CHAPTER - II

Football Technique and Skills.

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FOOTBALL TECHNIQUES AND SKILLS

There are two broad areas i.e. techniques and skills. Techniques can be defined as the basic mechanics of the game, for example, kicking, heading, tackling, running, throwing, ball control. These can be combined with one another according to specific requirements.

Skills have been defined as the application of techniques with in the game situation. Infect the skills are developed when everything should be present with in the game is to be found, for example any practice to develop skill, there must be players who will co-operate the team mates. Secondly there must be players who are opponents and thirdly there must be a direction or a target to be reached in terms of practice. (1)

A keen observer will, therefore, see that practice will help to develop skills and also techniques but practice in developing techniques that is to say practice performed without opposition and often without supporting players, can only help to develop techniques and not the skills.

**Kickikng the ball / passing**

Good passing is knowing to direct the ball to the right target, with the right weight and accuracy. It can be learnt with the correct technique. The first point is to practice long hard, short, high, low and straight ball played with inside of the foot, the out side of the foot, the
instep, the heel or toe and eye. In a game situation a player limits himself to adopt his own style.

Good passing and good control means keeping the ball in possession with greater degree of control and accuracy required. Passing involves an understanding of the problems of receiving the ball as well as perfection in the technique of kicking it. The ball should be passed when the receiver is in the most comfortable situation to take it. Three main factors in passing the ball are accuracy, weighting and timing. Accuracy of passing the ball is the prime cause of moves breaking down - at every and any level of the game. Weighting is the strength of speed of a pass. Is it too strong and difficult to control or out of the reach of the receiver? Or is it too weak? If so, then, there will be chances of interrupting the opponent. Such a pass is called hospital pass.

Timing judgment is an art, when to release the ball, is a more demanding aspect. It is not possible to master with simple practice. It is a skill - acquired only in a moving situation or in a competitive matter. The accuracy and weight of a pass is ineffective if the ball is not released in a proper time. There are three basic elements and two ingredients of passing. First is the vision and perception to see the ball other than the obvious ones, specially on the blind side, or angled passes in to a situation to set up chance and so on. The other is a degree of disguise the
Fig 1: Kicking the ball / Passing.

BIG KICK

STRAIGHT-ON PUNT

Kicking practice with target to develop the accuracy.
opponent. It means the surprise moves like the back heel, the reverse pass or playing off the front foot, which also applies to the basic passes, to keep the intention of the opponents guessing. (4) See Fig. No.1

The Front Foot Pass:

According to Watford boss Graham Taylor, "young players who can grasp the importance of receiving the ball side ways on, the way Trevor Brooking does, will see their game improve almost overnight."

Coaching manuals and coaches encouraged players always to play off the 'back foot' to put their non-kicking foot alongside of the ball. The only accepted technique for the short ball is the side foot or push pass. When playing the ball off the front foot on the run is increasingly in evidence at any levels of the game, both for the little lay-off pass and the more forward through ball. The player should consider the timing.

Striking a ball on the run with the inside of his foot means, checking his stride to readjust his stance. Number of situations which actually benefit during the game both distance and direction are observed by the nature of the technique.

In the front foot pass, the ball is played with the leading foot as one can move into the next-step. (5) The ball is kicked from a controled position of the toes, which turned inside and form ankle, in a flicking motion. It is the
Fig 2: FRONT FOOT PASS

Practice for Front Foot Pass.
perfect ball for the little bending pass down the line for
the player on the overlap or for a quick 'give and go' short
ball where one can keep moving for a return. See Fig. No.2

The long Pass:

The long pass ball is kicked, the greater the chance of
inaccuracy and more time the opponent has to intercept or to
cover. The longer passes thus demand a high level of skill,
which are to be creative play rather than merely hopeful
ones. This applies as much to the receiver as to the passed,
and the front men making balls under pressure of defender and
often on a run. (6)

