

Compilation of Football Skills/Tactics from YouTube

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1. Ball Mastery Skills
2. Moves 1v1
3. First Touch Skills
4. Dribbling (Running with the Ball, 1v1)
5. Passing
6. Finishing
7. Goalkeeper Technique
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11. Football Basics and Principles
12. Football Numbering and Positions
13. Soccer IQ
14. Worlds Greatest Players



1. Ball Mastery Skills

Fast Footwork

[30 Fast Footwork Drills - Part 1](#)

[30 Fast Footwork Drills - Part 2](#)

Beast Mode Soccer (BMS)

[BMS - Phase 1 Footwork Program](#)

[BMS - Phase 2 Footwork Program](#)

[BMS - Phase 3 Footwork Program](#)

[BMS - Phase 4 Footwork Program](#)

[Players First - Toe Taps, Bells, Push Bells, Pull Back Push](#)

[Players First - Tennis ball juggling](#)

[Players First - Four Cone Drill \(Part 1\) - Pull Back](#)

[Players First - Four Cone Drill \(Part 2\) - L Turns](#)

[Players First - Four Cone Drill \(Figure of 8 Overload\)](#)

Juggling

[XLR8 - Juggling Flick Ups](#)

[Skillz and Drillz - Football Juggling: The basics](#)

[Buddy Juggling](#)

Rolls/Toe Taps and Toe Touches

[XLR8 - Toe Taps](#)

[XLR8 - Toe Taps and Toe Touches](#)

[Coerver - Sole Heel Roll, Toe Roll](#)

[Coerver - Inside Roll, The Outside Roll](#)

[Coerver - Outside Roll, Step Behind, Turn 90 degrees](#)

[Coerver - Inside Roll Over, Step On](#)

[Coerver - Sole/Heel, Step Behind, Turn 90 degrees](#)

[Coerver - Fancy Toe Taps](#)

[XLR8 - Side Rolls](#)



2. Moves 1v1

Things to consider when performing a specific move/skill

How? - How to perform the Skill. Break it down into several steps.

Where? - Where on the field should you use the skill

When? - Position of the opponent (front, side or behind)

You can combine moves to create new moves [e.g Step Over + Scissors, Slap Cut etc..]

Types of Move

1. **Change of Direction** are used to shield the ball and turn into space
2. **Stops and Starts** create space by using changes of pace
3. **Feints** create space to either side of an opponent so that you can shoot, pass or run with the ball

2a Change of Direction

Cuts/Chops

[Coerver - Single Inside/Outside Cuts with Right/Left Foot](#)

[Coerver - Double Outside Cuts, Step Over](#)

[Coerver - Double Outside Cuts, Step Over + Scissor](#)

[XLR8 - Inside Chop](#)

[Skillz and Drillz - 3 Soccer Turns - Inside Cut, Outside Cut, Pull Back](#)

[XLR8 - Tic Tac Toe Challenge](#)

[Skillz and Drillz - The Ronaldo Chop](#)

[Skillz and Drillz - The Slap-Cut](#)

[Skillz and Drillz - The Elastico](#)

Turns

[XLR8 - V-Turn - Pull Push](#)

[Coerver - V-Turn \[Outside Foot\] - Pull Push](#)

[XLR8 - L-Turn](#)

[Coerver - Pull Back Around Foot \(L-Turn\)](#)

[Skillz and Drillz - Reverse Pull-Push \(L-Turn\)](#)

[Coerver - Pull Push, Push Behind \(V and L\)](#)

[XLR8 - Step Over Turn](#)

[Skillz and Drillz - Step Over Turn](#)

[Skillz and Drillz - The Ronaldinho Fake Back Pass](#)

[XLR8 - Cruyff/Hook Turn](#)

[Skillz and Drillz - The Cruyff Turn](#)

[Skillz and Drillz - The Reverse Cruyff Turn](#)

[Skillz and Drillz - The McGeedy Spin \(Cruyff + Outside of foot\)](#)

[Skillz and Drillz - The Sole-Flick Trick](#)



2b. Stops and Starts

[Skillz and Drillz - The High Wave](#)
[XLR8 - Pull Push](#)

2c. Feints/Fakes

Step Over (Outside to Inside)

[Coerver - Step Over](#)
[Coerver - Step Over Combinations](#)
[Coerver - Pull Push Step Over](#)
[Coerver - Toe Taps, Slap Step Over](#)
[Coerver - Step Over, Double Scissors](#)
[Skillz and Drillz - Drag, Step Over](#)
[Skillz and Drillz - Cristiano Ronaldo Reverse Step-Over](#)

Scissors (Inside to Outside)

[Coerver - Scissors](#)
[Skillz and Drillz - Scissors](#)
[XLR8 - Scissors](#)
[Coerver - Double Scissors](#)
[Coerver - Outside Cut, Single Scissors](#)
[Coerver - Step Over, Double Scissors](#)
[Coerver - Triple Scissors](#)
[Skillz and Drillz - Inside Scissor Ronaldo Trick](#)

