

VYSA METRO-DC COACHING EDUCATION

* KEY TECHNICAL COACHING POINTS *



DRIBBLING:

- . Change of pace
- . Change of direction
- . Feint/moves to unbalance defenders
- . Small touches in tight areas
- . Play off of front foot to speed dribble
- . Look to beat opponent's back foot
- . Shielding:
 - . Use arm to "feel" opponent
 - . Ball on part of foot farthest from opponent

RECEIVING:

- . Look around you, know where pressure and space are
- . Get into line of flight of ball
- . Choose surface
- . Cushion into space or away from pressure

SHOOTING:

- . See "target," see "ball"
- . Accuracy before power
- . Prep touch to set up shot
- . Non kicking foot beside ball
- . Strike with instep or inside of foot or toe
- . Make sure ankle is tight at contact (lock ankle)
- . Follow through to target to get a harder shot
- . Land on kicking foot if shooting off of a dribble

PASSING:

- . Accuracy
- . Proper weight
- . Raise toe up if using inside of the foot
- . Non-kicking foot beside ball
 - . Knee of kicking foot over ball at strike
- . Point toe in if using "front" foot
 - . Non-kicking foot opens up
- . Use different surfaces
- . Disguise

HEADING:

- . Eyes on ball
- . Contact through middle or top of the ball for passing or finishing
- . Contact through bottom to clear
- . Keep trunk "tight" during contact
- . Follow through or guide or glance to target

DEFENDING:

Pressuring defender (1st):

- . Travel as the ball travels
- . Recover goal side/inside
- . Eyes on ball
- . Side on
- . Close distance to ball quickly, under control and get attacking player's eyes looking down
- . Distance to ball depends on soccer cues
- . When to tackle
- . Channel player to support or away from danger

Covering defender (2nd):

- . Travel as the ball travels
- . Recover goal side/inside
- . Distance to 1st defender depends on soccer cues
- . Communicate to 1st defender
- . Eyes of ball and supporting attackers
- . Feet in a position to offer support if 1st defender is beat

Balancing defenders (3rd and everyone else):

- . Travel as the ball travels
- . Recover goal side/inside
- . Position self to see ball and supporting attacking players off the ball
- . Have feet in position to drop or step forward depending on visual cues