

COACHING POINTS FOR SESSIONS

Dribbling to Penetrate

CP's to mention during session: Body Mechanics, Agility and Balance, Contact Surface of foot, Change of direction and Speed, Setting up the Defender, Protecting the ball (Shielding), Vision

Short Passing

CP's to mention during session: Body mechanics, lock the ankle, weight of pass, accuracy, disguise, and vision.

Penetration Passes

CP's to mention during session: Body mechanics, weight of pass, timing of pass, eye contact, timing of run, communication verbal and non verbal

Receiving/Turning

CP's to mention during session: Body mechanics, position and balance, get in line of flight, select control surface, relax and withdraw before contact, importance of first touch to prepare ball, turn with one touch, vision and took look behind to where defender is

Receiving Flighted Balls

CP's to mention during session: Body mechanics, position and balance, get in line of flight of ball, select control surface, relax and withdraw before contact, importance of first touch to prepare ball, vision and took look behind to where defender is

Crossing Flighted Balls

CP's to mention during session: Body mechanics, eye on the ball, area of contact, foot positioning and most important plant foot, angle of approach, prep touch, quality of cross and weight and speed of cross

Goalkeeper Shot Stopping

CP's to mention during session: Body mechanics, being set, body shape, balance, weight transfer, eye on ball, positioning and angle play by shifting or coming out

Goalkeeper Distribution

CP's to mention during session: Selection of distribution, throwing and kicking based on distance, distribution to feet or space, changing the point of attack, starting the attack, supporting outfield players, organizing the defense, technique to handle the back pass

Possession with a Purpose

CP's to mention during session: Role of players in order to maintain possession, angle and distance and timing of support, vision, body position open to the field, decision making, verbal and visual communication, shape to team to maintain possession.

Heading to Attack

CP's to mention during session: Get in line of flight of ball, watch the ball, make contact with the forehead, keep eyes open and mouth shut, direct ball down toward the target, balance and arms out for protection, time the run and jump to head the ball at the highest point

Heading to Defend

CP's to mention during session: Get in line of flight of ball, watch the ball, make contact with the forehead, keep eyes open and mouth shut, direct the ball high and wide for distance, balance and arms out for protection, time the run and jump to head the ball at the highest point

Finishing off the Dribble

CP's to mention during session: Body Mechanics, Agility and Balance, Contact Surface of foot, Change of direction and Speed, Setting up the Defender, Protecting the ball (Shielding), Vision, approach to the ball at angle, prep touch, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball, placement verses power

Finishing off the Cross

CP's to mention during session: Timing of run, approach to the ball at angle, in line of flight, prep touch if time permits, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball, placement verses power, verbal and non verbal communication

Long Range Finishing

CP's to mention during session: approach to the ball at angle, prep touch, standing foot next to ball, ankle locked, toe down and heel up, solid contact, follow through, land on kicking foot, watch the ball,

Changing the Point of Attack

CP's to mention during session: Team shape, possession, switch the field away from pressure, too many of opponents on one side, push the ball into space, prep touch of player receiving the ball

Attacking Shape

CP's to mention during session: Roles and positioning of players, penetrate and decide to shoot, pass or dribble, support angle and distance to ball, support position in advance of the ball or depth, support position lateral to ball or width.

1st and 2nd Attacker

CP's to mention during session: 1st Attacker to penetrate, shoot or pass, 2nd attacker support angle and distance to ball, support in advance of the ball, support lateral to ball

Combination Play/Wall Pass

CP's to mention during session: Body mechanics, weight of pass, timing of pass, eye contact, timing of run, communication verbal and non verbal, push the ball to space, stationary player has 1 touch

Defensive Shape

CP's to mention during session: Roles and positioning of players, close down and apply immediate pressure, recovery runs, angle of speed and approach, body shape and balance and foot positioning, control and restraint, deny turn, timing and decision to tackle, (Pressure, Cover and Balance) defending vital space and squeeze toward center (compactness-concentration), defending behind space, tracking players

1st and 2nd Defender

CP's to mention during session: 1st Defender to apply immediate pressure, angle and speed of approach, control and restraint, delay and channel, 2nd Defender and distance of cover, intercept pass, prepared to change role of pressure/cover, visual and verbal communication