

Components Of Soccer Coaching

Four Components Of Soccer

- **TECHNICAL:** fundamental skill
- **TACTICAL:** decision making
- **FITNESS:** fatigue
- **PSYCHOLOGICAL:** mental aspect

Economical Training

Incorporating a maximum of 4 components of soccer into an activity
(as many as you can).

Technical

Fundamental (Individual)

- no pressure from opponent
- towards execution at top speed

Game Related (1v1, 2v2 to 4v4)

- introduce pressure from an opponent
- incrementally add pressure

Game Condition

- all restrictions removed
- does not have to be 11 v 11 or even numbered exercise

Functional Training

Technical-Tactical Training

Tactical

Individual Tactics

- player with ball v's the pressurizing defender
- impact of the individual dual
- refer to technique one

Group Tactics

- soccer game is a series of group tactical situations in the immediate area of the ball tied together by changes in the point of attack
- groups can be numbered (i.e. 2 v 2, 3 v 2) or players combining in areas (i.e. the right wing, right midfield player and center striker)

Group tactics taught in stages

- possession
- direction
- to two small goals
- to two small goals with counter
- to large goals

Team Tactics

- to imprint a style of play
- to move throughout the parts of field

Fitness

The desired level of fitness for the players you are coaching should be achieved through normal training sessions. Advanced conditioning should begin as the team improves or gets older. However, the elements that should be recognized are

- Anaerobic Capacity
- Aerobic Capacity
- Speed
- Strength
- Flexibility

Psychological

The application and implementation of technique, tactics, and fitness by an individual player and a team. Teams normally begin this type of training towards the age of 15, however there are psychological factors at work with players of all ages. There are multiple techniques you can use as a coach to facilitate and promote learning. We must make a conscious effort to encourage the overall professional and moral development of our players helping them to improve mentally, socially and physically as people.

Key Coaching Points

TECHNIQUE: Dribbling

There are 3 types of dribbling:

Possession:

- keep body between ball and defender
- play ball with farthest foot
- keep body at right angle to defender
- use arm to make space
- come away from goal, move laterally

Running with the Ball:

- toe is down
- use instep or outside of foot
- first play of ball is long
- as space decreases, ball stays closer

Attack Defender:

- change speed and direction
- attack defenders front leg
- get in space behind defender to cut recovery



TECHNIQUE: Passing & Receiving

The two main considerations in passing are the direction and speed of the pass. Passing exercises must involve repetitious "drill". The coach must utilize numerous exercises of a general and functional nature to improve passing. (i.e. possession games, conditioned games (1+2 touch), grid work, small sided games, shadow play).

Direction of pass:

- when a player is standing or running at server, the ball should be played to his/her foot
- when a player is running laterally, ball should be played to space

Speed of pass (Weighting of ball):

- the weight of the pass is determined by many factors in an ever changing environment
- players should have the skill, versatility and decision making capabilities to execute effectively a variety of passing techniques under pressure

Timing of Runs:

- player with ball determines when to run
- player(s) without ball determine where ball is played

Receiving Balls on the Ground:

- Receive ball across body on furthest foot
- Look at next target as ball is being passed to you
- Receive ball with toe pointed up
- Do not stop - prepare ball towards next target
- Keep hips open

Receiving Balls in the Air:

Control and Preparation

- the first touch in soccer is the vital touch
- get in line of flight of ball
- decide which body part to use
- present body part to ball
- relax body part at impact if ball is to be collected

TECHNIQUE: Long Passing

Driving (driven "line drives"):

- ball must be "out of" feet
- player approaches from slight angle
- "hop" onto support foot - pointed forward
- support foot slightly behind ball
- toe pointed down
- ball struck in the middle
- follow through at target

Lofted Pass:

- ball must be "out of" feet
- player approaches from slight angle
- "hop" onto support foot - pointed forward
- support foot slightly behind ball
- player leans back more
- toe pointed down
- ball struck middle to left/right (dependent upon passing foot)
- player kicks down at ball and extends to target.