The main areas of application for the long pass are
goalkick, the crossfield ball which near the touch line
defender or mid fielders most often to use the long pass in
the air. This breaks down essentially into two types- the
'low drive' and the 'lofted drive'. The low drive, struck
with the instep and the foot pointing down, keeps the ball
near or on the ground, the lofted drive can be kicked by
using the instep to get under the ball at an angle, gets
height to pass the ball over opponents or to its target. Low
drive kick designed to get power on the ground ball, by using
the instep the top of the foot, to hit the ball, off the
laces, kicking foot is arched and the toe pointing down so
that the instep makes contact thoroughly both the horizontal
an vertical mid lines of the ball to keep it low and
straight. (7)
Placing non-kicking foot is important in kicking the ball or controlling it. The striking skill can compensate for the lack of balance that comes from poor positioning of the standing leg, one can place his foot in relation to a moving ball is a control art in passing (and shooting), for the first time contact. In care of the lowdrive it has to be well alongside the ball and a few inches from it; and follow-through are generous; the eyes are fixed on the ball and head kept down both during and after the impact of the ball, and key of success is timing, adjustment. (8)

The lofted pass is the more common long ball, or pass is used by defender to direct the ball over the attack in the space or where his team mate receives it, and considers the techniques which are required. The contact surface is the lower part of the inside of the instep, where the big toe joints the body of the foot, striking through the bottom half of the ball. The approach is very crucial. The last stride should be a long one and at a slight angle to intended line of flight, with the non-kicking foot placed slightly to the side of the ball and just behind it, A player pivot from the hips to produce a powerful but controlled and rhythmic leg swing, has body leaning slightly back as the swing develops. (9)

The ankle should be extended and firm at the time of impact with contact made through the middle of the bottom half of the ball, with result of power with timing, distance
Fig 3: Long Pass.

Fig 4: Swerving Pass.

Practice for Long Pass.

Practice for Swerving Pass.
is achieved by the pivoting of the hips, the forward movement
of the thighs, the straightening of the knee on impact, good
contact and a smooth and follow through in the line of the
pass. (10) See Fig. No. 3

**The Swerving Pass**

The swerving pass is now a basic football technique
employed in every game situation. It is a fact that perfect
ball control, providing a whole range of options which adding
safety to a crossfield pass directing through ball round a
defender and to a team mate.

There are different variety in the swerving pass which
depends on exactly how and where "player should contact with
the ball. The technique is divided into four main areas. The
ground ball and the lofted pass played with the inside of the
foot and the ground ball and the lofted pass played with the
outside of the foot. It is based on the ball swerves in the
direction of the pair imparted on impact. (11)

There are four major variations of the swerving pass. It
is important to consider that small adjustments to the angle
of the foot and the point of contact with the ball would
produced significant changes in the direction and the degree
of curve of the pass with the outsides of foot. (12)

See Fig No. 4

The ball is moved across the ball from inside to
outside, generating in this case (with the right foot) anti-
clockwise spin and swerve from right to left. In the lower
Fig 5: Swerving Pass.

Swerving Pass Practice with target to develop accuracy.

Long distance swerving pass practice.
point of contact, the ball will rise. The inside of foot cannot produce the degree of curve that the outside can, but it is a safer technique for passes, which require a small amount of swerve due to the brushing motion of the foot can be effective almost anywhere along the forward side of the boot.

In the ground pass oneself keeps his foot at downward angle as it moves from outside to inside across the body and the ball making contact partly on the instep and partly on the outside of the foot. Its further from the centre and the nearer the 'edge' of the ball that, he makes contact, the more the ball will spin and swerve an angle of his foot the quicker the ball will travel for the lofted the horizontal mid-line, and to the left in case of the right footed pass. The approaches, keep his eye firmly on the ball and head steady until the follow-through is complete. \(13\)

See Fig. No. 5.

**The Chip**

The chipped pass is used to send the ball over head of the opponents in a tight marking into a restricted space. The footballer following exactly the same qualities - early rise and fast stop - and to achieve the basic principle of striking under the ball, almost digging into the ground in a stabbing action, which is more down than through. \(14\)
Fig 6: Chipping Pass.

Chipping practice over the head of the opponent.

Fig 7: Chipping practice to develop accuracy.

