

# Harvard Soccer Club Fall 2012 Coaches Clinic

---

## Teaching Soccer ~~Toughness and~~ ~~Aggressiveness~~ And Other Training Tips to Improve your Results



An interactive presentation  
and discussion on  
coaching methods and  
techniques

# Harvard Soccer Club Fall 2012 Coaches Clinic

---

## Teaching Soccer Bravery and Courage And Other Training Tips to Improve your Results



**An interactive presentation and  
discussion on coaching  
methods and techniques**

# Agenda

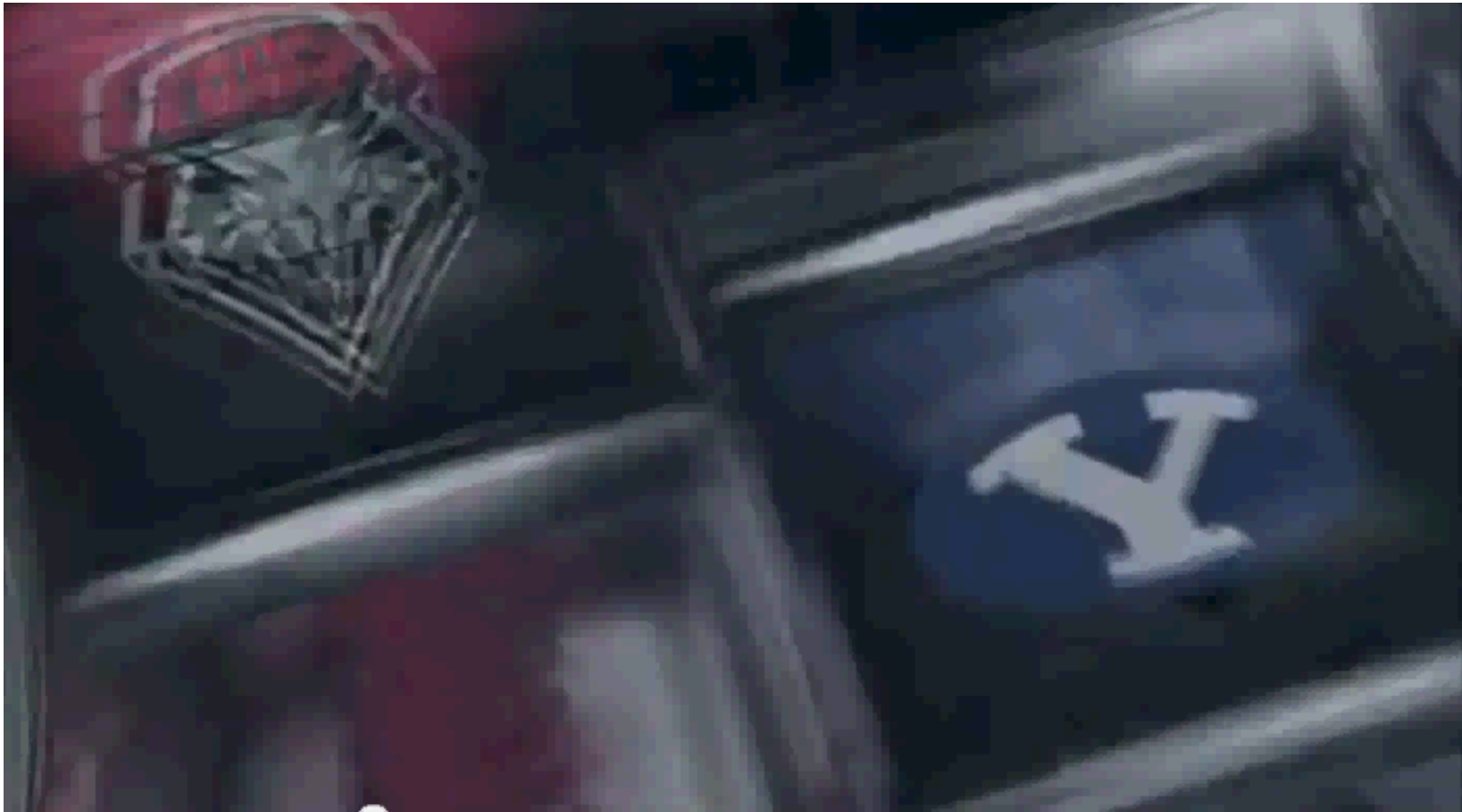
---

- **Training To Be Brave**
    - **When We Have The Ball**
    - **When We Don't Have The Ball**
  - **Advancing the Ball with Speed Under Pressure**
  - **Aggressive Receiving**
  - **Teaching Physical Play**
    - **Shoulder Tackling**
  - **Other Game Strategies**
    - **Throw-ins**
    - **Good Passing**
    - **Marking Up**
- Open Discussion**



