

## 2.4 Technical Analysis

# Introduction

- For my Technical Analysis I have identified 4 Core skills that I feel are required to make a good centre forward in football. These skills include:
- Headers.
- Passing.
- Dribbling with the ball.
- Shooting.

I play as a **striker**, and my main role is to score goals and assist other players around me. This is why I have found that my **heading and shooting** at goal should be at a high standard, as my team mates depend on me to get as many shots on target. My weaknesses would be my ability to **dribble** with the ball away from the oppositions defenders and fend off and challenges as well and I also think that my attacking headers should improve.

In this section I will be identifying all the core skills that I have mentioned above and feel that should improve, and then I will break them each down into the technical aspects of each skill that will include it's **preparation, execution and recovery**. I will then compare myself to a perfect model at my sport, to see the similarities and differences between the two, but I must always bear in mind that there really is no such thing as a "Perfect Model" because all elite sportspersons have flaws in their technique.



# Attacking Headers OVERVIEW



Obviously there are various types of headers, but they do differ depending on your position on the field. For instance, a defender would tend to play high, lofted headers with a lot of power, to clear the ball from their own box, or even a midfielder may use a header as a simple pass to another teammate.

I will be focusing on headers that require accuracy and power, because as a striker, these skills are essential to score goals and beat the oppositions goalkeeper. The next few slides will show what technical, tactical, mechanical and physiological steps are taken to ensure that I improve my current heading ability.



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# Attacking Headers TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Flexion occurs at both arms at the elbow joint. As well as that, they both need to abduct to give balance.	Legs need to be flexed at the knee joint, ready to extend. Ankle joint is extended, so that I am on my toes.	If heading the ball sideways on, I need to make sure that my torso is flexed in the opposite direction to the one I am heading the ball. This occurs at the hip joints.
Execution	Arms are still flexed and are providing most of the balance to the jump.	Legs then extend at the knees, in order for us to lift our body off the ground.	The torso, moves from being flexed in the opposite to the heading direction. This change, gives the header better power, so that it can beat a goalkeeper easily.
Recovery	Arms can now be relaxed and be flexed and extended at the elbow and shoulder joints when running.	When we land our legs are flexed at the knee joint, this provides us with a softer landing and reduced risk of injury.	My torso straightens up, so normal movement off the ball can occur.





# Defensive Headers TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Flexion occurs at both arms at the elbow joint. As well as that, they both need to abduct to give balance. Elevation of the shoulders.	Legs need to be flexed at the knee joint, ready to extend. Ankle joint is extended, so that I am on my toes.	If heading the ball sideways on, I need to make sure that my torso is flexed in the opposite direction to the one I am heading the ball. This occurs at the hip joints. Retraction of the shoulders.
Execution	Arms are still flexed and are providing most of the balance to the jump. Depression of the shoulder joints.	Legs then extend at the knees, in order for us to lift our body off the ground.	The torso, moves from being flexed in the opposite to the heading direction. This change, gives the header better power, so that it can beat a goalkeeper easily. Forward Retraction of the shoulder joints.
Recovery	Arms can now be relaxed and be flexed and extended at the elbow and shoulder joints when running.	When we land our legs are flexed at the knee joint, this provides us with a softer landing and reduced risk of injury.	My torso straightens up, so normal movement off the ball can occur.



# Attacking Headers TECHNICAL



## PREPARATION:

Flexion occurs at both arms at the elbow joint.

Both arms need to abduct to give balance.

Legs need to be flexed at the knee joint, ready to extend.



Ankle joint is extended, so that I am on my toes.

If heading the ball sideways on, I need to make sure that my torso is flexed in the opposite direction to the one I am heading the ball.

This occurs at the hip joints.



# Attacking Headers TECHNICAL



## EXECUTION:

Arms are still flexed and are providing most of the balance .

Legs then extend at the knees, in order for us to lift our body off the ground.



The torso, moves from being flexed in the opposite to the heading direction.

This change, gives the header better power, so that it can beat a goalkeeper easily.





# Attacking Headers TECHNICAL



## RECOVERY:

Arms can now be relaxed and be flexed and extended at the elbow and shoulder joints when running.



When we land our legs are flexed at the knee joint, this provides us with a softer landing and reduced risk of injury.