Chipping practice over goal post.
Here the approach is important at the time of the contact with the ball. The non-kick foot should be closed to the ball.

The kicker bends the knee of supporting leg a little and leans slightly back, keeping the head steady and almost over the ball. The angle of approach is in the line of intended direction where the chipped pass or shot.

The technique for chipping the ball is not as rigid as this may sound, after practice and mastery of chipping the ball, it becomes a more fluent skill.

Franz Beckenbauer mentioned some factors to help a chip. One is soft ground, the other is the ball moving, towards the kicker, is already spinning in the required direction. (15) See Fig. No. 6 & 7.

**The Side-Volley Pass**

The volley pass breaks down into four main techniques, which consist of merits and separate consideration, the angled lay-off with the inside and outside of the foot, the 'push' volley and full volley, is toned down towards target. The volleyed shot is played with the instep. (16)

The first and second skills are reserved for the first time, ball deflections of the pass, which comes between knee and hip height. Timing and balance are most important of technique. The ball should be met and maintained the pace of the ball, and send it away straight inspite of looped through in a position and movement of the intended receiver. The foot
can produce significant variation on the pass but the inside of the foot, the area of contact is liberal that controls the ball in a very high standard. The 'push' type of side-volley is an altogether safer pass and not necessarily played as a first time ball. The player keeps up on the toes of his non-kicking foot with the supporting leg slightly bent for balance, while setting a target. (17)

According to Brazits Eder, the prerequisite for both accuracy and force are needed as he shapes up for a shot. A player should keep his non-kicking foot in parallel with the ball and about nine inches from it, his backlift is high and straight, using his arms to balance himself as he prepares to push forward, and keeps his head steady, and fixed on the ball. And his left foot comes in contact with his instep, extending his ankle and keeping his toe well down to hit the laces offering a flat contact surface to the ball. His head and knee will be over the ball and his head will stay down till the ball has gone in the required direction. (18)

See Fig. No. 8.

The Half Volley:

The half-volley is two fold. First is the question of timing. A half-volley is when a player contacts with his foot to the ball as it hits the ground. Second, is the problem of contact. The half-volley is used for power, nearly always for a shot and sometimes for a long pass. Techniques are applied, where the side of the foot is used, the player has kept his
foot pointing down to keep the ball low, so the contact area
is small, an 'arched' area of the instep round the laces. The
contact with the ball must be precise as the timing. (19)

There are two types of half-volley the shot and the lay-
off. Both are normally first-time reaction in a playing
situation. The power version, the action involved in the
half-volley which creates a great force more than any other
shooting technique, but the accuracy must take the priority.
If the approach is controlled, balanced and rhythmic and the
contact good, will result in a high degree of power, even
without a strong follow-through. (20)

It is to remember that the most important thing is to
keep the toe down, the rest watching the ball carefully, head
down if possible arms out for to keep the balance. This is
required as the basic principles of shooting. But in the
half-volley the ball is actually rising as one strikes it, so
his ankle must be extended as he hits through or above the
mid-line of the ball to ensure the ball stays down.

The half-volley lay-off can be played as soon as ball
touches the ground it can be used by passing the ball over
short distances. Timing is the key to the technique. The
half-volley with the inside of the foot is ideal for layoffs.

The ball is controlled first with chest or thigh, and
if the rhythm and the ball control is well adjusted with the
proper time then the power will follow, for the execution of
the kick. (21) See Fig. No. 9.

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The Low Volley:

The kicking of volley is very precise aspect, usually an instant response to a situation. The ball is often moving at speed at an unskilled angle, and a relatively small part of the foot is used for contact in which there is a small margin of error with a volley. It requires perfection to acquire the right touch for the volley. The rewards are scientific particularly infront of goal. (22)

The first important consideration in volleying technique is the positioning of non-kicking or supporting foot. It gives the stability and balance for the skill because a small area of the foot is used in volleying (central part of the instep) and because this surface is cured rather than concave - which is arched towards the ball. The contact must be very accurate and controlled for passing and shooting. At this stage a player should concentrate on technique rather than power. Proper placement of the non-kicking foot, head well over the ball, foot pointing down, instep making contact through the horizontal mid-line of the ball, head still down after impact for the correct execution of skill are some of the techniques. (23) See Fig. No.10.

