In an ideal world, a regional level player would have the following **technical competencies:**

- Drive the ball 30+ yards on the ground with the dominant leg with no side spin.
- Control a flighted or driven ball out of the air and be passing, dribbling, or shooting on the second or third touch.
- Use wedge techniques to control flighted or driven balls into space.
- Jump to head flighted or driven balls using correct technique. The pass would be at least 30 yards and the players would be side-on, jumping off one leg, and have an arched back. Timing is THE critical problem.
- Control ground balls away from pressure using any surface on either foot, including facing pressure and back-to-pressure situations.
- Position and constantly reposition the body to provide for maximum vision of the field (starting position).
- Continuously scan the field for teammates and opponents (vision).
- Close-dribble the ball with the inside and outside of both feet.
- Speed dribble under control.
- Pass the ball on the ground over shorter distances (20-30 yards) with the inside and outside of both feet.
- Pressure opponents into a chosen direction (channel).
- Slide tackle using both legs (outside and inside legs).
- Slide-tackle the ball to maintain possession.
- Develop disguise and subtlety with the ball, particularly when dribbling and passing.