My torso straightens up, so normal movement off the ball can occur.





## Attacking Headers PERFECT MODEL



Similarities: Arms are extended and abducted for balance.



Differences: Perfect Model leans in more to during the execution to generate more power.





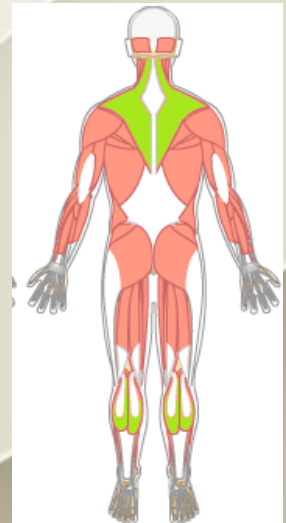
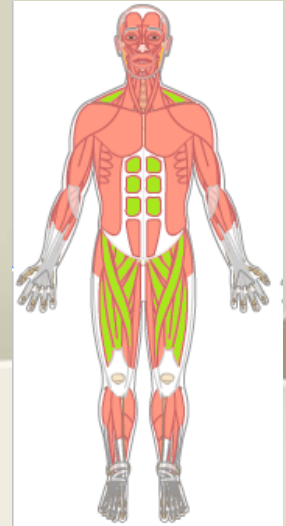
# Attacking Headers PHYSIOLOGICAL



Components of Fitness attributed to the Skill: Muscular Strength, Flexibility, Body Composition. Muscular Strength, Flexibility, Body Composition.

**Anaerobic alactic, high intensity.** Duration up to 15 seconds; used in explosive efforts and short sprints, kicking, tackling etc.

The inability of a muscle to maintain its strength of contraction is called muscle fatigue. This is obviously determined by which type of fibre is being used too. Gross musculo-skeletal structures demonstrate long-term musculo-skeletal adaptations in response to exercise and training. These adaptations enable these structures to cope with the increasing demands of future workloads.







# Attacking Headers TACTICAL



**Tactics for Attacking Headers:**  
If you want to avoid injuring yourself, you'll need to keep your head and body taut but not rigid. It's important to be confident: you're much more likely to make an accurate judgement and gain control of the ball if you make a decisive move.

The most important thing of all, though, is to get above the ball. This is the only way you'll be able to send the ball down into the net. Not only this, it also means you are less likely to injure yourself by hitting your head or nose with the ball, or against a defender who might also be making a play for a defensive header. Jump high and make a decisive move.



Attacking headers make for some of the most spectacular goals in football. Legends from George Best to Wayne Rooney have known how to take advantage of defensive weakness by redirecting a high, fast-moving shot into the bottom corner of the net.



# Attacking Headers MECHANICAL



To get the maximum amount of power into the jump the legs have to be flexed and extended with a lot of strength to get more height.  
The header will have less control, if I don't keep my eyes open. The change in direction of my torso will give power in the header.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.





# Long Passing OVERVIEW



Another type of pass is the chip pass. This type of pass will loft the ball into the air. The player should strike the bottom of the ball with his toe with the nonkicking foot planted to the side of the ball. The kicking foot should not have a follow through, which should lift the ball into the air and impart backspin on it.

The long pass is executed when you want to pass the ball to a teammate who is far away. To execute a successful long pass, approach the ball at a slight angle, keep the nonkicking foot to the side and slightly behind the ball, strike the ball low, with the instep, and follow through with a full swing. My short passing is good, but I have chosen long passing to improve, because this skill will also develop my vision.



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# Long Passing TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot. The arm also extends at the shoulder joint. Both arms are abducted.	The less dominant leg must be extended and also planted in the ground to give a safe stance. The kicking leg is flexed at the knee joint. The hips are rotating.	The torso twists at the hips, in order for balance. This also helps later as I can create more power in my shot generated by the momentum of the torso straightening up.
Execution	Arms are flexed at this point. The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.	My kicking leg is then extended to hit the ball. The other leg that supports my weight flexes so that my centre of gravity is lower.	The torso, flexes at the hips, so that I lean over the ball. This helps, so that I can always see the ball, preventing any chance of mis-kicking.
Recovery	Both arms adduct now and relax to become flexed and then extended in normal running.	Both legs extend at the knee joint so we are standing, and can now return to normal running.	My torso straightens up, so normal movement off the ball can occur.