The High Volley:

The general rule, the higher the point at which a volley is played the more difficult it becomes to control. The hip turn 'volley, stuck around waist or rip height, is the most testing kicking skill in the game. The defenders use for the
first time hooked clearances, or by wingers on the flanks to knock bouncing balls back into the middle. It is the most common application to forward the ball near the goal.⁴

Most volleys come from crosses rather than lay-backs, through passes, lose balls or errors by opponents. Such passes are only possible to execute the correct volley by using foot and a turn of 90° or more unless, as Gerd Muller states that a player is able to move to the ball going across by using his 'for'foot. Scaring with such passes in the danger area is a matter of perfection rather than style, which result rather than appearances about his judgment and ability, the positioning of non-kicking foot in relation to the angle between ball and target, as he wants to take the ball high with his leading foot, and the supporting foot should be as far from the ball as can be allowed for extenuation of the kicking leg.

The volley pass can be completed not only over long distance but also at short distances. It is important that players know the first principle of attempting a volley and its proper execution.

1) The player must be behind the line of the ball.
2) He must point himself in the direction he wants the ball to go.
3) For an accurate low volley the ball should be hit on the middle but if an opponent has to be cleared then the ball is hit on the bottom to gain the necessary height.⁵
Fig 8: - Volley Kick.

Practice for side volley.

Fig 9: - Practice for Half Volley.

Fig 10: - Practice for Low Volley.
Instep Kick:

The full instep kick can be used in many ways in a game, i.e. long and short, high and flat hard passes can be played. This type of kick is suitable for shooting at goal, because of the maximum contact on the ball achieved by using the full instep. The foot, hip and knee joints of the supporting leg should be flexible.

The kicking leg swings through, forwards with the hip and knee joints in a straight line, when the moment of contact with the ball. There should be a foot's distance between the supporting leg and the ball. The ankle of the kicking foot should be stretched out and rigid. The point of the contact should be the instep of the laces and the upper part of the body should be bent over the ball.\(^{26}\)

Kicking with the inside of the foot:

Inside of the foot kicking is the safest and most accurate way of kicking the ball. It is good for accurate passes or placing shots at goal from a distance. A ball falling from a height can be played along the ground or in the air.

In the latter stage, the ball is played as a half-volley, i.e. kicked at the exact moment, it bounces up off the ground.\(^{27}\) The height of the flight path of the ball to suit different situations of play. Supporting leg next to the ball and the upper part of the body over the ball are used. Playing a high ball, supporting leg should be behind the ball
and the upper part of the body should be leaning backwards. (28)

Kicking with the inside instep:

The inside instep kick is even more versatile than the direct instep kick, which enable a player to curve the ball and lift it over the opponent from a short-distance. It is therefore, ideal for free kicks and corners. The player should consider the technical execution, that supporting leg two or three foot widths away from the ball, more bent for the instep kick, position of the trunk to the side over the supporting leg is required. The kicking leg drawing the leg back it should be slightly turned out at the hip and ankle foot bent at ankle and turned out. The area of contact is inside edge of the instep between the bottom of the toes and the ankle bone. (29) See Fig. No. 11.

Kicking with the outside instep:

The outside instep kick can be used to curve the ball as well as playing it straight. It is suitable for goal shots and short disguised passes out to the side. The whole leg is used to give force to a sharp kick, but a quick flick of the ankle is all that is needed to push the ball out to the side. (30)

The technique involves in the execution of outside instep kick, is the upper part of the body is bent slightly forward and to the side towards the supporting leg. the supporting leg two foot widths away from the ball, toes tuned
slightly away from the direction of the shot towards the kicking leg. The kicking leg during swing forward is turned inwards and downwards with stiff ankle. The area of contact is outside of the foot between the edge and the top of the foot, from the bottom of the toes to the ankle bone. When the ball will travel in a straight line. If the kicking foot is turned sharply inwards and the approach path of the ball forms a narrow angle with the line of the ball, the ball can be curved away by turning slightly inwards in conjunction with a direct run up. (31) See Fig.No. 12.

