh.

Technique Demo



Challenge Demo



JUGGLING - ON THE MOVE

Raising the complexity and skill level required is juggling on the move. Use the feet or thighs but try to move around a space whilst performing the skill.

Technique Demo



Challenge Demo



CONTROL

Control is often a differentiator between good players and great players. But it is required to a certain level for all players.

Practicing control will help players make better decisions, speed up play and reduce the chances of being tackled.

THE TECHNIQUES

FOOT CONTROL & VOLLEY

Test the quality of a players first touch by asking them to volley the ball back to a partner. Make sure your players get in line with the ball.

Technique Demo



Challenge Demo



THIGH CONTROL & VOLLEY

Mark Hughes was the master of thigh control. Your players can learn this skill which is vital for your target players to allow them to get the ball under control in the air.

Technique Demo



Challenge Demo



CHEST CONTROL & VOLLEY

Chest control is a vital skill for both attackers and defenders as they are most likely to be dealing with the ball at chest height. It's a rewarding skill to master.

Technique Demo



Challenge Demo



TURNING

Control is often a differentiator between good players and great players. But it is required to a certain level for all players.

Practicing control will help players make better decisions, speed up play and reduce the chances of being tackled.

THE TECHNIQUES

CRUYFF TURN

Perhaps the most iconic of all the turns in the game. Made famous by one of the greatest players (and coaches) to have graced the game, this skill can be learned at any age.

Technique Demo



Challenge Demo



INSIDE HOOK TURN

This is a more simple turn than the Cruyff turn, often used to move away from tacklers or to escape from defenders when shielding the ball.

Technique Demo



Challenge Demo



OUTSIDE HOOK TURN

The most used turn in the game. It's the midfielders favourite turn when receiving with the back to defenders. It allows them to evade danger quickly.

Technique Demo



Challenge Demo



STOP TURN

Changing direction quickly, keeping the ball in play and escaping from oncoming defenders are just 3 reasons why it's important to learn the stop turn.

Technique Demo



Challenge Demo



DRIBBLING & RUNNING WITH THE BALL

There are a lot of components to Dribbling & Running With The Ball and ball mastery is a big part of it. These techniques cover the key skills for close control.

Master the techniques and you'll be playing like Messi in no time.

THE TECHNIQUES

DIAMOND DRIBBLING

Changing direction and close control are hard skills to master. A simple training exercise like this gives players so much repetition that they can't fail to improve.

Technique Demo



Challenge Demo



QUICK FEET DRIBBLING

Before we focus on tricky beat the player moves we have to master quick feet and close control. This is how players build the foundations of dribbling technique.

Technique Demo



Challenge Demo



ZIG ZAG DRIBBLING

Lots of changes of direction and lots of chances to use slightly different weight of touch when moving the ball. All essential for dribblers.

Technique Demo



Challenge Demo



RUNNING WITH THE BALL

Knowing when and how to take bigger touches to move into space quickly is often the difference between getting 1 on 1 with the keeper or being caught by defenders.

Technique Demo



Challenge Demo



FIGURE OF 8

Learning how to combine big touches with pace alongside slowing down and taking smaller touches is important for every player. This simple activity show you how.

Technique Demo



Challenge Demo



PASSING

Passing is one of the hardest skills to learn. It's about weight, accuracy, vision and choosing the right type of pass.

It could be a 5 yard 1-2 or a 50 yard switch of play. We cover all the main passing skills here,

THE TECHNIQUES

1 TOUCH PASS

Simple quick football starts with 1 touch passing. It can help your players unlock defences, break lines and get out of difficult situations.

Technique Demo



Challenge Demo



2 TOUCH PASS

Touch and timing are at the heart of passing with 2 touches. Can your first touch put the ball where you want it for the second touch which is the pass

Technique Demo



Challenge Demo



CURVED PASS

An easy activity to teach. It helps players learn about ball control, coordination, agility. It helps them get comfortable using the instep and controlling their weight of contact

Technique Demo



Challenge Demo



LOFTED PASS

Made famous by one of the greatest ever to play the game, this technique requires balance, agility, quick feet and spatial awareness, It looks great when you pull it off too

Technique Demo



Challenge Demo



DRIVEN PASS

One of the great beat the player moves used by everyone from Pele to Ronaldo. It requires coordination, agility, spatial awareness and timing to perform this technique.

Technique Demo



Challenge Demo



FINISHING

The aim of the game is scoring goals and there are some very specific ways to teach good habits and technique.

Whether they are defenders or attackers, having the ability to finish when the time comes is vital in football.

THE TECHNIQUES

STRIKING A MOVING BALL

The only time you really strike a stationary ball is to restart play so teaching kids how to time their strikes with a moving ball is essential for their development.

Technique Demo



Challenge Demo



ONE TOUCH FINISHING

Taking your chances early is often the difference between putting the ball in the back of the net or allowing defenders and/or keeper the chance to block.

Technique Demo



Challenge Demo



TWO TOUCH FINISHING

If a ball is coming too quickly to finish first time, you may need a quick touch before you strike. The quality of the first touch is really important

Technique Demo



Challenge Demo



HEADING

Learning the correct heading technique is vital. It will help players reduce the risk of injury when the game format allows heading.

For younger players, use a sponge ball or a balloon. The important thing is the technique.

THE TECHNIQUES

CONTROLLED HEADING

Helping players to learn how to use the right weight and accuracy so that they can pass with their head is so simple and such a valuable tool for the modern game

Technique Demo



Challenge Demo



ATTACKING HEADING

Ask any top striker about what they try to do when attacking crosses and they'll all say where possible they will head the ball down.

Technique Demo



Challenge Demo



DEFENSIVE HEADING

The key watch words here are height and distance. When defending you want the ball as far away from your penalty box as possible.

Technique Demo



Challenge Demo



FITNESS

No strictly technique, but we should be encouraging players to work on their fitness in their own time.

It will help them be sharper, run longer, recover quicker and get more out of sessions and games.

THE TECHNIQUES

6 YARD SPRINT

Most of your sprinting in the game will be over short distances. Perhaps a last minute dash to get in front of a defender to score a goal.

Technique Demo



Challenge Demo



18 YARD SPRINT

Supporting a counter attack or making a last ditch recovery run in defence might see you covering a bit more distance at top speed. This simple exercise gives you loads of reps.

Technique Demo



Challenge Demo



ENDURANCE RUN

Building up cardiovascular fitness is vital for all players, it helps you run further for longer and will increase in game and post game recovery

Technique Demo



Challenge Demo



PUSH UPS

Upper body strength is important for every player. It will help you when protecting the ball. Push ups is a timeless classic for developing strength

Technique Demo



Challenge Demo



SIT UPS

Another classic exercise which can be done without equipment at home. Developing core strength is essential for football players of any age.

Technique Demo



Challenge Demo



SKIPPING

Minimal equipment needed but a great exercise for players to do at home. It helps with agility, balance, co-ordination and general fitness.

Technique Demo



Challenge Demo



CONCLUSION

Build the Basics. Raise Standards.

Football is developing quickly. Coaching needs to keep pace. This guide focuses on what matters most - teaching correct technique clearly and consistently. From movement and ball mastery to passing, finishing and fitness, every section is built around simple principles done well.

- Good habits create confident players.
- Repetition creates improvement.
- Quality coaching creates long-term development.

Whether you're a coach or a parent, your role is the same: set the standard, reinforce the details, and make every session count.

- Develop the fundamentals.
- Encourage effort.
- Prioritise technique.

Do that consistently, and players won't just improve – they'll progress with confidence.