# Short Passing TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot. The arm also extends at the shoulder joint. Both arms are abducted.	The less dominant leg must be extended and also planted in the ground to give a safe stance. The kicking leg is flexed at the knee joint. The hips are rotating.	The torso twists at the hips, in order for balance. This also helps later as I can create more power in my shot generated by the momentum of the torso straightening up.
Execution	Arms are flexed at this point. The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.	My kicking leg is then extended to hit the ball. The other leg that supports my weight flexes so that my centre of gravity is lower. Ankle Inversion. Internal rotation at the knee joint.	The torso, flexes at the hips, so that I lean over the ball. This helps, so that I can always see the ball, preventing any chance of mis-kicking. Circumduction of the hips.
Recovery	Both arms adduct now and relax to become flexed and then extended in normal running.	Both legs extend at the knee joint so we are standing, and can now return to normal running.	My torso straightens up, so normal movement off the ball can occur. Lateral Rotation of the hips.





# Long Passing TECHNICAL



## PREPARATION:

Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot.

I can create more power in my shot generated by the momentum of the torso straightening up.



The torso twists at the hips, in order for balance.

The less dominant leg must be extended and also planted in the ground to give a safe stance.

The kicking leg is flexed at the knee joint. The hips are rotating.

The arm also extends at the shoulder joint. Both arms are abducted.





# Long Passing TECHNICAL



## EXECUTION:

Arms are flexed at this point.

The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.

My kicking leg is then extended to hit the ball.



The other leg that supports my weight flexes so that my centre of gravity is lower.

The torso, flexes at the hips, so that I lean over the ball.

This helps, so that I can always see the ball, preventing any chance of mis-kicking.



# Long Passing TECHNICAL



## RECOVERY:

Both arms adduct now and relax to become flexed and then extended in normal running.



My torso straightens up, so normal movement off the ball can occur.

Both legs extend at the knee joint so we are standing, and can now return to normal running.





# Long Passing PERFECT MODEL



Similarities: Arms are extended and abducted for balance.



Differences: During the recovery stage, the Perfect Model's kicking leg is higher. This is because with this action, he can scoop the ball over long distances with minimal effort.



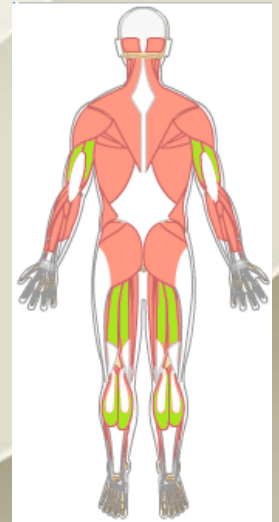
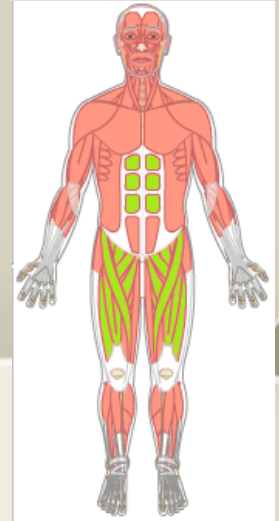


# Long Passing PHYSIOLOGICAL



Components of Fitness attributed to the Skill: Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Muscular Endurance

The main system for this particular skill is the Aerobic System for long efforts of low to moderate intensity. The Aerobic System, would be used, for a light jogging pace, with the ball close to your feet, taking several touches at a time.



Time factor	Energy system used
Up to 20 seconds	ATP PC stores in cells
20 seconds to 1.5 minutes	Combination of ATP & lactic acid systems
1.5 minutes to 3 minutes	Lactic acid system
Up to 10 minutes	Lactic acid & aerobic systems
After 10 minutes	Oxygen-based aerobic system





