Coaches Page

Receiving:  
Receiving a ball on the ground is different than receiving a ball in the air. When receiving a ball on the ground, the following points should be considered:

* Keep your eye on the ball.
* Choose which foot to receive the ball with (this may depend on the location of the defender).
* Receive the ball with one foot with the toe pointed up (ankle locked).
* Don’t stop the ball. Instead, prepare it for the next action: shot, dribble, pass or to play away from pressure

Passing:  
Always be constantly looking. A second important ingredient is verbal communication, or talking. Coaches should teach players to provide intelligent verbal cues to help with decision-making in passing.

* See the target.
* Approach the ball.
* Plant and position of support, or non-kicking foot (the toe of the non-kicking foot should be pointed in the direction the player wants the ball to go).
* Look at the ball, holding the head steady.
* Contact the correct area of the ball with locked ankle.
* For instep and outside of foot pass, the toes are pointed down and contact is on the top of the foot.
* For inside of the foot pass, toes are pointed up.
* Follow-through: kick “through the ball," following through toward the target.
* Transfer the weight forward.

Shooting:

* If possible, the player should look up to see the position of the goalkeeper, choosing a side to shoot the ball.
* Approach the ball.
* Plant the support foot beside or slightly ahead of the ball, which helps to keep the shot low.
* Keep the head steady and eyes on the ball.
* Make proper contact with the ball.
  + Ankle of kicking foot is locked and the toe is pointed down if shooting with instep.
  + Hips and knee of kicking foot are pointed in the direction of the shot.
* Follow through to keep the ball low (weight going forward, landing on the kicking foot).