

## TBAYS North Storm Basic Coaching Points U11- U13

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### Dribbling

Session demonstrates techniques of dribbling for possession, shielding, speed and beating an opponent. Some key coaching points are:

- Body mechanics
- Agility and balance
- Contact surface of foot
- Change of direction and speed
- Deception
- Setting up the defender
- Protecting the ball
- Vision
- Tactical application to the game
- Beat 'em and leave 'em!

### Passing

Session demonstrates techniques of short and long passing. Techniques for passing with the inside of foot, outside of foot, chipping and instep drive are illustrated. Key coaching points are:

- Body mechanics
- Balance
- Weight of pass
- Accuracy
- Disguise
- Vision
- Tactical application to the game-selection of pass, timing of pass

### First Touch and Receiving

Session demonstrates techniques for receiving a ball on the ground and in the air using various surface of the body. Key coaching points are:

- Body Mechanics
- Body position and balance
- Get into line of flight of the ball
- Select controlling surface to use
- Present controlling surface to the ball
- Relax and withdraw controlling surface just before contact
- Importance of first touch to control and prepare the ball
- Turn with one touch
- Vision
- Tactical application to the game-first touch takes ball away from pressure

## Finishing

Session demonstrates basic techniques for shooting and introduces games to develop finishing. Use of various surfaces of drive, bend or strike balls first time is introduced. Key coaching points are:

- Body mechanics and control of body
- Body position and balance
- Eye on ball
- Quality of preparation touch
- Contact surface
- Aggressive and position mentality
- Vision and anticipation
- Tactical application to the game-choice of foot surface, placement versus power, positioning to gain an advantage

### ***The 7 steps of shooting that players MUST know---***

- 1) HOP: the player should hop and place plant foot next to the ball
- 2) LOAD: player should bring back the shooting foot for power, the shooting leg will make a 'V' when fully loaded
- 3) LOCK: player should lock their ankle with toe down to avoid a floppy foot when striking the ball
- 4) SEE: player should be looking at the ball as they prepare to strike it
- 5) B.O.B: stands for Body over Ball, meaning the player's chest, knee, and belly button are directly above the ball
- 6) SWING: As the player swings to strike the ball, the player's opposite arm should be out for balance
- 7) STEP: Player should step through the ball and land on their shooting foot which is pointing toward their target.

## Heading and Crossing

Session presents basic techniques of heading and crossing

- The difference in heading for attack and defense is demonstrated
- Lofted, driven and bending balls to near and far post are introduced

Key coaching points for heading are:

- Body mechanics
  - Eye on the ball-read flight of the ball
  - Body in line of flight
  - Area of contact
  - Use of upper body and legs to generate power
  - Foot positioning
  - Timing of jump to attack ball at the highest point-just before your opponent
  - Tactical application to the game
- a) Heading for Defense – Height for time, width for safety, power for distance
  - b) Heading for Attack – Direct or deflect ball to target, flick on's

Key coach points for crossing are:

- Body mechanics
- Body shape and balance
- Eye on the ball
- Angle of approach
- Preparation touch before crossing
- Quality of cross – weight of cross, speed of cross
- Tactical application to the game – choice of cross to create goal scoring opportunity

