

# **COACHING YOUTH SOCCER**

## ***SKILL EMPHASIS by AGE DIVISION***

*Information Provided by:*





## 5 & 6 AGE DIVISIONS



### **DRIBBLING:** *Emphasis...*

- Touch the ball with both feet as much as possible.
- Encourage the use of:
  - Inside of the foot.
  - Outside of the foot.
  - Bottom of the foot.
  - Top of the foot.

### **SHOOTING:** *Emphasis...*

- Two types of shooting:
  - *LACES:* Toe pointing down, Lock the ankle, Laces touch ball.
  - *INSIDE of FOOT:* Twist toes out, Lock the ankle, Inside of foot touches the ball.

### **DEFENSE:** *Emphasis...*

- Attack the ball. Don't be afraid of it.
- Do not use hands (or extended arms) against the opponent.



## 7 & 8 AGE DIVISIONS



### DRIBBLING: *Emphasis...*

- Touch the ball with both feet as much as possible.
- Elevate the head so that the eyes are not solely focused on the ball.
- Encourage the use of all parts of the foot (inside, outside, bottom & top).
- Begin introducing 'skill' moves such as: (<http://youtu.be/VAijzIIF2k>)
  - Shielding (or Protecting the Ball) Moves
    - Inside of Foot & Outside of Foot Turns, Pull-Back Turns
  - Attacking Moves
    - Step-Over, Pull-Back & Scissors

### PASSING & RECEIVING: *Emphasis...*

- Passing
  - Make Eye Contact with Teammate.
  - Plant non-passing foot next to the ball (approximately 6 - 8 in.).
  - Step into the pass, follow through with passing foot.
- Receiving
  - "Dead Touch" vs. "Live First Touch"
    - Dead Touch stops the ball just in front of the foot.
    - Live First Touch slows the ball AND re-directs the ball.

### SHOOTING: *Emphasis...*

- Two types of shooting:
  - *LACES:* Toe pointing down, Lock the ankle, Laces touch ball.
    - Planting foot *Matters*. Too far in front, loss of power. Too far behind, ball elevates.
  - *INSIDE of FOOT:* Twist toes out, Lock the ankle, Inside of foot touches the ball.

### DEFENSE: *Emphasis...*

- Attack the ball. Don't be afraid of it.
- Do not use hands (or extended arms) against the opponent.



## 9 TO 12 AGE DIVISIONS



### DRIBBLING: *Emphasis...*

- Touch the ball with both feet as much as possible.
- Elevate the head so that the eyes are not solely focused on the ball.
- Encourage the use of all parts of the foot (inside, outside, bottom & top).
- Continue with teaching 'skill' moves such as:
  - Shielding (or *Protecting the Ball*) Moves
    - Inside of Foot & Outside of Foot Turns, Pull-Back Turns
  - Attacking Moves
    - Step-Over, Pull-Back & Scissors
- Examples of skill moves can be found online here:
  - <http://youtu.be/VAijz1IF2k>
  - [http://www.soccertricks.org/soccer\\_skills.html](http://www.soccertricks.org/soccer_skills.html)

### PASSING & RECEIVING: *Emphasis...*

- Passing
  - The 'Run' dictates the pass, meaning that the 'Open Player' should move to a position where he / she can receive it *BEFORE* the pass is made. (*Off-the-Ball-Movement*)
  - Make Eye Contact with Teammate.
  - Plant non-passing foot next to the ball (approximately 6 - 8 in.).
  - Step into the pass, follow through with passing foot.
- Receiving
  - "Dead Touch" vs. "Live First Touch"
    - Dead Touch stops the ball just in front of the foot.
    - Live First Touch slows the ball AND re-directs the ball.

### SHOOTING: *Emphasis...*

- Two types of shooting:
  - *LACES*: Toe pointing down, Lock the ankle, Laces touch ball.
  - *INSIDE of FOOT*: Twist toes out, Lock the ankle, Inside of foot touches the ball.
- Focus on shooting targets (not just the goal).
  - Inside either goal post (1 to 2 yards).
  - Close to the ground if possible (harder for goalkeepers to get down fast).

### DEFENSE: *Emphasis...*

- Attack the ball. Don't be afraid of it.
- Do not use hands (or extended arms) against the opponent.

### TACTICS: *Emphasis...*

- Spacing between players
  - Close together on Defense (makes it hard for the opponent to penetrate the goal).
  - Spread apart on Offense (opens up gaps in the defense to penetrate and attack the goal).