**Receiving the Ball (Ball Control):**

Receiving the ball can be defined as the art of trapping or taking the possession of a moving ball in other words bringing the ball under complete control. Receiving the ball is one of the permanent elements in the technique of modern soccer. It is indispensable for play and to built an intelligent combination. (32)

The footballer does not always receive the ball at the same height or at the same speed. It can arrive high, at medium height or low rolling or bouncing quickly or slowly. The player should be able to control it immediately and let it away from his control. Controlling the ball must always with a pose, dribble or shooting at goal, the better ball control influence on the performance. (33)

The method of receiving the ball can be classified according to the part of the body, involve to receive the
Fig 11: - Instep kick Inside of the foot.

Practice for instep kick inside of the foot.

Fig 12: -
Inside instep, Outside instep.
ball by foot, thigh, chest, head. (34)

See Fig. No.13.

Technique of Stepping a Rolling Ball or Low Ball in the Air

i) The position to be taken up is almost to say on the inside of the foot.

ii) The leg at which the body rests is slightly bend at the knee and ankle.

iii) The other leg should be turned out from the hip to receive the ball.

iv) At the moment of the ball arrival the receiving leg should be more ahead to the supporting leg with the knee slightly bend with shin an angle of 45 to 55 degree to the ground.

v) The joints are kept lose.

vi) The upper part of the body is inclined some what backward and the arms are balanced on the both the sides.

vii) Eyes follow the flight of the ball.

viii) At the moment of the impact the leg should be started moving backward from the hip. 35) These movements should be as fast as the speed of the ball. In this way the foot can take off pace off so that it comes to stop before the feet. When ever the ball is in medium air and not higher then the knee, the surface method is to trip it with the inside of the foot. (36)
Receiving Falling Ball:

i) Almost in the same manner as in trapping the rolling ball the foot is lifted higher corresponding to the level of the approaching ball.

ii) The receiving leg knee should be bent to a greater extent.

iii) The leg turned out from the hip more backward and remain in contact with the ball passing under the body.

iv) The foot should not be more far beyond a vertical plane of the body.

v) Joint should be kept lose so that the foot will take the pace of the flight and dead ball will fall in front of the player. (37)

Receiving the Bouncing Ball with Inside of the Foot:

i) The leg on which the body rest is slightly bent at knee.

ii) The supporting leg is placed 12" to 20" (Approximately) infront of the spot at which ball is expected to bounce.

iii) The receiving leg should be turned outward from the hip and swing backward with the knee slightly. The ball can be brought under control directly from the mid air. It is very difficult for a player. It requires faster reflexes and exceptional ball sense.

vi) The body should rest on the non trap leg which is bent at the knee.

v) The other leg, which should be kept lose and bent at knee, should be lifted as high up in the air from the hip as possible.
vi) At the moment the ball contact with the foot, it should move downward at the first stage almost at the same pace as the ball.

vii) The body centre of gravity is moved backward, the arms are held close to the body for better balance.

viii) The eyes should follow the flight closely until the ball comes into contact with the full instep, when the ball comes comparatively low, the leg need not be lifted high, as even a short contact with the foot will take the pace of the ball. (38)

Receiving the Ball with Outside of the Instep:

The kick can be used to curve the ball as well as while playing it to received it straight. It is suitable at the time of shooting at goal and a short disguised pass out to the team mate. The whole leg is used to give force to a sharp kick, but a quick flick of the ankle is all that is needed to push the ball out of the side, as the large area of contact on the side of the foot is suitable for correct execution of the technique. (39)

i) The non-trapping leg should be slightly bent at the knee.

ii) The upper part of the body is inclined some what backward.

iii) The eyes are fixed on the ball through out, the other foot swing across infornt of the body. It should be turned from the knee and kept slightly straight.
iv) Immediately after the ball coming in contact with controlling surface, then the foot is brought back to its original position, to ground the ball along with this movement. (40)

