



Teaching Technique and Tactics

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Technique

Technique how a player gets possession of the ball and how they keep it...the mechanics of how players get possession of the ball and the mechanics of how they then deal with it.



Technique

Techniques:

Tackling

Dribbling

Kicking (passing & shooting)

Receiving

Heading



Tackling

Tackling

- ✓ Recognition
 - ✓ Starting position (anticipation)
 - ✓ Tracking the ball
 - ✓ Approach
 - ✓ When to tackle (timing...commitment, execution)
 - ✓ Control (fakes...)
 - ✓ Type of tackle
 - ✓ Counterattack
-



Dribbling

Dribbling

- ✓ **Body position; body part position**
 - ✓ **Footwork**
 - ✓ **Eyes**
 - ✓ **Foot surfaces**
 - ✓ **Ball movement; ball manipulation**
 - ✓ **With and without pressure**
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Kicking

Kicking (passing & shooting)

- ✓ **Approach**
 - ✓ **Eyes**
 - ✓ **Body shape**
 - ✓ **Non-kicking foot placement**
 - Still ball vs moving ball
 - Ground ball vs air ball
 - Inside of foot (low balls; flighted balls)
 - Outside of foot (deception...wall-pass; bending balls)
 - Instep (low balls; flighted balls)
 - ✓ **Special kicks**
 - Chip
 - Knuckle
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Receiving

Receiving

- ✓ Recognition
 - ✓ Eyes (vision)
 - ✓ Starting position (anticipation)
 - ✓ Body position; body shape
 - ✓ Surface selection
 - ✓ Mechanics; touch (cushion, propel, etc.)
 - ✓ Pressure
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Heading

Heading

- ✓ Recognition
- ✓ Starting position (anticipation)
- ✓ Eyes (vision)
- ✓ Body position; body shape
- ✓ Surface selection
- ✓ Mechanics

- ✓ Types
-



Tactics

Tactics is the component of soccer that deals with players' decisions with and without the ball when attacking and when defending.

3 moments in the Game

- When your team has possession of the ball (attacking)
 - When your team does not have possession of the ball (defending)
 - When your team is changing from one to the other (transition)
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Principles of Play

Defending

- ❖ Pressure
 - ❖ Delay
 - ❖ Support/cover
 - ❖ Balance
 - ❖ Compactness
 - ❖ Control & Restraint
 - ❖ Counter-Attack
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Principles of Play

Attacking

- ❖ Penetration
 - ❖ Possession
 - ❖ Support
 - ❖ Mobility
 - ❖ Shape (width-length-connection)
 - ❖ Improvisation
-



1st, 2nd & 3rd Defenders

Who are they?

What are their responsibilities in the attacking action?

How do they compliment each other?



1st, 2nd & 3rd Attackers

Who are they?

What are their responsibilities in the attacking action?

How do they compliment each other?



MYSA Instructor's meeting

Be a student of the game...

Invite evaluation of your coaching style and technique...

Take constructive criticism well...

Enjoy!

Thank you...Tom Goodman