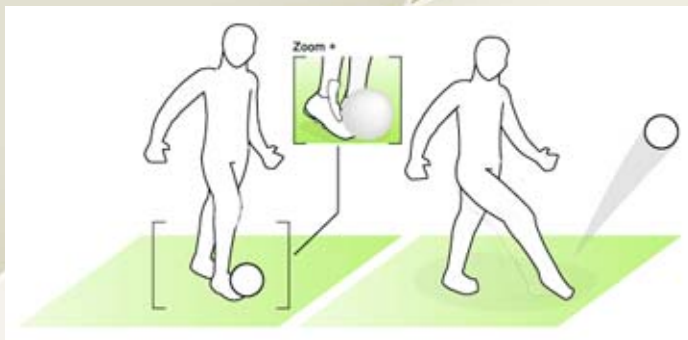
# Long Passing TACTICAL



The technique for lofting a ball is as follows: the body approaches the ball standing straight and then leans back as the ball is approached. The head leans back with the body and the eyes should be level with the horizon. While the body is leaning back, weight should be applied to the heel of the non-kicking foot, arms should be outstretched with the arm on the opposite side to the kicking foot.

The area of the foot used should be the 'sweet spot', which is where the laces are on a conventional boot, because there is more surface area here providing a better chance of the pass being accurate. The area in which the ball is hit is a vital part of this technique. The ball should be struck underneath, where the ball sits on the ground. As the foot connects with the ball it should be a slow and smooth motion, raising it off the ground and into the air.

A follow-through is not needed as much as when shooting or passing as the lofted kick is more about accuracy than power. It is closer to a 'chip' but it has more power.





# Long Passing MECHANICAL



The torso must be over the ball, and arms out wide to prevent the ball be dispossessed from you before you pass from challenges from behind and the arms prevent challenges from the side.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.



# Dribbling with the Ball OVERVIEW



Dribbling is one of the most important skills in football. Dribbling is how one player moves the ball up and down the field. To dribble, the player moves the ball back and forth from one foot to the other. This is done by shoving, pushing, tapping, or nudging the ball with the inside, outside, or sole of the foot.

My dribbling ability at the moment, is satisfactory, but is evident that there is a lot of room to improve my first touch, turning and shielding the ball away from the defenders. I regularly find myself in possession of the ball, and usually find myself looking to break the opposition's defensive line. Eventually, I can incorporate some tricks, skills and some dummies to fool the opposition too.



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# Dribbling with the Ball TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Flexion and Extension occur in the arms at the elbow joints, and the arms are slightly abducted to the side, to aid with balance and also fend off defenders.	The leg that is predominantly kicking the ball is flexed ready to hit the ball. While the non- kicking is extended to cover more ground while running.	The torso twists at the hips, in order for balance.
Execution	One arm is flexed while the other is extended. These occur at the elbow and shoulder joints and help with the running momentum.	My kicking leg is then extended to hit the ball. The other leg that supports weight flexes so that my centre of gravity is lower.	I lean over the ball to protect it and also rotates the torso to help me change direction at speed. Leaning over the ball helps, because I can always see the ball, preventing any chance of mis-kicking.
Recovery	Both arms adduct now and relax to become flexed and then extended in normal running.	Knee and hip joints continue to extend and flex to continue dribbling.	My torso straightens up, so normal movement off the ball can occur.





# Dribbling with the Ball TECHNICAL



## PREPARATION:

Flexion and Extension occur in the arms at the elbow joints, and the arms are slightly abducted to the side, to aid with balance and also fend off defenders.

The torso twists at the hips, in order for balance.



While the non-kicking is extended to cover more ground while running.

The leg that is predominantly kicking the ball is flexed ready to hit the ball.



# Dribbling with the Ball TECHNICAL



## EXECUTION:

One arm is flexed while the other is extended.

These occur at the elbow and shoulder joints and help running.

I lean over the ball to protect it and also rotates the torso to help me change direction at speed.



My kicking leg is then extended to hit the ball.

The other leg that supports weight flexes so that my centre of gravity is lower.

Leaning over the ball helps, because I can always see the ball, preventing any chance of mis-kicking.



# Dribbling with the Ball TECHNICAL



## RECOVERY:

Both arms adduct now and relax to become flexed and then extended in normal running.



My torso straightens up, so normal movement off the ball can occur.

Knee and hip joints continue to extend and flex to continue dribbling.





# Dribbling with the Ball PERFECT MODEL



Similarities: Ankles are extended and body is over ball to shield.



Differences: The Perfect Model's arms are extended out wide, to hold off defenders. The head is raised more to improve awareness.