Maradona and Zidane

Maradona uses 360° twist off and pull back. Zidane use 2 x 90° pull backs

[Skillz and Drillz - 'The Zidane 'Pull Back Flick'](#)
[Skillz and Drillz - Maradona and Zidane - Maradona 360 spin Trick \(Part 1\)](#)
[Skillz and Drillz - Maradona and Zidane - Zidane Trick \(Part 2\)](#)
[Skillz and Drillz - The Maradona Trick used in a U14 game](#)

Drag Push (Stanley Matthews)

[Skillz and Drillz - The Stanley Matthews](#)

The Rainbow Flick

[Rainbow](#)



3. First Touch Skills

First Touch Rebound Exercises (Practice with a Wall or rebounder)

- [First Touch Rebound - Two Touches \(100 L&R\)](#)
- [First Touch Rebound - One Touch \(100 L&R\)](#)
- [First Touch Rebound - First Touch Across Body](#)
- [First Touch Rebound - Two Touch Roll Across](#)
- [First Touch Rebound - One Touch Inside Alternate](#)
- [First Touch Rebound - One Touch Laces](#)
- [First Touch Rebound - One Foot Balance](#)
- [First Touch Rebound - Outside Foot Touch Alternate](#)
- [First Touch Rebound - Roll Scoop Roll](#)
- [First Touch Rebound - Inside Outside Snake](#)
- [First Touch Rebound - Two Touches Rapid \(Distance\)](#)

First Touch Box Exercises (Practice with partner and marked out box)

- [First Touch Box - Inside Touch explode](#)
- [First Touch Box - Inside foot across scoop](#)
- [First Touch Box - Outside foot across](#)
- [First Touch Box - Outside across scoop](#)
- [First Touch Box - Shimmy Scoop](#)
- [First Touch Box - Roll explode scoop](#)
- [First Touch Box - Outside roll, Inside roll](#)
- [First Touch Box - Shimmy](#)
- [First Touch Box - Inside Roll](#)
- [First Touch Box - Outside Roll](#)



4. Dribbling (Running With the Ball, 1v1)

7 MLC

- [5 Most Effective Moves To Beat a Defender](#)
- [1v1 Skills](#)
- [Close Control Dribbling](#)
- [Beat Defenders With Speed](#)
- [How To Improve Dribbling](#)
- [How To Dribble Like Messi](#)
- [How To Beat A Defender 1v1](#)
- [10 Easy Dribbling Skills](#)

- [Tips from the Pros - Ball Control at Speed](#)
- [How to Dribble a Football - OSA](#)
- ["Young" Messi - Dribbling and Running with the ball at speed](#)

5. Passing

BMS Buddy Series

- [Buddy Passing - Part 1](#)
- [Buddy Passing - Part 3 - Switch Switch](#)
- [Buddy Passing - Part 4 - Crosses](#)
- [Buddy Passing - Part 5 - Circle](#)
- [Buddy Passing - Part 6 - Circle \(pt2\)](#)
- [Buddy Passing - Part 7 - Brazilian toe taps](#)
- [Buddy Passing - Part 8 - Circle Switch](#)

Wall Passes (One Two/Give & Go)

- [How to do a Wall Pass \(One Two\) - OSA](#)
- [Wall Pass Coaching Drill](#)
- [Give and Go on the Move - How to play like Lionel Messi](#)



6. Finishing

6a. Finishing - How to Shoot with Power and Accuracy

- [How to Kick a football with Power - OSA](#)
- [Outside of Foot Shot with Power - OSA](#)
- [How to Shoot a Soccer Ball - Additional Pointers - OSA](#)
- [How To Score More Goals - Improving Your Shooting Technique Tutorial - 7MLC](#)
- [How To Shoot With Power and Accuracy - 7MLC](#)

6b. Finishing - How to Bend a Soccer Ball

- [How To Bend a Soccer Ball - OSA](#)
- [How To Shoot like Ronaldinho - Curve Free Kick Tutorial](#)
- [How To Curl A Soccer Ball - 7MLC](#)
- [How to Shoot with Curve! - AllAttack](#)
- [Messi Free kick Curve Technique](#)

6c. Finishing - How to Chip a Soccer Ball

- [How to Chip a football - OSA](#)
- [How to Chip like Messi - OSA](#)
- [Chip shot/Lob](#)
- [Learn to Chip the ball - Football soccer skills](#)

6d. Knuckleball

- [Knuckleball Tutorial - 7MLC](#)
- [How to Shoot a Knuckleball](#)
- [How to Hit the Perfect Knuckleball](#)



