**Virginia Soccer Association**

**Key Technical Coaching Points**

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**ATTACKING**

**DRIBBLING:**
- Change of pace
- Change of direction
- Moves to beat defenders
- Small touches in tight areas
- Shielding
  - Use arm to “feel” opponent
  - Ball on part of foot farthest from opponent

**PASSING:**
- Accuracy
- Proper weight
- Raise toe up to lock ankle if using inside of foot
- Non-kicking foot beside the ball
- Knee of kicking foot over ball at strike
- Point toe in if using outside of foot
- Different surfaces to disguise pass

**RECEIVING:**
- Look around to be aware of space and pressure
- Get into line with ball
- Choose surface of the foot
- Cushion into space and away from pressure

**SHOOTING:**
- Accuracy before power
- Preparation touch out from body to set up shot
- Non-kicking foot beside the ball
- Choose surface
  - Inside of foot
  - Laces
  - Toe
- Ankle tight and locked at contact
- Strike through ball toward target for power
- Land on kicking foot

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**DEFENDING**

**PRESSURING DEFENDER (1st DEFENDER)**
- Travel as the ball travels
- Recover goal side/inside
- Eyes on ball
- Side on to attacker
- Close distance to attacker
- When to tackle
- Channel attacker to support and away from danger

**COVERING DEFENDER (2nd DEFENDER)**
- Communicate to 1st defender
- Recover goal side/inside
- Position to see ball and supporting attackers
- Position to offer support if 1st defender is beaten

**BALANCING DEFENDER (3rd DEFENDER)**
- Position to see ball and supporting attackers
- Position to drop or step forward based on visual cues