

Virginia Soccer Association

Key Technical Coaching Points

ATTACKING

DRIBBLING:

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

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

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

SHOOTING:

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

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