# Not What We Are Trying to Do

---



# What is Bravery on the Soccer Field?

---

## Not Being Afraid of Contact

- **When We Have the Ball**
  - Shielding
  - Maintaining Possession While Dribbling
  - Advancing the Ball With Speed
  - Helping Advance Play When Off The Ball



# What is Bravery on the Soccer Field?

---

## Not Being Afraid of Contact When We Don't Have the Ball

- Being a Confident First Defender
- Tackling
- Getting Stuck-in
- Standing the Player Up





# Advancing the Ball with Speed

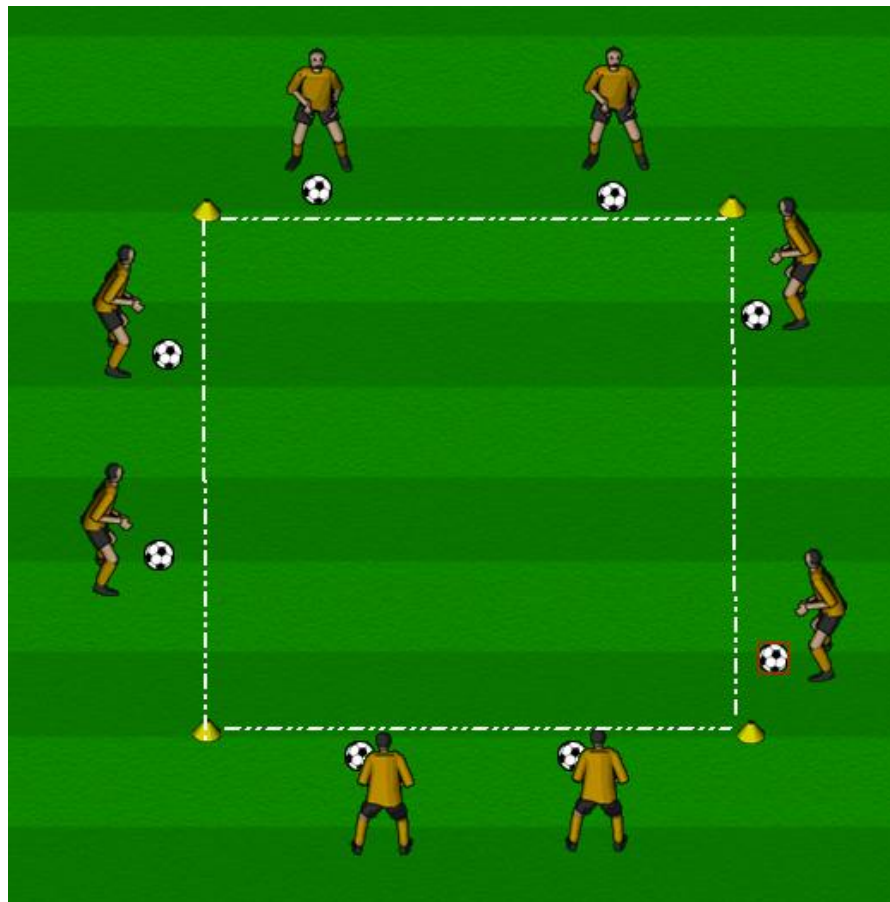
---

- **Training Players to be Fast While Under Pressure**  
Especially in Chaotic Situations

**Dribble-Across-a-Square Activity**

# Dribble Across a Square

Dribbling through traffic without panicking, shielding the ball, how to naturally find open space, "strength on the ball", dribbling under pressure, and instinctively avoiding other players