**Receiving the Ball with Shin:**

The use of both shin or perhaps one shin is relatively safe method of trapping the ball coming from the front of the player or because informed of him. This method to preferred in some countries. (41)

**THIGH TRAPPINGS**

Trapping the ball with thigh, is one in which a number of factors are in its favour. The thigh bone is covered by a layer of muscles, which is helpful to take the pace off the ball. The player should consider the technique for correct trapping with thigh.

i) Controlling surface in the direction of the ball from which the ball is coming.

ii) The body rests on the standing leg, which is bent at the knee, while other leg should be raised from the hip with knee bend. If the ball is falling from a considerable height, the surface of the thigh can be raised, where the horizontal, but normally at the sufficient height to hold at the thigh level.

iii) The technique is the same as that of the stopping the ball with the full instep. The surface of the contact, should be brought down to the level with plane of flight.
Fig 13: Ball Control.

Practice to receive the different types of ball and its control i.e. Bouncing ball inside of the foot, Receive the ball outside of the instep, and Ball control with the shin.
thus placing the swing surface in the path of the body.

vi) The soft surface of impact will observe the pace and dead ball dropped in front of the player's foot. (42)

Receiving the Ball with Abdomen or Stomach:

In majority of cases, players have no difficulty in trapping the ball in this manner because of large and soft surface of the contact is extremely suitable for observing the pace. This type of trapping can be used for unexpected ball or those bouncing up from the ground. (43)

i) The player should face the exact line of the flight in a bouncing position.

ii) Knees are bent, the body weight is divided between both legs.

iii) The arms are hung loosely on both side of the body.

iv) Eyes are follow the ball. (44)

v) At the moment of impact a short backward stride should be taken by the foot in the rear, the front leg is almost straightened at knee as a result the speed of the ball is controlled.

vi) At the same time, the upper part of the body bends forward from the hips then the ball is gripped on the ground. (45) See Fig. No. 14.

Receiving the Ball with Chest:

The chest is the largest and safest part of the body on which a ball can be controlled. This is on which a ball can
Fig 14: Thigh Trapping.

Practice for Thigh control.
Fig 15 :- Chest Trapping.

Practice for chest trapping.
be controlled. This is one of the most popular method of controlling the ball, because of the large acute and soft surface of the contact. The chest trap is a fairly 'telegraphed' technique which can easily be read by defenders, and it is important to make sure to get the ball first. (46)

The actual technique for the basic trap though simple compared to a thigh trap or volley, control, needs excellent balance and positioning, legs apart, one a little forward of the other, knees slightly bent and arms out enough for balance, leaning slightly back to present a wide platform for the ball to land on. (47) The player should keep the stance, to make a safe area for the ball and shield it from the opponent. At the time of the contact with ball, withdrawing the chest away a little on impact to cushion the ball, which provides a wider safety margin to control and concentrate onto next move. (48)

There are two basic techniques for this.

i) Lean the upper part of the body backward at the moment of contact, so that when the ball comes on to the chest it remains close to the body.

ii) Lean the upper part of the body forward over the ball so that it drops down to the ground in front of a player, who can immediately run forward with the ball at his feet. (49) See Fig. No. 15.
HEADING

Heading is applied for passing the ball for shooting at goal and defending against attacks of the opponents. Inspite of the obvious trained in football to keep the ball, low and near to ground, flying balls or tactualy necessary in different situation. The first principle is to use the correct contact with surface. That is the flat frontal part of the forehead, just below the hair line and above the gap between the eyes where the skull is surprisingly tough for heading the ball. (50)

The second rule is to keep the eyes open to look at the ball. This may sound obvious enough to shoot the ball that is coming right on head and direct the ball in the desired direction. Some special situation of attack are corner kick free kick, centre pass, may be used effectively for scoring by means of heading.

