

# Vision Soccer Academy

## Coaching Points

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### **Dribbling** – Three types of dribbling

1. Dribbling to maintain possession when under pressure

**Coaching Points:**

- a) Keep body between ball and defender
- b) Keep ball on foot furthest away from defender
- c) Be “side on” to the defender – to create as much space between the defender and the ball
- d) Use arm to create space between you and the defender

2. Running with the ball – speed dribbling

**Coaching Points:**

- a) Toe down and slightly inside
- b) Use instep (laces) to dribble
- c) First touch is out in front to create room to accelerate
- d) As space to defender decreases use more touches to keep the ball closer and under control

3. Attacking a defender

**Coaching Points:**

- a) Must use change of direction and/or change of speed (Preferably both)
- b) Attack the front foot of the defender
- c) Think of beating and getting into the space behind the defender while maintaining possession of the ball
- d) After beating the defender the next touch couple of touches must take away the recovery run of the defender

### General Points for Dribbling

- a) The ball needs to be close enough to the body to keep control
- b) Dribble with your head up so you can read the game
- c) Get use to dribbling with both feet and all the different surfaces of your feet

### **Passing**

Passing can be separated into different kinds: short, medium, and long. Passing can also be accomplished in combinations. Passing also relies on receiving and these techniques are dependent on each other for success.

There are three decisions to be made when passing:

1. When to pass – not waiting too long
2. Where to pass – feet vs space
3. Weight or pace of the pass – a crisp pass must be made and/or, but your teammate must be able to control the ball
4. Angle of support

Three examples of passing:

1. Inside of the foot (most often used) is the most accurate type of pass from 5 to 20 yards. (short to medium passes)
2. Instep or laces (most difficult) used for passes that are 20 to 40 yards and longer. (medium to long passes)
3. Outside of the foot – used for combination passing like the wall Pass, 1-2, or Give and Go. (short passes)

**Coaching Points for Passing:**

1. Plant foot (non-kicking foot) next to the ball
2. Plant foot is pointed in direction of target
3. Ankle is locked
  - a) Inside of the foot pass – toe up, heel down, knee bent, and strike the ball with the center of foot. Ankle locked
  - b) Instep or Laces pass – toe down, heel up, knee bent, and strike the ball with the top of the center of the foot (where laces are). Ankle locked
  - c) Outside of the foot pass – toe up, heel down, knee bent, and strike the ball with the outside of the foot.
4. Follow through towards target

# Receiving

The parts of the body that are commonly used for receiving are the foot, thigh, and chest. There are two types of balls ground and air.

## 1. Ground Balls

### **Coaching Points:**

- a) Keep eye on the ball
- b) Get behind the ball
- c) As the ball arrives there is a little hop, so you're able to cushion the ball. The foot will be a little off the ground, so controlling the ball is easier. (toe up, heel down, ankle locked, and knee bent if you are receiving the ball with the inside the foot)
- d) Control ball into a space or away from pressure direction you are heading - Prepare the ball so it allows the player to shoot, pass or dribble with the next touch
- e) If under pressure or marked, position body side-on and receive with nearest foot to ball.

## 2. Air Balls

### **Coaching Points:**

- a) Keep eye on ball
- b) Get behind the ball (on toes, prepared)
- c) Decide which part of the body to control the ball (foot, thigh, or chest)
- d) Cushion ball as it arrives with a little hop
- e) Control ball into a space or away from pressure
- f) If under pressure or marked, position body side-on and receive with nearest foot to ball.
- g) Prepare the ball so it allows the player to shoot, pass or dribble with the next touch

# Shooting

Shooting is a technique that takes time, effort and patience to acquire. Statistics show that 1 in 10 shots find the back of the net. Players must be encouraged to find a kickboard or wall where they can refine their technique. Too many times, players confuse power with having a great shot. They must be taught that accuracy is the first step toward having a sound technique. Sound technique will bring power.

### **Coaching Points for Shooting:**

#### 1. Technique for Shooting with Instep / Laces

- a) Approach the ball at an angle
- b) Keep eye on ball - visualize the target
- c) Find target put head down
- d) Plant foot alongside the ball pointed in the direction of the target
- e) Ankle Locked - Toe down, heel up, knee bent, and strike the ball with the top of the center of the foot (where the laces are).
- f) Solid Contact - Strike through the middle (center) of the ball
- g) Watch the ball during this whole process
- h) Land on kicking foot
- i) Arms out for balance
- j) Follow shot

#### 2. Mentality

- a) Must be aggressive
- b) Must want to shoot
- c) Cannot be afraid to miss

# Heading – Two Types of Headers

Heading is a technique that must be taught when the age is appropriate and using proper equipment. Ages 4 through 7 a beach ball, balloon, or heading ball is appropriate for teaching technique. At the age of 8 and older years hand sewn balls are appropriate for heading. Heading should not be done for an extended period of time. If players complain of headache make sure their technique is correct and let them stop.