6.13 Table of Technical Coaching Points

<b>TABLE OF COACHING POINTS</b>	
<b>Technique</b>	<b>Coaching Points</b>
<b>Passing</b>	<ol style="list-style-type: none"> <li>1. Standing foot next to the ball pointed in the direction of the target.</li> <li>2. For different passes the ankle locked with:               <ol style="list-style-type: none"> <li>a. Toe pointed toward the shin for inside the foot pass.</li> <li>b. Toe pointed down and inside for outside the foot pass.</li> <li>c. Toe down heel up for driven pass.</li> </ol> </li> <li>3. Bend at the knee.</li> <li>4. Follow through.</li> <li>5. Accuracy – pass should be to the intended target (player's feet).</li> <li>6. Weight or Pace – pass should be played such that the receiver is able to control the ball or play it comfortably with one touch.</li> <li>7. Timing – pass should be played into the path of the receiver.</li> <li>8. Angle – passes should be played on angles, so that they are not intercepted.</li> <li>9. Disguise – pass should be made, so that it does not "tell" the opponent where it is being played.</li> </ol>
<b>Receiving</b>	<ol style="list-style-type: none"> <li>1. Get in line of the flight of the ball.</li> <li>2. Watch the ball</li> <li>3. Make an early selection in the body surface to use.</li> <li>4. Relax the controlling surface.</li> <li>5. Control ball into a space or away from pressure.</li> <li>6. Preparation touch (first touch) should allow the player to shoot, pass or dribble with the next touch.</li> </ol>
<b>Dribbling</b>	<ol style="list-style-type: none"> <li>1. Head up to read the game.</li> <li>2. Ball close enough to the body to keep control.</li> <li>3. Change of speed</li> <li>4. Change of direction.</li> <li>5. To beat an opponent.               <ol style="list-style-type: none"> <li>a. Body feint or dribbling movement to "throw" the defender one way.</li> <li>b. Change of direction.</li> <li>c. Change of speed.</li> </ol> </li> <li>6. Individual Possession (Shielding).               <ol style="list-style-type: none"> <li>a. Body between the ball and opponent</li> <li>b. Keep body "sideways".</li> <li>c. Lower center of gravity.</li> <li>d. Use arms to keep space.</li> <li>e. "Spin turn" away from opponent to relieve pressure.</li> </ol> </li> <li>7. Running with the ball for speed.               <ol style="list-style-type: none"> <li>a. Ball is pushed out further in front.</li> <li>b. Use the instep (aces) and outside of the foot</li> <li>c. Longer running strides.</li> </ol> </li> </ol>

**6.13 Table of Technical Coaching Points (Continued)**

<b>Technique</b>	<b>Coaching Points</b>
<b>Heading</b>	<ol style="list-style-type: none"> <li>1. Get in line with the flight of the ball.</li> <li>2. Watch the ball.</li> <li>3. Make contact with the forehead.</li> <li>4. Keep eyes open and mouth closed.</li> <li>5. Time the run and jump to head the ball at your highest point.</li> <li>6. For Attack:               <ol style="list-style-type: none"> <li>a. Direct the ball down toward the target – goal, teammate, path of teammate.</li> <li>b. Glance the ball toward the target.</li> </ol> </li> <li>7. For Defense:               <ol style="list-style-type: none"> <li>a. Direct the ball high, wide and for distance.</li> </ol> </li> </ol>
<b>Shooting / Finishing</b>	<ol style="list-style-type: none"> <li>1. Approach to the ball at an angle (open the body).</li> <li>2. Standing foot next to the ball pointed in the direction of the target.</li> <li>3. Ankle locked – toe down and heel up.</li> <li>4. Body over the ball – momentum forward.</li> <li>5. Solid contact.</li> <li>6. Follow through – toe pointed.</li> <li>7. Land on kicking foot.</li> <li>8. Watch the ball during this whole process.</li> <li>9. Consideration should be given to placement versus power in certain situations in and around the penalty area.</li> </ol>
<b>Crossing</b>	<ol style="list-style-type: none"> <li>1. Look at the "runners in the box".</li> <li>2. Select type of cross – pull back on ground, driven low near post, driven high far post.</li> <li>3. Prepare the ball on an angle towards the "box".</li> <li>4. Standing foot along side the ball and towards the middle of the field.</li> <li>5. Pull the ball back away from the goal line.</li> </ol>
<b>Tackling</b>	<ol style="list-style-type: none"> <li>1. Non tackling foot close to the ball – do not reach for the ball.</li> <li>2. When making contact with the ball, ankle should be locked.</li> <li>3. Momentum forward through the ball.</li> <li>4. Watch the ball.</li> <li>5. Time to tackle - after opponent touches the ball and foot goes down.</li> <li>6. Low center of gravity.</li> <li>7. Block tackle – use back foot.</li> <li>8. Poke tackle – use front foot.</li> </ol>