

LEVEL 2 CERTIFICATE IN COACHING FOOTBALL

KEY FACTORS CHECKLIST

SHORT PASSING

Look at the ball, target and then back at the ball
Non-kicking foot level and alongside the ball
Kicking foot is turned out and the ankle kept firm
Strike the ball with the inside of the foot, about halfway up the ball
Follow through with your kick
When using the outside of the foot, the non-kicking foot should be further away from the ball and the ankle of the kicking foot held firm
Body position should be upright with the knee and head over the ball

LONG PASSING

Lofted
Ball – target – ball
Approach to the ball can be straight or slightly angled
Non-kicking foot to the side and slightly behind the ball
Strike the ball with the top part of the foot (instep or laces)
Strike the ball through the middle, bottom part of the ball to get height
Follow through with your kick for accuracy
Body position should be fairly upright with the head steady (No need to lean back)

Swerve
Ball – target – ball
Angled approach to the ball
Non-kicking foot away from and slightly back from the ball
Strike the ball with either the outside (base of the little toe) or inside (base of the big toe) of the foot
Wrap the foot round the ball (long contact)

Driven
Ball – target – ball
Straight or slightly angled approach to the ball
Non-kicking foot alongside the ball
Strike the ball with the laces (instep) through the middle of the ball
Straight follow through with an exaggerated knee lift

Chip

Ball – target – ball

Straight on approach to the ball

“Stab” the foot sharply at the bottom of the ball

No follow through

General key factors – Accuracy, pace, timing of release, disguise

Checklist for effective passing

Ball behind the last defender

Ball to the feet of the furthest forward

Ball past at least one defender

Pass square to keep possession

Pass back to keep possession

BALL CONTROL

Watch the ball as it arrives

Quick glance over your shoulder

Get into line

Decide which surface to use

Relax on contact with the ball to **cushion** into playing distance or **wedge** into space

TURNING

Inside hook

Watch the ball

Non-kicking foot outside and away from the ball

Kicking foot wraps around the front of the ball to change direction

Accelerate away

Outside hook

Watch the ball

Non-kicking foot alongside the ball and slightly ahead

Kicking foot around the front of the ball and play it with the outside of the foot to change direction

Accelerate away

Drag back

Watch the ball

Non-kicking foot alongside the ball

Kicking foot goes on top of the ball and drags the ball back with the sole of the foot

Try to play the ball with the outside of the same foot

Accelerate away

Stop turn
Watch the ball
Non-kicking foot is behind the ball
Ball is stopped with the kicking foot and “hop” past with standing foot
Take the ball away with the outside of the front foot
Accelerate away

Cruyff turn
Watch the ball
Fake to strike or cross the ball – arm out for balance
Kicking foot goes around the front of the ball
Ball is played back behind the standing leg with the base of the big toe
Accelerate away

Step round turn
Watch the ball
Step all the way around the front of the ball with the kicking foot and plant it
Turn hips through 180 degrees and take with opposite foot
Accelerate away

RUNNING WITH THE BALL

Assess the space
Big first touch into space
Accelerate after the ball
Play the ball with the instep of the front foot (every 4 or 5 paces)
Assess the situation continually
Decision at the end of the run – Pass, shot or turn

HEADING

Watch the ball
Head the ball with the upper forehead (natural hairline)
Defensive – head the lower part of the ball, aim for height and distance
Use power from legs, hips, shoulders and neck
Attacking – head upper part of the ball
Off ground, head at the highest possible point
Use arms for leverage but take care

DRIBBLING

Have a positive attitude
Slow in, fast out
Try to unbalance your opponent

Matthews – inside and outside of the same foot
Double touch – inside of one foot across the body to inside of other foot and back across
Step-over – step around the front of the ball with a big step from inside to out, take the ball away with outside of the opposite foot

DEFENDING

1 V 1

Make up ground as the ball is travelling
Slow down last few paces
Feet shoulder width apart, knees bent, sideways on to attacker
Weight on balls of feet
Arms out for balance
Try to seize the initiative (feints for the ball)
Don't go to ground

2 V 1

Your job is to delay the attack
Move feet quickly
Keep between the ball and the goal
Try to force the shot/pass from least dangerous area

2 V 1+1 (recovering)

First defender should be communicating
Recovering defender should take the shortest route back to goal
If possible, win the ball on the way back
If not, adopt cover position as soon as possible

2 V 2

First defender pressures the ball (as 1 v 1)
Try to show attacker where you want him to go
Second defender provides communication
Second defender provides cover goal-side (angle & distance)

3 V 3 or 4 V 4

First defender pressures the ball
Second defender provides cover
Third (and/or fourth) provide balance away from the ball (arc shape – see the number on the back of the shirt in front of you)

SHOOTING

Observe the position of the goalkeeper

When shooting from an angle, try to shoot across the keeper to the far post

Be alert for rebounds

A shot is just a pass into the goal, so the key factors for shooting are the same as the Key

Factors for passing

CREATING SPACE

As an individual

Move the defender away from the area you want to use

Move back into the space you have left at speed

Look over your shoulder as pass comes in

If you have space, receive on the back foot

If defender is tight, receive on foot furthest from defender

As a team

Spread out wide from side to side and end to end

Rotation of players through central areas