## 1. Offensive – heading to score

### **Coaching Points:**

- a) Keep eye on the ball and open as long as possible
- b) Make sure one foot is in front of the another
- c) Knees bent
- d) Arms out for protection and balance – not straight (bent at 90 degrees)
- e) Can jump if necessary – jump off one or both feet
- f) As the head is about to strike the ball bend upper torso away from the direction of the ball – this is where the power comes from
- g) Use forehead to strike the ball (just below hairline)
- h) Head top half of ball – keep eyes open as long as possible and mouth shut with teeth clenched
- i) Direct the ball down towards target
- j) Snap through ball, power comes from abs
- k) Follow shot

## 2. Defensive – heading to clear the ball

### **Coaching Points:**

- a) Keep eye on the ball and open as long as possible
- b) Make sure one foot is in front of the another
- c) Knees bent
- d) Arms out for protection and balance – not straight (bent at 90 degrees)
- e) Can jump if necessary – jump off one or both feet
- f) As the head is about to strike the ball bend upper torso away from the direction of the ball – this is where the power comes from
- g) Use forehead to strike the ball (just below hairline)
- h) Head bottom half of ball – keep eyes open for as long as possible and mouth shut with teeth clenched
- i) Head at 45 degree angle
- j) Head ball high, wide and for distance

# Defending / Tackling

1<sup>st</sup> Defender – Pressure, 2<sup>nd</sup> Defender(s) – Cover, and 3<sup>rd</sup> Defender(s) – Balance. There are three stages to tackling: preparation, decision to tackle, and the tackle. Players must be encouraged to be patient and tackle when confident. They also cannot be afraid to get a body on the opponent.

## 1. Preparation

- a) Approach must be angled
- b) Delay (or stop attack) the attacker or attackers
- c) Direct the ball to: covering teammate and/or nearest touchline

## 2. Decision to Tackle

- a) Must be within at least one step of reaching the ball
- b) Tackle as ball moves away from attacker and foot goes down
- c) Tackle when the attacker looks down at the ball
- d) Tackle when attacker shows the ball to the defender
- e) Tackle attacker when against touchline or corner
- f) As a defender **never** swing your leg uncontrollably  
**(always have your muscles/ankle/knee locked to prevent injury)**

## 3. Types of Tackles

- a) Poke Tackle
- b) Block Tackle
- c) Side Tackle

# Crossing

The majority of goals are scored off of crosses. 76% of goals scored at the International level are scored off of crosses. This part of the game sometimes gets passed over by coaches when it is such an important part of scoring.

1. Look at the “runners in the box” – pick a specific player out to play the ball too.
2. Select type of cross
  - a. Back on the ground
  - b. Driven low near post
  - c. Driven far post
  - d. Lofted far post
  - e. Bent (near, middle, or far)
3. Prepare the ball on an angle towards the “box” – This makes sure the players hips get turned
4. Stranding foot alongside ball and towards target.
5. Select the part of the foot you are to use to cross the ball (select the type of surface)
  - a. Inside
  - b. Laces
  - c. Bending with the inside of the foot
  - d. Bending with the outside of the foot
6. Cross ball
7. Follow up cross (frame the goal)

When talking about crossing you have to talk about the runners (bending and timing of the runs)

1. What type of run to make
  - a. Straight
  - b. Bent
  - c. Fast / slow
2. Where to make your run
  - a. Near post
  - b. Far post
  - c. Middle
  - d. Top
3. When to make your run (Timing of the run)
  - a. When you see a long touch from the crosser
  - b. Watch for the leg swing of the cross
  - c. Eye contact from the crosser

# Possession

Possession is the basic fundamentals of soccer and here are the main points in coaching possession soccer.

1. Being able to play with their heads up
2. Giving specific directions when communicating – time, turn, man-on, etc...
  - a. Verbal and visual Communication
3. Proper angles/distance/timing of support
4. Body position – open body to the field
5. Being able to play the way you are facing
6. Working on their first touch – the touch should be towards your next pass (your target)
7. Being able to play away from pressure
8. Decision Making
  - a. Knowing when to play the ball to feet and knowing when to play balls into space.
  - b. Knowing when to pass and when to dribble.

Emphasize DO NOT give the ball away unnecessarily!