

# Soccer “U” Disk 4 Summary

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## Section 1 ... Slide Tackling

90% of players are never taught the proper way to slide tackle. Injury comes when a slide tackle isn't done correctly.

Three types of slide tackles ... inside of foot, outside of foot and hook or recovery tackle.

First practice just the slide portion without a ball into play ... just slide across the ground.

Inside Foot Tackle: Slide toward ball with the kicking leg on top of the other leg. Kick the ball away with the inside of the foot.

Outside Foot Tackle: Slide toward ball with the kicking leg on the bottom of the other leg. Kick the ball away with the outside of the foot.

Hook or Recovery Tackle: Slide with the leg that will control the ball on top of the other leg. As you slide toward the ball, hook the foot around the ball and stand up pushing the ball away.

Try all of these without another player dribbling the ball at first. Just use the ball. Then the coach should be the ball possessor as the player is learning the skill so another player isn't hurt if something goes wrong. Toughen' up coach!

**Drill:** Put four (or more) balls into a grid and just repetitively practice different tackles.

## Section 2 ... Scissor Kicks

When striking a scissor kick, the leg that will kick the ball should be the leg you jump off of. Launch yourself up and throw the other leg up in the air to get your momentum going up. Then swing the kicking leg into the ball and plant the opposite leg.