# Dribbling with the Ball PHYSIOLOGICAL

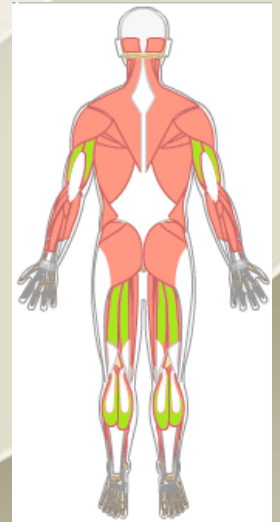
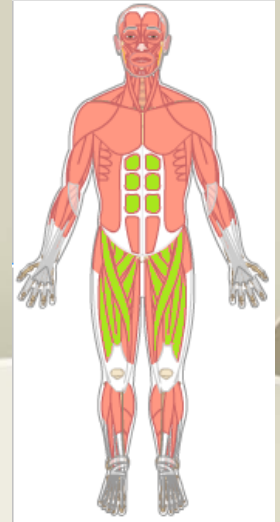


Components of Fitness attributed to the Skill: Muscular Strength, Flexibility, Body Composition, Cardiovascular Endurance, Muscular Endurance

The three major systems available for the production of energy in the muscles are all used when sprinting for a ball.

The ATP-PC System is generally used for high-intensity short bursts with the ball (perhaps in an attempt to quickly change direction or evade an interception from an oncoming defender);

The Anaerobic Glycolysis system for intermediate bursts of relatively high intensity, (though this does produce lactic acid, which in excess could give you cramps later in the game) and finally, there is the Aerobic System for long efforts of low to moderate intensity. The Aerobic System, would be used, for a light jogging pace, with the ball close to your feet, taking several touches at a time.





# Dribbling with the Ball TACTICAL

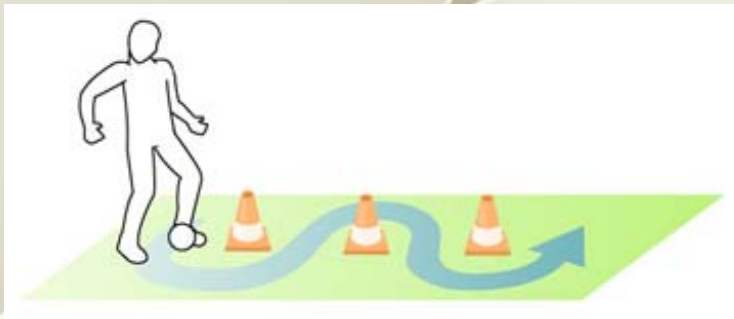


Dribbling is most often used in offensive situations. One player keeps control of the ball and, as long as he does so, he has control of the game. He uses his agility to set up passes and buy time for his teammates to position themselves for attack. He must fend off tackles, plan his movements, and keep an eye firmly on the rest of the field.

The basic dribble in football involves propelling the ball in front of oneself with a series of small kicks. It is best practised by starting slowly and building up speed.

The key to dribbling quickly is not to use more power but to make contact more frequently by moving the feet faster.

The best dribblers have a repertoire of dummies to defeat defenders, perfect control of their own pace and the ball, and most importantly a heightened awareness of what is happening around them in the field.







# Dribbling with the Ball MECHANICAL



The torso must be over the ball, and arms out wide to prevent the ball be dispossessed from you before you pass from challenges fro behind and the arms prevent challenges from the side.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles

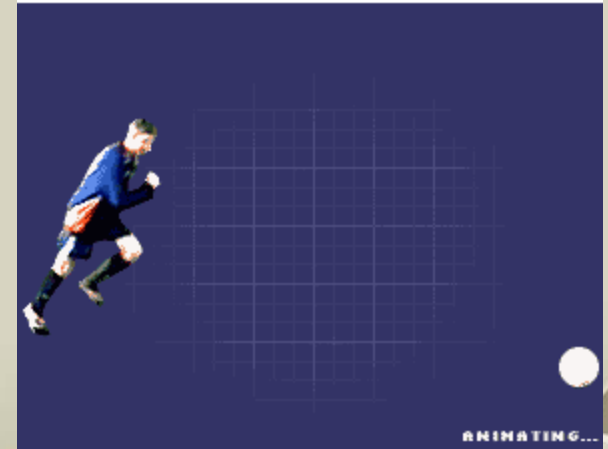


# Shooting OVERVIEW

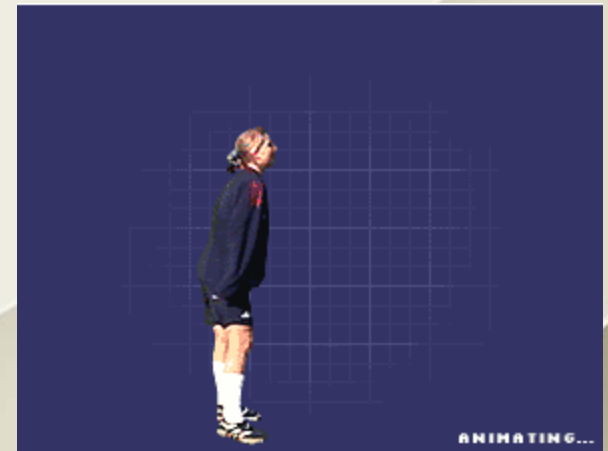


Shooting is an important skill, because this is the skill used to score. All players love to score a goal. To shoot, the kicking leg should be flexed at the knee and the hip with the non-kicking foot planted beside the ball. Kick the ball - forcefully - with the instep or laces of your kicking foot and follow the kick through completely, aiming for the corners.

I generally place my shots, that is why I generally have a good goal-to-game ratio. But it is almost impossible to score without power. I feel that I need to improve my powerful shots whether they be on the ground or in the air. There are various types of shots including the chip shot.



Show Animation



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# Shooting TECHNICAL



Phase	Arms	Legs	Torso
Preparation	Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot. The arm also extends at the shoulder joint. Both arms are abducted.	The less dominant leg must be extended and also planted in the ground to give a safe stance. The kicking leg is flexed at the knee joint. The hips are rotating.	The torso twists at the hips, in order for balance. This also helps later as I can create more power in my shot generated by the momentum of the torso straightening up.
Execution	Arms are flexed at this point. The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.	My kicking leg is then extended to hit the ball. The other leg that supports my weight flexes so that my centre of gravity is lower. The ankle on the kicking leg extends, so that it can wrap around the ball. Kicking leg also adducts.	The torso, moves from being flexed in the opposite to the kicking direction. This change, gives the shot more swerve and power.
Recovery	Both arms adduct now and relax to become flexed and then extended in normal running.	Both legs extend at the knee joint so we are standing, and can now return to normal running.	My torso straightens up, so normal movement off the ball can occur.





# Shooting TECHNICAL



## PREPARATION:

Extension at the elbow occurs at both arms, this is to give balance, as you lean backwards to gain height on the shot.

The arm also extends at the shoulder joint. Both arms are abducted.

The less dominant leg must be extended and also planted in the ground to give a safe stance.



The kicking leg is flexed at the knee joint. The hips are rotating.

The torso twists at the hips, in order for balance.

This also helps later as I can create more power in my shot generated by the momentum of the torso straightening up.



# Shooting TECHNICAL



## EXECUTION:

Arms are flexed at this point.

The arm on the same side as the kicking leg, abducts further, but the other arm, in my case the right arm, will be adducting towards my torso.

My kicking leg is then extended to hit the ball.



The other leg that supports my weight flexes so that my centre of gravity is lower.

The ankle on the kicking leg extends, so that it can wrap around the ball. Kicking leg also adducts.

The torso, moves from being flexed in the opposite to the kicking direction. Giving more power.





# Shooting TECHNICAL



## RECOVERY:

Both arms adduct now and relax to become flexed and then extended in normal running.

Both legs extend at the knee joint so we are standing, and can now return to normal running.



Both legs extend at the knee joint so we are standing, and can now return to normal running. My torso straightens up, so normal movement off the ball can occur.





# Shooting PERFECT MODEL



Similarities: Hip rotation during the recovery stage is the same.



Differences: During the Preparation, the kicking leg is fully flexed backwards and, other foot planted closer to ball.





