



Sessions by George Kuntz - UC Irvine D-1 Men's Head Coach,  
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## 16 Soccer Moves Attacking Moves –

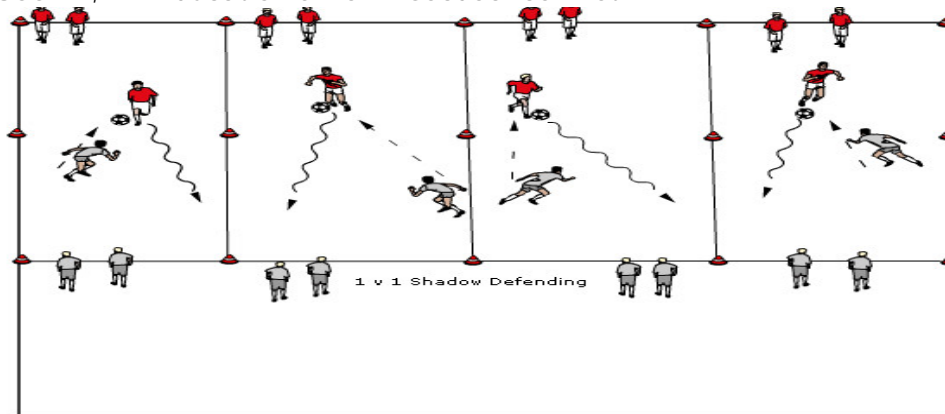
1. **Bells** – Touching the middle of the soccer ball with the inside of the feet.
2. **Toe Taps** – Tap the top of the soccer ball in a stepping motion (variation moving the ball different directions).
3. **Sole Across** – Roll the ball with the sole of the foot across your body taking a wider stance with the non-kicking foot then do several bells and repeat.
4. **Sole Behind** – Perform several Bells then gently touch the top of the soccer ball with one foot and hop the standing leg forward at the same time then drag the ball behind the standing leg.
5. **Body Fake** – Step left or right with non-kicking foot exaggerate then push the ball right (outside foot) then inside with the same foot to get behind a defender.
6. **Step Over (Half Scissors)** – Step over ball with non-kicking foot then push the ball with the outside of other foot then inside to get behind a defender.
7. **Full Scissors (Scissors, Ronaldo)** – Step over right then step over left then push the ball with the outside of other foot then inside to get behind a defender.
8. **Matthews** – Drag the ball inside with one foot then before the foot touches the ground push it outside with the same foot. Inside drag then quickly touch outside then back inside to get behind a defender.
9. **Reverse Matthews**- Drag the ball inside with the right foot then circle the ball with the same foot then plant in on the ground. Push the ball to the left. The difference between this move and the ½ scissors move is that you are dragging the ball inside first and the foot doesn't touch the ground.
10. **Snake** – Push the ball with the outside of your foot then quickly cut the ball with the same foot inside. It is similar to a Matthews by pushing with the outside of the front foot and cutting back quickly.
11. **Helicopter (Maradona)** - Step on top of the ball, then twist your body half way drag the ball with your opposite foot then touch it out in front of your body.
12. **360**- Three touches with the inside or the outside of the foot to spin completely around.

## Retreating Moves –

1. **Cryuff**- Step in front of the ball (exaggerated step and create a tunnel under your body then drag the ball with the opposite foot behind you and exit with the outside of the plant foot.
2. **Rivelino** – Fake over the ball then take it with the outside of the same foot.
3. **Pull Back** – Pull the ball back with the sole of the same foot and spin towards the ball or away with your body.
4. **Pirouette** – Press on the ball with your extended reach with your toes then drag the ball across the front of your body (sole across) then push away with outside of opposite foot. More advanced (sole across then sole behind).



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#### 1 v 1 – 10-15 minutes

Groups of four to six players switch 1 v 1 games. Each game is two minutes then two new players play. This focuses on obtaining good shooting habits and developing instincts in front of goal. It is a constant 1v1 situation with a new set of two players ready after the one on one game has taken place. Focus on being able to see the goal and seeking goal scoring opportunities every time you have a chance to win the ball. The most important aspect of this is no fear in taking on the opponent and seeking first look/first shot which is important with all forwards.

Remember to have the players to think ahead of what they want to do then use instincts when taking on an opponent.

