



Coaching Quicksheet

- #1 **KEEP IT FUN** - Avoid lines, laps and elimination. Each time a child can touch the ball is both fun for them and instructional.
- #2 **HAVE A PLAN** - Write it down and tuck it in your pocket. Make a note of what worked and what didn't.
- #3 **ARRIVE EARLY** - Have your practice area ready for when the kids arrive, and be ready to go from one activity into the next one. Keeping down time to a minimum will help with "crowd control".
- #4 **USE SMALL-SIDED GAMES** - Again, more ball touches = more excitement and more opportunity for instruction.
- #5 **USE PROGRESSIONS** - Pick one theme for the practice and slowly progress through that theme to develop that particular skill.

Using the ASAP Coaching Method

Announce the skill. Show (or demonstrate) the skill. Attend and assist your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).



Passing

- Non-kicking foot planted next to the ball and pointing in the direction you want the ball to go
- Pull kicking foot back with knee slightly bent
- Strike the center of the ball with knee and body leaning slightly forward
- Ankle locked and toe slightly raised
- Follow through towards your target
- Practice with BOTH feet every time
- Speed and accuracy are both important



Receiving

- Move to get behind the ball
- Use the inside of the foot
- Foot is raised and toe pointing up slightly
- Cushion ball at the moment of contact
- Most common mistake is not getting behind the ball and then lunging to receive
- Be prepared for the next touch of the ball



Throw-in

- Grip the ball equally with both hands and bring ball behind head
- Arch back
- Throw ball forward by using both hands equally
- Begin with both feet planted together on the ground (no jumping)
- More advanced players can begin to drag trail foot



Dribbling

- Keep the ball as close as possible
- Use all parts of the feet when (instep, outside, laces, etc.)
- Keep the head up: just glance down at the ball from time to time
- "Stairsteps", "Grandfather Clock", and juggling
- ALWAYS encourage the use of both feet



Shooting (Instep Driving)

- Kick the ball in the air with shoelaces
- Keep ankle locked with toe pointed and kick the ball in the air while sitting on the ground. Catch and repeat
- Progress to instep drive
- As approaching ball, lean forward with kicking knee over ball
- Non-kicking foot pointed towards target
- Strike the ball with shoelaces
- Drive through the ball and follow through towards your target



Practice Plan



KCSL
Kosciusko County Soccer League

Team	Theme	Date

Don't forget to use the ASAP method

Announce the skill. Show (or demonstrate) the skill. Attend and assist your players while they practice the skill. Progressions (slowly add some pressure to further develop the skill).

	Activity Detail	Coaching Points
Warm-Up/ Dynamic Stretching		
Individual Skills/ Activities		
Small Group Activities		
Larger Group Activities		
Cool Down		

