

# 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



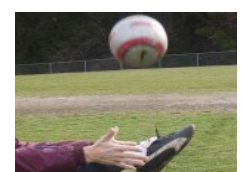
### Dribbling

- 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		