**10 steps wide**  
Control Dribbling

**15 to 20 steps wide**  
Looking for Open Space,  
accelerate, Speed  
Dribble  
and "Breakaway"





# Aggressive Receiving

---

**We Can't Expect Every Pass to be a Perfect Pass**

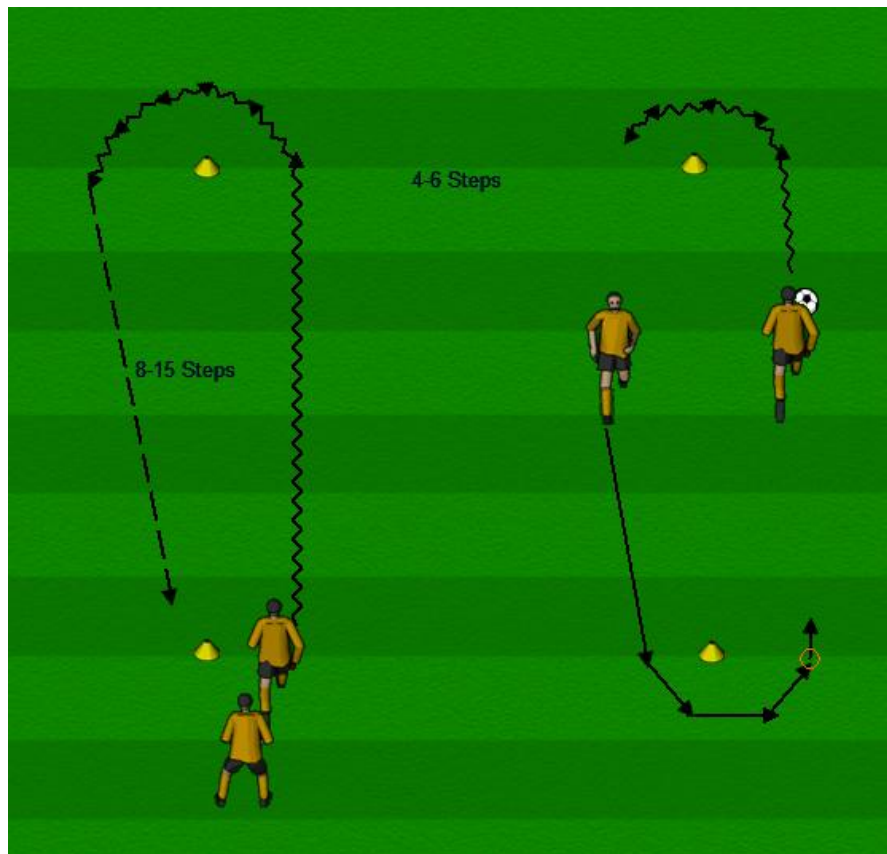
## **Aggressive Receiving**

**We need to teach receivers that they MUST stay alert, on their toes, and stop the pass, no matter how bad it is.... they MUST assume that every pass will be bad, get in front of it, and NOT let it get past them.**

**Dribble Around Cone & Pass Relay Race**

# Dribble Around Cone & Pass Relay Race

Passing while running, aggressive receiving, speed dribbling, turning, importance of "first-touch", one-touch control into open space, teaches receivers to move to the ball and how to receive the ball at game speed



**4-6 steps wide**  
**8-15 steps long**

Tips:

Passer: Kick the ball in front and run to it as a way to go faster

Receiver: Start moving toward the ball as soon as its passed.



