

Rec Soccer – Coaching Points for Basic Skills

DTT (Developing Touch and Technique)

- Maintain close control with both feet
- Be agile, stay on toes
- Use all parts of feet, inside, outside, laces, sole
- Move to get behind balls path
- Keep a soft contact
- Concentrate on center of ball
- Keep head up
- Control ball first, don't just kick it away
- Change direction and speed when turning
- Be a friend with the ball

PASSING

- Use inside of feet
- Change body position so it's comfortable
- Stay relaxed. Don't be like a robot
- Look at ball when passing
- Pass to other players, not just kick and hope
- Move afterwards
- Move away from players to receive ball
- Turn body to face ball when receiving
- Stay spread out

SHOOTING

- Keep toe pointing down
- Lock ankle
- Strike with shoelaces
- Strike through center of ball
- Swing leg and follow through
- Keep relaxed except keep foot locked
- Keep knee and head over ball
- Place standing foot alongside ball, not in front or behind
- Aim for bottom corners of goal
- Accuracy before power
- Follow after shooting
- Use foot closest to the ball. I.E. left or right foot

GAMES

- All of the above
- Keep moving
- Encourage movement towards ball
- Encourage use of width
- Keep positions only loosely restricted
- Take Time-out to rotate subs and positions
- Coach, educate, and support during games
- Explain all fouls and calls made
- Create an understanding of the Laws of the Game