

# WLSA COACHING ROADMAP

## TECHNICAL SKILLS: Can I control the ball and make it do what I want it to do?

		ADAPTATIONS	
	KEYS	BEGINNER	ADVANCED
<b>Dribbling</b>	<ul style="list-style-type: none"> <li>• Touch ball with outside of shoe laces, toe down, gently pushing ball a couple of steps ahead</li> </ul>	<ul style="list-style-type: none"> <li>• Straight line</li> <li>• Zig zag (using inside and outside of foot)</li> <li>• Be able to dribble with both feet</li> </ul>	<ul style="list-style-type: none"> <li>• Add moves (jab step, pullback, stepover, etc.)</li> <li>• Use all surfaces of foot</li> <li>• More speed, against pressure</li> </ul>
<b>Passing (short)</b>	<ul style="list-style-type: none"> <li>• Lock your ankle (toe should be higher than your heel)</li> <li>• Plant foot should be next to the ball, pointing in the direction you want the ball to go</li> <li>• Strike the ball with the inside of your foot, near the ankle</li> <li>• Strike the center (equator) of the ball</li> <li>• Follow through straight up with relaxed, slightly bent knee (no stiff legs)</li> </ul>	<ul style="list-style-type: none"> <li>• 5 – 15 yard distance</li> </ul>	<ul style="list-style-type: none"> <li>• Increase distance</li> <li>• Increase accuracy (hitting smaller targets)</li> </ul>
<b>Passing (long)</b>	<ul style="list-style-type: none"> <li>• Plant foot next to the ball, but farther away than for a short pass</li> <li>• Strike the ball with the inside shoelaces, toe down</li> <li>• Lock your ankle</li> <li>• Strike the center part of the ball</li> <li>• Toe should stay down on follow through</li> <li>• Follow through straight</li> </ul>	<ul style="list-style-type: none"> <li>• Toe balls are okay if not strong enough to get distance.</li> <li>• Don't need to spend a lot of time on this</li> </ul>	
<b>Receiving the ball (on the ground)</b>	<ul style="list-style-type: none"> <li>• Don't step on the ball, keep the ball moving</li> <li>• Toes higher than heel, heel off the ground</li> <li>• Lock your ankle</li> <li>• Soft, cushioned 1<sup>st</sup> touch</li> <li>• Direct the ball to space</li> </ul>	<ul style="list-style-type: none"> <li>• First touch should move the ball away from defensive pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Open body position / chest faces where you want your 2<sup>nd</sup> touch to go</li> <li>• Use "back" foot (foot farthest from the passer) for 1<sup>st</sup> touch</li> </ul>

<b>Shooting</b>	<ul style="list-style-type: none"> <li>• Same as passing</li> <li>• Use short ankle pass for close shots</li> <li>• Use long passing technique for longer (power) shots</li> <li>• Strike center of ball to prevent going over the goal</li> </ul>	Need to work on becoming comfortable with both feet, so do activities where required to use both (everyone will have a “weak” foot, but it will get stronger and more natural-feeling with practice)	Need to work on becoming comfortable with both feet, so do activities where required to use both (everyone will have a “weak” foot, but it will get stronger and more natural-feeling with practice)
<b>1 v 1 defending</b>	<ul style="list-style-type: none"> <li>• Overall goal is to low down the opponent that has the ball</li> <li>• Approach quickly, arrive slowly</li> <li>• Bend your run</li> <li>• Position yourself to one side to force the player in one direction</li> <li>• Be about an arm’s length away from opponent</li> <li>• Be patient, don’t stab at ball. Wait for player with ball to make a mistake, then take it</li> </ul>		
<b>Team defending</b>	<ul style="list-style-type: none"> <li>• Player closest to ball applies Pressure</li> <li>• Nearby player “Covers” in case ball gets past Pressure defender</li> <li>• Third defender balances the field and sweeps through if ball gets passed</li> </ul>	Pressure – Cover Don’t worry about balance	Introducing the concept of Balance defender
<b>Throwing In</b>	<ul style="list-style-type: none"> <li>• Both feet must stay in contact with ground</li> <li>• Ball must be thrown overhead with both hands</li> <li>• Throw to open space near a teammate</li> </ul>		
<b>Goalkeeping</b>	<ul style="list-style-type: none"> <li>• Ball above your waist, hands make a “W” in front of your body</li> <li>• Ball below your waist, fingers pointing down, with feet and body behind the ball (like baseball/softball)</li> <li>• Quick feet to get body behind the ball</li> </ul>		Should come out off of line to play a ball with foot In 1v1 situation, come out to pressure opponent Becoming comfortable getting down quickly / diving

## WHAT'S A GOOD FORMAT FOR PRACTICES?

### HAVE A THEME:

It may be that you introduce a new fundamental technical skill each practice and all the activities you do practice that skill and allow you to reinforce what you're trying to teach. (e.g. "intro passing & receiving", "changing directions on the dribble" or "passing beats the defense faster than dribbling does" or "pass & move".)

### BE PREPARED:

Plan out your activities and have your equipment (cones, pennies, balls, goals) set up in advance so that everything is ready when players arrive.

### WARM UP:

Get them moving, raising their heart rate and warming up their muscles. This activity can include the ball, or be as simple as a game of tag. Then, it's time for short dynamic (in the course of moving) stretching.

### INDIVIDUAL AND/OR SMALL GROUP ACTIVITIES:

Each activity should focus on getting the kids involved in seeing and practicing skills that relate to the day's theme. Show what you want them to do, don't just tell. Activities could focus on individual actions (dribbling moves) or cooperative actions (passing) and can include light competition to encourage players to work harder.

### GAME PLAY:

Small-sided soccer can be used to heighten intensity and create some good competition. Play 2v2, 3v3 or 4v4. Or, if you are working on offense, give the offense an advantage by going 2v1, 3v2, or 4v3 for example. You could have 3 teams where one team rests while watching the other two teams play, looking to see how they can do better their next time in. Teams rotate after a certain score, time or event. Or, you can have multiple games going on at once in two areas. This time could also include full-side scrimmage, especially when trying to teach formations and positions.

### WARM DOWN & HOMEWORK:

Do a slow jog to slow down their heart rate and then stretch as they cool down. Meanwhile, you can review the main points of the day. Give them a challenge to work on before the next practice, whether it's to learn a new move, juggle x number of times, improve a certain individual skill, fix a bad habit, or draw out where a certain position plays on the field. Reinforce the homework by checking in on their progress at the start of your next practice.

**CORRECT THEM WHEN THEY DO IT WRONG, BUT REMEMBER TO ALSO  
CATCH THEM DOING IT RIGHT AND PRAISE THEM!**