Heading can be performed in forward and sideward directions from standing position, leaning while jumping. It is executed with or without approach run forward or to the side. Leaning may be also performed backward in the cases mentioned. Ball on flying at half height may be headed by diving. (51)

Heading is a whole body movement during the execution of technique. Attention must be paid to the application of big muscles groups of trunk. The force is transferred from the trunk to the head, the initial movement preceedes the
heading, similarly to the fixation of neck’s muscles, when heading required by lowering the chin to the chest only by this method the right transfer of force from trunk muscles to the ball is passed. (52)

Finally the players should keep in mind that heading is a skill, which involves and needs the movement of whole body. Footwork, leg power for jumping, arms for balance, the trunk for that arching power all part of the body should coordinate in this technique. (53)

1) The player must be in line with the ball as it travels through the air towards him.

2) The head to be used as the controlling surface and therefore the player moves his head slightly forward to meet the ball, which comes to him.

3) As the ball arrives the head is moved again in the direction in which the ball in traveling. The head is moved forward to withdraw the pace off the ball and is allowed to drop down to the feet. (54)

See Fig.No.16

TACKLING

Tackling is used for robbing the ball from the opponent is to separate the opponent from the ball. Specially or particular to create hindrance for opponent in bringing the ball under control. The player must pay attention, that he does not infringe or violator the rules. While robbing the
ball with all other technical elements for robbing the ball. It is an important in respect of choosing the right moment to attack the opponent. (55)

1. **The strength**. The strength expresses the body resistance of the player during charging the opponent.

2. **Agility** : Agility in the fight against the opponent continuing the game after falling down.

3. **Courage** : When there is man to man tussle it often means danger of being injured. One must have courage to face the situation.

4. **Resoluteness** : Resoluteness at the moment of attacking the opponent and correct evaluation or calculation of match situation is important. (56)

Importance of robbing the ball at their-technical execution. The form of robbing the ball, which frequently occurs during the competition. May be tackled in different ways.

The six methods of tackling are as follow.

1. Front block tackle.
2. Charging tackle.
3. Accelerating tackle.
4. Side block tackle.
5. Straddle - legged tackle.

The individual methods of tackling are differentiated by the relative positions in which the forward and defender find
themselves. At the time of straddle legged and sliding tackles, the defender risks to swing the ball completely because after the challenge he will be lying on the ground. If the tackle is not effective, he will not be able to chase the forward to have a second attempt for recovering the ball from the opponent. \(57\)

In front block tackle, the defender places his whole body in the path of the striker. He block the ball with the inside of his kicking leg. The ball bounces back from his leg, which should be rigid with all muscles tensed. \(58\)

Accelerating tackle is one in which the defender is positioned behind the opposing striker in relation to the ball. Post the striker and intercept the ball, at the same time he shoulder-changes, the opponent, to take the ball in possession.

The sliding tackle is technically the most difficult and tactically the risk method of intercepting the ball, which can only be used in emergencies, i.e. if an opponent has passed the defender and is ready to shoot at goal. In all other cases, the defender should care the opponent and when he catches up the striker on the struggle for the ball with a shoulder charge. \(59\)

The following points should be kept in mind at the time of sliding tackle.

1. The pivoting leg should be well bent at the final step to lower the centre of gravity.
2. The kicking leg should always be outside one, that is the one turned away from the ball. At an angle from behind, slide the foot-up to the ball, and kick the ball out of the striker's path.

3. Lean the upper part of the body sideways and balance with arm. (60)

The player should control his momentum by rolling his body lengthwise, the player will be able to get his feet more quickly from a rolling movement and therefore get back into action faster.

In addition each player have his own style of technique, which is based on his physical fitness. The key to keeping possession on the ball in the situation and retain the balance, keeping an upright stance whenever possible. While balance is to a large extent an innate gift, it can be cultivated by constant attention and the right approach in every aspect of the ball situation. (61)

The player should assess the strength, speed and timing of the tackle and Sending Precisely when to make that touch to take the ball past the challenge. The protecting leg, since it both rides the ball from the opponent and provides the push to move ball forward. Before looking at the technique of tackling it is worth recording the art and the tactics of this often neglected part of football skill. (62)

The player should consider, where and when to tackle. It is also important as to how to tackle. If a player is exposed
and left alone to face an attacker in a dangerous position. It is usually more benefited in delaying and backing off, in denying space and trying to pass safely during the course of movement. (63)

When a player tackles, he should know half heated challenges not only increase the chance of failure, but also it increases the chance of getting hurt. Aggression and determination are essential ingredients of good tackle.