#### Coaching Points –

- Attack the front foot when the defender has committed if not before
- Close control
- Vary the surface
- Wrong foot the defender by constantly changing position of the ball
- Placement versus power

### Passing for Possession

#### **4 v 2 Warm up (10WX12L)**

This game can be used as a warm-up for your players when they arrive at practice.

The objective is to play the game with minimal touches on the outside and keep it away from the two defenders. This exercise requires four players to keep possession through changing the angles so there are channels for them to receive the ball.

Players should play this game "two touch".

The defenders must not get "split" by a pass between them. When the ball is won from the two attacking players, the defender who has been in the longest replaces the outside player who lost the ball. If the defenders are split they need to stay in the grid one extra occasion otherwise if the attackers miss a pass or get the ball stolen they exchange places with the player who has been in the longest. If the four attackers can split the defenders while maintaining possession the



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**defenders need to stay in one more round. The defender must try and win the ball from the attackers and close the ball while not getting split.**

**Coaching Points -**

**Attackers** - Use inside and outside of the feet and make good contact, be decisive, play one touch when required, good surface contact on the ball.

- **Quality Passing** – Execution of passing technique
- **Movement off the ball to support**
- **Body position**
- **Correct decisions**

**Defenders** - Pressure and cover principles apply in this exercise

- **Must use verbal commands to help each other**
- **Read, Intercept, Tackle**

**Variations:** One touch, three touches, Alternate 1 and 2 touches each pass, movement after pass

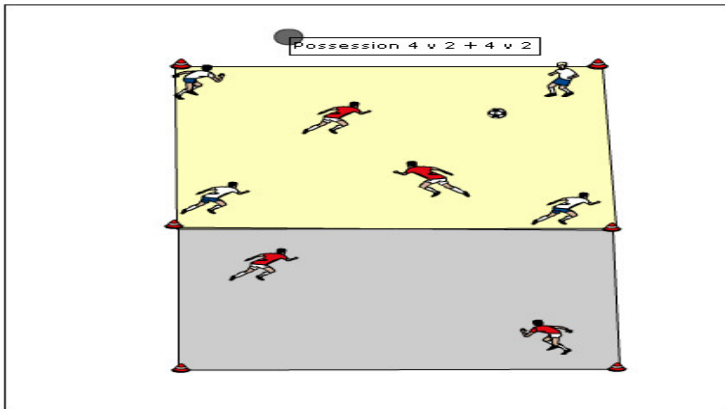


**Exercise - Possession 2 vs 2 + 2 (10WX12L) –**

This is a possession exercise that focuses on support. Players are allowed no restrictions but are told to play in fewest touches possible. Four to six passes is a point for the attacking team.

**Coaching Points:**

- **Focus on shape, technical execution, and support in attack.**
- Variations:**
- **Limit touches.**
  - **Make use of the two extra attackers. Remind players of team shape.**



### 4 v 2 v 4 v 2 (Two 12WX12L Grids)

This exercise requires four players to keep possession through changing the angles so there are channels for them to receive the ball. When a defender steals the ball, the defender passes to his two teammates in the other grid. Two of the attackers who lost the ball will go across to defend. The defender must try and win the ball from the attackers and close the ball while not getting split. Four to six passes is a point for the attacking team.

#### Coaching Points

- Quality Passing – Execution of passing technique
- Movement off the ball to support
- Body position
- Correct decisions
- Transition
- Short versus Long passes
- Weight and timing of passes
- Accuracy of passes



**2 V 2 Attacking goal (15 Minutes)**- This provides a wide target and space awareness for dribbling and exploiting space, choosing to shoot, pass, or create time. Coach will start the balls and the two attackers must defend after shot or loss of possession. After coach starts with a pass there must be one pass by the two attackers before they can go to goal. In this exercise players should understand when to dribble, when to pass, when to combine, when to dribble for possession, when to dribble for speed, when to shield and, what moves/feints work in each