# Shooting PHYSIOLOGICAL

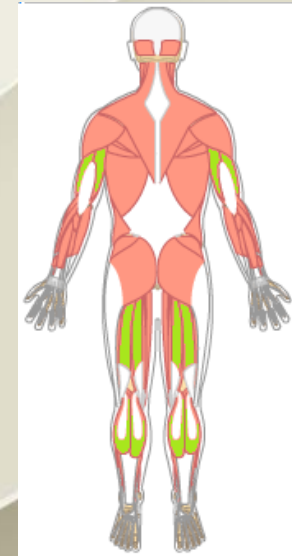
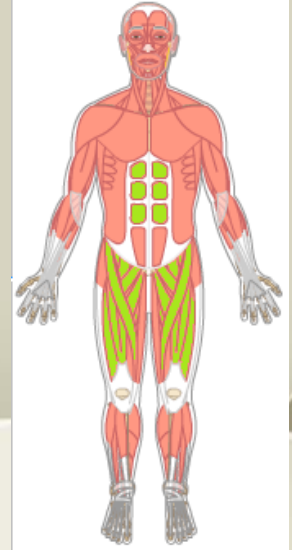


Components of Fitness attributed to the Skill: Muscular Strength, Flexibility, Body Composition, Muscular Endurance.

The main energy system used when shooting at goal would be the ATP-PC System is generally as it is for high-intensity short bursts with the ball. As the entire action takes no more than a few seconds each time, this is why the aerobic system will focus more on the long duration, repetitive movements.

The voluntary movement allowed by the brains interaction with the musculoskeletal system can allow something as rigorous as football to appear as if they are simple. Spectators can enjoy watching with very little understanding of what stresses and strains may be in force. Yet, in the end, the body has a wonderful ability to adapt to the forces placed upon it.

The combination of the skeletal system with the muscular system makes it possible for an otherwise immovable body mass to move with grace and purpose.



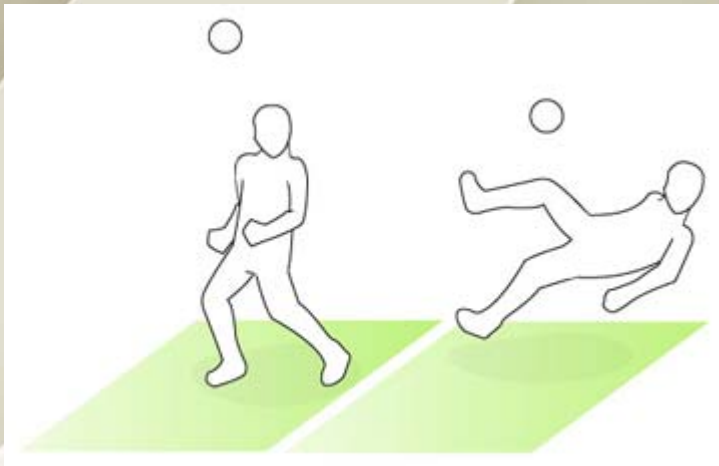


# Shooting TACTICAL



Overhead kicks are generally only used around the goal - either by a defender needing to clear the ball quickly, or by an attacking player with little room for manoeuvre. A forward in a good scoring position but with his or her back to the goal, might opt for an overhead kick if the ball is bouncing at head height.

**Volleying:**  
Because everything happens much faster in the air, a player attempting to volley needs to be even more focused on timing and accuracy than in ordinary play. He can use the momentum the ball already has to create a very powerful strike, but if it's not on target he will probably lose control and the mistake could cost him and his team dearly.



As well as keeping up the pace of play, volleys can be used to seize control from the opposition. An intercepted pass can be turned to great advantage by a well-placed volley. Along with headers, volleys are a vital skill for players at the front of the field, being key to picking up crosses and delivering them into the goal.





# Shooting MECHANICAL



To perform the shot, the dominant leg must be fully extended, otherwise I lose control and the accuracy of the ball gets uncontrollable.

Phase	Arms	Legs	Torso
Preparation	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Triceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.
Execution	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Quadriceps.	Isotonic Muscle Contraction. Abdominal Muscles.
Recovery	Isotonic Muscle Contraction. Antagonistic Pair: Biceps and Triceps and deltoids. Prime Mover: Biceps.	Isotonic Muscle Contraction. Antagonistic Pair: Quadriceps and Hamstrings. Prime Mover: Hamstrings.	Isotonic Muscle Contraction. Abdominal Muscles.

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