The most basic of all the tackling techniques is the block tackles, which can be divided into two parts. The front block tackle is described as the opposite side tackle and the same principle, but approach is made from the side of the opponent. It is a more dramatic skill, in terms of speed, technique and contact, then the block tackle. The tackle on the touch line will still have some cover and the attacker has to get across the opponent by a direct threat on goal. (64).

The exact technique and style used will be determined by a variety of factors i.e., the angle of approach. Any tackling technique, which requires to involve the whole body and relying on a rhythmic and co-ordinate movement rather than just striking a leg out. The approach and the tackle itself should be powerful, with a strong follow-through. The body contact must come from the momentum for the successful tackle. (65)
Fig 16: Heading.

Heading practice in the various directions.
Fig 17: - Tackling.

Tackling practice.
According to John Lyall. The idea is to keep the player out of areas where he will be dangerous, gaining time so that player defense can get back into position, or until one can get in a neck or a tackle. (66)

Viv Anderson describes Good players are always looking to side tackles or skip over outstretched legs, so the timing has got to be soft on especially if you were any where near the box." (67) See Fig. No.17

THROW-IN

When the ball passes the side line of the field, the game is continued with a throw-in. The law says that the player must throw the ball over the player must-be on the ground or behind the lateral line (side line).

The player must face the field of play with some part of his body and both feet must be in contact with the ground or behind the touch line. He can step onto the field of play only after, when he has released the ball. Possession of the ball can also be lost if the throw puts unnecessary pressure on the receiver. It is due casual attitude towards the throw-in. It is important to remember that- the throw is simply a pass played with hands instead of foot, and the basic principle of good passing should apply. The throw must make contact as easy as possible for the receiver, which plays at the pace, thrown and height that presents with the least possible problem. The ball should be thrown to team contact not on him, if it is low, it should be thrown directly to his
feet, not at hip or waist height it is to be a headed return. It should be low rather than high so that it can move early under control (68).

Throw-in has a greater chance of retaining possession of ball and beginning an attack, if the receiver is unmarked. Team mates should try to find space in which to receive and use the ball. And he should respond to his movement by delivering the ball to the right player at the right time.

According to Jimmy Rimmer "The throw-in in attacking positions is ultimately about getting the ball into the danger area; it doesn't always work the way it is planned but with a positive, alert and hard-working approach in such situations a team can reap unexpected benefits." (69)

The player is not allowed to score by means of a throw-in for the player, who receive the ball directly from the throw-in. The off side rule is cancelled. This is an important practical advantage for attacking team near the opponent goal.

Technique: The player takes pace or standing position. The knee joint bends, the ball is grasped in such a way that the fingers are as spread on the ball and palms cover the half surface of the ball, thumb and four fingers are behind the ball. The preparatory movement, which is initially taken by leading the ball backward over the head, the upper part of the body is inclined backward very much.

See Fig. No. 18.
Fig 18: - Throw-in.

Throw-in practice in the playing situation.

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Running

According to Sammy Mellory "If you are making good support runs you make it easier for the player with the ball. It is what midfield play is all about." (70)

Running is done in football matches, but it's probably true to state that some runs are better than others. For example a front player runs and has the effect of 'hiding' himself from the run makes life easy for the player with the ball, that football is the best. Players who are always making good runs are seen as gold dust for a team. In the particular situation the defender is forced to back-pedal and get everything in front of him. He should really make the most of these situations.

Martin Peters states 'Blind side running just means getting behind defenders, the secret is to glance around as play develops.' (71)

The knee joint much bends the arms are flexed in the elbow joint and in the wrist. The thrower executes upward movement by means of which the force is transferred to the arms. The knee joint are stretched. The player stands on the toes during the throw-in with approach run. The front leg stops while running the last step. The player must be attentive. The rear leg should remain in contact with ground. (72) See Fig. No. 19.
Fig 19: Running.

Running with the ball, without ball in playing situation.
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