

THINGS TO LOOK FOR WHEN COACHING THESE EXERCISES



1. KICKING, BY THE GOALKEEPER

- EYES ON THE BALL
- POINT TOE DOWN
- FOLLOW THROUGH AT TARGET
- BALANCED ON ONE FOOT AFTER KICK
- ACCURACY

2. KICKING, USING THE INSIDE OF FOOT

- EYES ON THE BALL- FOOT IN THE AIR AFTER KICKING THE BALL
- BALL KEPT ALONG THE GROUND
- ACCURACY

3. KICKING A MOVING BALL

- ON YOUR TOES READY TO ADJUST POSITION
- FOOT IN THE AIR AFTER KICKING THE BALL
- BALL KEPT ALONG THE GROUND
- ACCURACY AND GOOD WEIGHT ON BALL TO ENABLE SERVER TO RETURN THE PASS

4. KICKING A BOUNCING BALL

- ON YOUR TOES READY TO ADJUST POSITION TO ENSURE CONTACT WITH THE BALL ON THE HALF VOLLEY
- BALL KEPT ALONG THE GROUND
- ACCURACY IN THE KICK

5. SHOOTING FOR GOAL

- EYES ON BALL
- TOE POINTED DOWN
- FOOT IN THE AIR AFTER KICKING BALL
- FOLLOW THROUGH AT TARGET
- ACCURACY

6. DRIBBLING (INSIDE OF FOOT)

- MINIMUM AMOUNT OF TOUCHES
- KEEP BALL UNDER CONTROL WITH THE BALL WITHIN TOUCH AT ALL TIMES
- COACH SPLIT VISION (EYES HALF ON BALL AND HALF AHEAD)

7. DRIBBLING (OUTSIDE OF FOOT)

- MINIMUM AMOUNT OF TOUCHES
- KEEP BALL UNDER CONTROL WITH THE BALL WITHIN TOUCH AT ALL TIMES
- GET OUTSIDE OF BALL AS QUICKLY AS POSSIBLE
- COACH SPLIT VISION (EYES HALF ON BALL AND HALF AHEAD)

8. CHANGING DIRECTION-TURNING

- KEEP BALL UNDER CONTROL WITH THE BALL WITHIN TOUCH AT ALL TIMES
- STOP TURN QUICKLY AND ACCELERATE AWAY
- COACH SPLIT VISION (EYES HALF ON BALL AND HALF AHEAD)

9. CHANGING PACE-DRIBBLING

- KEEP BALL UNDER CONTROL WITH BALL WITHIN CONTROL AT ALL TIMES
- STOP SIDE ON THEN ACCELERATE AWAY
- COACH SPLIT VISION (EYES HALF ON BALL AND HALF AHEAD)

10. BALL CONTROL, IN THE AIR

- BE RELAXED ON CONTACT WITH THE BALL
- GET BEHIND FLIGHT OF BALL
- CUSHION BALL UPON CONTACT

11. CONTROL - THE BOUNCING BALL

- BE RELAXED ON CONTACT WITH THE BALL
- GET BEHIND FLIGHT OF BALL
- CUSHION BALL UPON CONTACT

12. BALL CONTROL - JUGGLING

- BE PATIENT
- BE RELAXED AND BALANCED ON CONTACT
- GET INTO POSITION QUICKLY FOR SECOND TOUCH

13. SPRINTING

- ARM MOVEMENT
- KNEE LIFT
- HEEL BACK LIFT
- RUNNING ON BALLS OF FEET

14. RUNNING BACKWARDS

- STRIDE LENGTH
- BALANCE
- DIRECTIONAL SENSE
- ARM MOVEMENT

15. HEADING-JUGGLING

- KNEES BENT IN BOUNCING MOTION
- EYES ON BALL
- HEAD BALL UP
- HEAD AND CATCH

16. HEADING TO A TARGET

- EYES ON BALL
- TONGUE IN MOUTH
- BEND LEGS
- BEND BACK BACKWARDS
- HEAD THROUGH BALL TO TARGET
- USE FOREHEAD

17. CATCHING BY THE GOALKEEPER

- GET BODY BEHIND BALL
- SECURE BALL INTO CHEST PROTECTED BY ARMS AS QUICKLY AS POSSIBLE
- BALANCE AFTER RECEIVING THE BALL

18. JUMPING FOR POWER

- BALANCE UPON LANDING
- ON TOES BEFORE JUMP SPRINGING UP AND LONG