Bending and Hooking:

toe pointed up at impact when hooking with inside foot
toe pointed down at impact when slicing with outside foot
kicking "across" the ball
follow through is across (slicing) or away from (hooking) the body

Crossing:

Crossing to near and far post spaces

Serve to near post and far post spaces

- driven ball: actually shooting the ball
- near post: must be short of the goalkeeper
- far post space: more of a half chip, half driven ball, past the goalkeeper

Early cross

- ball hooked from corner of penalty box
- ball swerved away from goalkeeper
- ball arrives at knee length
- ball arrives at "second" six yard box

TECHNIQUE: Shooting

Mentality:

- aggressive attitude
- shoot at any opportunity
- positive attitude about success of shot

Power:

- round and compact over ball
- horizontal body movement through ball
- stay down on ball with steady head
- strike through center of ball
- landing on shooting foot

Placement:

- early decision of target
- support foot, hips, and shooting knee caps aiming at target when going through ball
- strike ball before advancing keeper sets feet

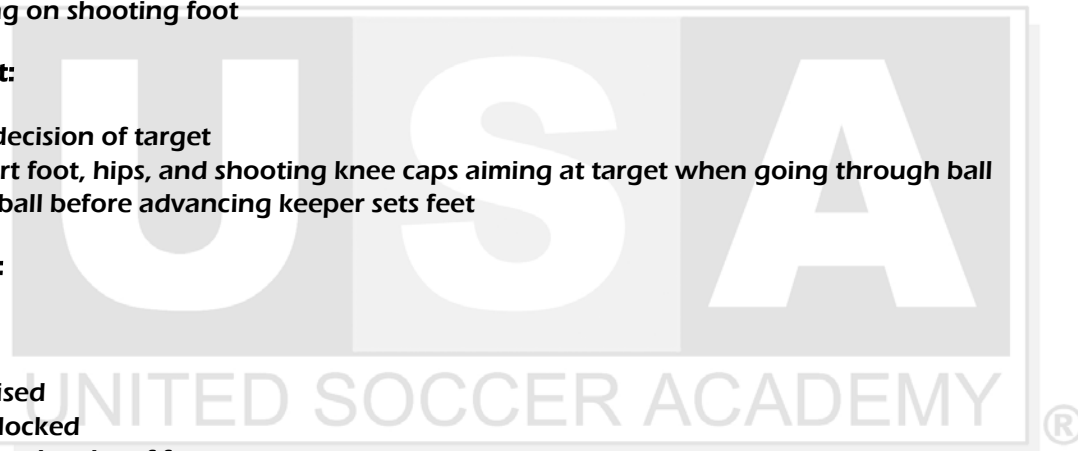
Volleying:

side foot:

- toe raised
- ankle locked
- lift outer border of foot

Instep:

- preparatory coiling of shoulders
- toe pointed
- ankle locked
- upper leg parallel with ground
- knee top points at target
- power from knee extension



TECHNIQUE: Defending & Tackling

Preparation to Tackle:

- stance
- delay attacker if possible
- direct attacker to covering teammates
- direct attacker to touch line, goal line, etc

Decision to Tackle:

- be within one step of reaching ball
- tackle at instant attacker plays the ball
- when tackling defender has cover or has attacker against touch line
- when attacker misplays ball

Types of Tackles:

- block tackle
- poke tackle
- slide tackle

Defensive Heading:

- leave late to attack ball
- one foot take off from run
- must jump first
- head through bottom half of ball
- height, width and distance



TECHNIQUE: Heading

Defensive Heading:

- leave late to attack ball
- one foot take off from run
- must jump first
- head through bottom half of ball
- height, width and distance

Heading to Goal:

- bend to side of field opposite ball
- leave late to attack ball
- one foot take off from run
- must jump first (if applicable)
- head through top half of ball
- attempt to hit goal line with header



TECHNIQUE: Goal Keeping

Catching: The goalkeepers first objective

High Shots:

- thumbs and index fingers almost touching
- elbows out
- ball caught with the “pads” of fingers
- catch top half of the ball
- body behind ball

Low Shots and Ground Shots:

- little fingers almost touching
- down to ball
- body behind ball

Cutting out Crosses:

- set up in back third of goal
- set up two yards off line

The two factors the goalkeeper deals with in the decision to go are:

- his/her distance to the ball
- his/her path to the ball

Diving: When cannot get there by stride

Low to Middle Balls

- progression should go from sitting to kneeling to squatting to standing.
- keeper must land on side, not stomach
- save made with low hand on tipped balls
- lower arm fully extended for each and prevent injury to elbow on tipped saves
- ball must be put to ground first
- lower hand behind ball, upper hand on top
- keeper dives out at ball: perpendicular to the line of flight

Middle to High Balls

- as in catching high shots, except arms are fully extended
- bring ball to ground and ball touches first
- save made with high hand on tipped saves

