COACHING YOUTH SOCCER

SKILL EMPHASIS

by AGE DIVISION

Information Provided by:

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**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.
**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](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.
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

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).