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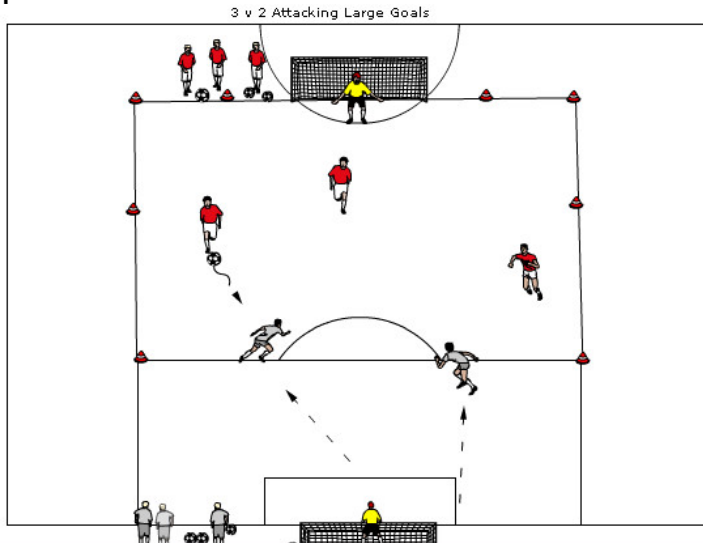
**situation.** Players should be encouraged to communicate and change roles constantly from attack to defense and from defense to attack. No players can run through the goal. Cannot pas through the goal as well

\* VARIATIONS –

- DEFENDERS START FROM THE POSTS
- DEFEND AFTER YOU SHOOT
- AFTER LAST GROUP SHOOTS ONE PLAYER INITIATES A WALL PASS FOR SERVICE FROM THE FIRST GROUP

### Coaching Points

- Proper Technique
- Preparation Touch
- Dribbling with controlled speed vs. dribbling for possession
- Shoot early
- Placement or power
- Freeing yourself up
- Opportunistic
- Choices - Dribble, pass, or combine
- Body Position (to shoot)
- Field position – to be able to find the ball to shoot



### 3 v 2 Attacking Game

This game is played with three attackers playing against two defenders. Once the ball is lost or shot, the player who shot or lost the ball leaves the field and the other two attackers stay to defend the next three opponents.

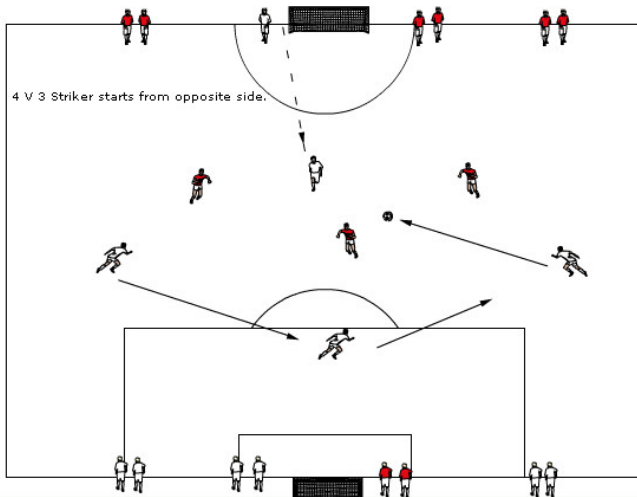
Focus on being able to see the goal and seeking goal scoring opportunities every time you have a chance to win the ball. Groups are almost always within shooting range so it is important for them to take on the opponent and seeking first look/first shot which is important with all attacking players. Remember to have the players to think ahead before they start their attack, communicate, and then use instincts when taking on an opponent (s) in the game.

**Sample Coaching Points (focus on a few) –**

- Open the field early
- Get to goal – Can you create your own shots?
- Proper Technique – Placement versus Power
- Preparation Touch

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- Find the extra player
- Transition
- Seek first shooting opportunity
- Dribbling with controlled speed vs. dribbling for possession
- Freeing yourself up
- Opportunistic
- Dribble, pass, or combine
- Attack the front foot when the defender has committed if not before
- Wrong foot the defender by constantly changing position of the ball
- Combination when possible



### 4 v 3 To Goal

This game is played with four attackers playing against three defenders. The purpose of this exercise is to train the team in possession when and how to get the ball to the striker. The striker must run from the goal get into an inside position before receiving the ball. His/her team must keep the ball (possess) until the striker is open. All players must use vision training and communication to be able to find the right moment to pass. The forward must get a touch on the ball before the attacking team can go to goal. Once the ball is lost or shot, the player who shot or lost the ball leaves the field and the other three attackers stay to defend the next four opponents.

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- **Opportunistic**
- **Dribble, pass, or combine**
- **Attack the front foot when the defender has committed if not before**
- **Wrong foot the defender by constantly changing position of the ball**
- **Combination when possible**