Angles:

- keeper starts from center of goal
- keeper advances, in general, along bisector of the angle from the ball, as apex, to the posts
- the farther he/she advances, the more of the goal that is covered, but the goalkeeper must be aware of being chipped
- when moving from the middle to the flank, the goalkeeper must move out to cut the angle to the far post

Theory Of Tactics

Principles Of Defending

Pressure:

- immediate pressure on the ball
- attempt to make attacking play predictable

Deny:

- do not permit the second or third attacker to receive a ball

Delay:

- force attacking team to take time in organizing an attack

Depth:

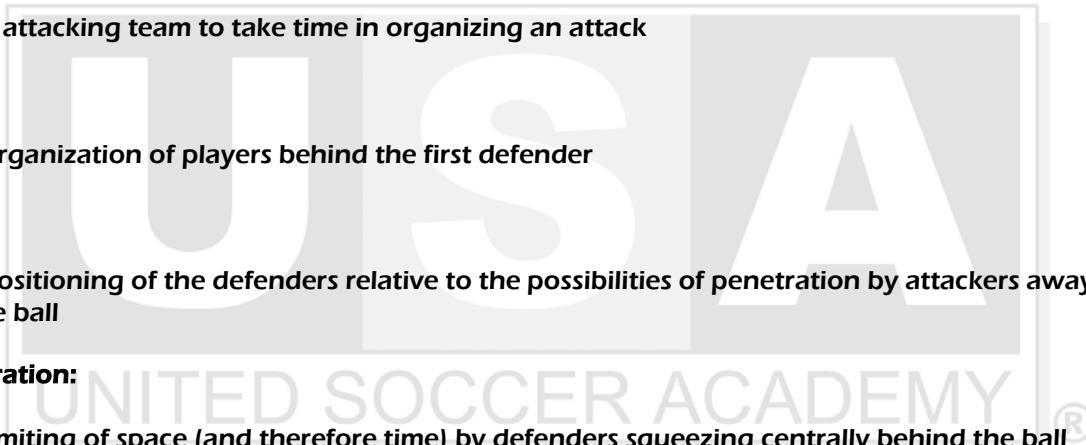
- the organization of players behind the first defender

Balance:

- the positioning of the defenders relative to the possibilities of penetration by attackers away from the area of the ball

Concentration:

- the limiting of space (and therefore time) by defenders squeezing centrally behind the ball
- prevention of the ball being played through or over the collective defending action



Role Of The First, Second & Third Defenders

First Defender (Pressure)

Restriction

Deny penetration:

- prevent penetrating pass
- ball played and received behind first defender
- opponent attacks first defender with the ball

Make player with ball a ball watcher (head down):

- apply pressure so player with ball cannot look up and read the game

Angle of challenge:

- when going to close down player receiving ball, take angle to intercept, tackle or predict

Speed of challenge:

- must not be so slow, that player receiving ball has time to play ball forward or attack defender with ball.
- must not be so fast that player receiving ball can play ball past defender one time or can execute a 1-2 movement

Second Defender (Cover)

Support the first defender

Angle of support:

- at a 45 degree angle. This allows the second defender to be equal distance from supporting the first defender and closing down a supporting attacker
- vary according to positions of attackers and third of the field

Distance of support:

- should be a distance that the second defender can tackle or immediately close down an attacker who has beaten the first defender
- will vary with the third of the field, how the first defender has closed down the ball, and whether the player with the ball is running or standing with the ball.
- track down supporting attacker who makes run in advance of ball, while still providing cover for first defender.

Third Defender (Balance)

Track down attackers away from area of ball who are making runs toward goal

Deny space toward center of the field

Principles Of Attack

Penetration:

- getting ball behind defenders

Depth:

-
- support behind and in front of the ball

Width:

- support on the side of the ball
- stretch defense to create holes

Mobility

- attack defense to penetrate and unbalance defense

Creativity / Improvisation



Role Of The First, Second & Third Attackers

First Attacker (Penetration)

Player with ball

Most important player on the field

First attacker must achieve penetration:

- through dribbling
- through passing
- through shooting

Second Attacker (Balance)

Player in immediate support of first attacker

Proper angle:

- so 1st attacker has options
- by proper angle and moving into

Proper distance:

- so defender cannot mark both player
- available for quick passes

Third Attacker (Mobility)

Attempt to disturb balance of defense by making runs behind defense

Combines with other players to add variety to the attack