7. Goal Keeper Technique

- [Basic Goalkeeper Positioning - GKeeping](#)
- [Modern Scooping Technique - GKeeping](#)
- [Low Diving - GKeeping](#)
- [Side Volley - Punting - GKeeping](#)
- [Long Ball Goal Kick - GKeeping](#)
- [Throw Like Manuel Neuer - GKeeping](#)

8. Defending Tactics

- [When to Commit to a Tackle - OSA](#)
- [1v1 Defending - OSA](#)
- [Atletico Madrid Defending Analysis](#)
- [Poor Technique - Centre back Loses Possession](#)

8a. Positional Tactics - Centre Back

- [How to Play Centre Back - AllTactics](#)
- [How to Play Centre Back - OSA](#)
- [How To Play Centre Back - SoccerEssentials](#)
- [Centre Back Tutorial - PST](#)
- [How To Play Centre Back - Soccer Defending Techniques](#)

8b. Positional Tactics - Fullback

- [How To Play Fullback - OSA](#)
- [Gary Neville - How to build a partnership between full-backs and wingers](#)
- [Wing Backs - USA WNT](#)
- [Best Practices - Attacking Full Backs](#)



9. Midfield Tactics

9a Positional Tactics - Defensive/Holding Midfield (CDM)

- [How to Play Defensive Midfielder - AllTactics](#)
- [How To Play Central Defensive Midfield \(CDM\) - OSA](#)
- [What Makes The Perfect Defensive Midfielder? \(Kante\)](#)
- [The Makelele role - CDM](#)
- [Switching the Point of Attack - AllTactics](#)
- [N'golo Kante - The Master of Interceptions](#)
- [Top 5 tips to play CDM like N'Golo Kante](#)

9b. Positional Tactics - Attacking Midfield (no.10)

- [How To Play Attacking Midfield - OSA](#)
- [Ways to Create Space as Midfielder](#)
- [Attacking Midfielder Tutorial](#)
- [Attacking Midfielder \(BP\) - PST](#)
- [Switching the Point of Attack - AllTactics](#)
- [The 8 Xavi Rules for Midfielders](#)



10. Attacking Tactics

10a Attacking Basics

- [Attacking the channels - Nike Academy](#)
- [Switching the Point of Attack - AllAttack](#)
- [Scoring on a Counter Attack](#)

10b. Positional Tactics - Winger

- [Winger Movement - AllTactics](#)
- [How To Play Winger - OSA](#)
- [How To Play As a Winger - 7MLC](#)
- [Winger Movements](#)
- [Wingers Movement Off the Ball - Nike Academy](#)

10c. Positional Tactics - Striker

- [Striker Movement - AllTactics](#)
- [Top 5 Tips To Play As A Winger - Soccer Training](#)
- [How to move like Luis Suarez inside the box](#)
- [Striker Movement](#)



11 Football Basics and Principles

11a Positioning, Movement, & Creating Space

- [Soccer Basics - Positioning and Movement](#)
- [Ways to create space as a Midfielder](#)
- [Ways to create space - Lionel Messi video analysis](#)
- [How to Create Space - OSA](#)
- [How To Find Space](#)
- [How to Create Space - Thomas Muller](#)
- [The 10 Smartest Ways to Create Space to Score - Lionel Messi](#)
- [Andres Iniesta's Intelligent Movement](#)
- [Alexis Sanchez off the ball movements](#)
- [Movement to Drag Defenders](#)
- [Examples of Superb Vision & Movement](#)
- [Switching the ball - Tuchel](#)

11b. Vision, Scanning the Field, & Speed of Play

- [Xavi Vision & Awareness](#)
- [Why is Xavi Hernandez a Great Player - Analysis](#)
- [Speed of Play Drill - OSA](#)
- [Tips to Increase your Speed of Play - OSA](#)
- [Play as Fast as Xavi and Iniesta - OSA](#)
- [Speed of Play Drill - OSA](#)
- [How to Increase your Speed of Play - Man On - OSA](#)
- [How to Increase your Speed of Play - Turn - OSA](#)
- [Xavi 'Scanning' Technique](#)

12. Soccer Numbered Positions Explained

- [Soccer Jargon 101: Number Position Translator](#)
- [Soccer Positions by Number](#)



13. Soccer IQ

- [Soccer iQ - The Splits](#)
- [Soccer iQ - The Toe Poke](#)
- [Soccer iQ - The Impossible Pass](#)
- [Soccer iQ - Turn The Corner Like Alex Morgan](#)
- [Soccer iQ - Clear the First Wave](#)
- [Soccer iQ - Passing Angles](#)
- [Soccer iQ - Speed of Play](#)
- [Soccer iQ - The 3 Step Rule](#)
- [Soccer iQ - Better Than Square](#)

14. A few of the World's greatest players

[Pele](#)

[Johan Cruyff](#)

[Diego Maradona](#)

[Lionel Messi](#)