# Teaching Physical Play

---

## Strength on the Ball:

**Not Being Pushed off the Ball While Dribbling**

## Tackling to Win the Ball:

**Legally Using Shoulder to Push Player Off the Ball**

## Getting Stuck-In:

**Winning the Ball in a 50/50 Battle**



# Teaching Shoulder Tackling

---

## Getting Players Used to Contact

### Suggested Practice:

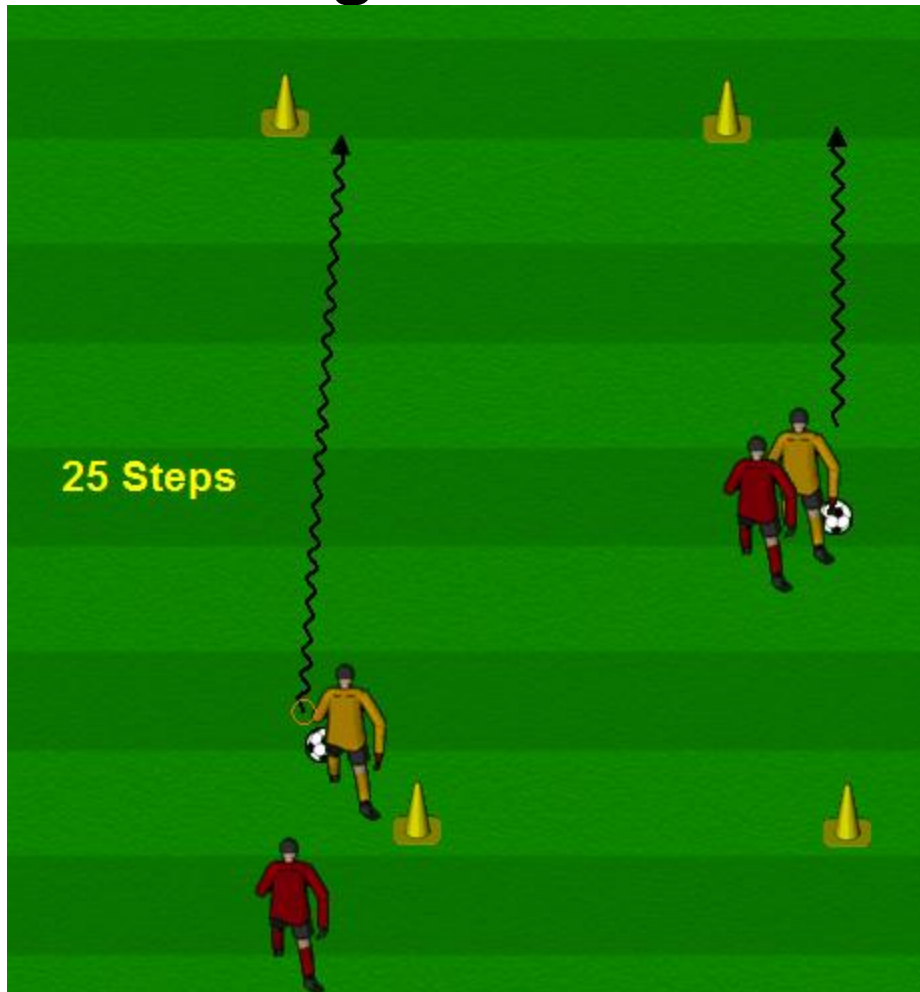
1. Demonstrate Importance of Position and Leverage
2. Standing Shoulder to Shoulder Battle
3. Walking Shoulder to Shoulder Battle
4. Running Shoulder to Shoulder Battle
5. Now While Dribbling

**Rules:** Off-the-ball players must stay shoulder-to-shoulder with the dribbler and try to win the ball by pushing with the shoulder and hip. (They cannot push the front, back or go around; only shoulder-to-shoulder).



# Shoulder Tackling for U12+ Teams

## Simulating a Game Situation



**A's objective** is to get to the "Finish" Cone with the ball under his control

**D's objective** is to steal the ball from A by using his "shoulder" to take A off the ball or to at least slow down the Attacker and make it difficult for the Attacker to pass the ball

This does not involve any body slamming or dirty soccer.

# Other Game Strategies

Lets Look at Other Ways to Affect Your Game Results





# A Set Play Strategy that Can Impact Your Game

## A Winning Throw-in Strategy

### The Throw-in Thought Progression

#### 1. The Quick Hit

As ball crosses the touchline, the nearest player looks for an open space player down field. Forwards should be looking for open path to the goal.

(remember: no off-side call for throw-ins)

**Scan from Our Keeper Across the Field to Other Keeper**

2. Pass to the Forwards
3. Pass to the Mid-Fielders
4. Toward the Goal
5. Down the Line



# Throw-Ins: Making the Offside Rule Work for You



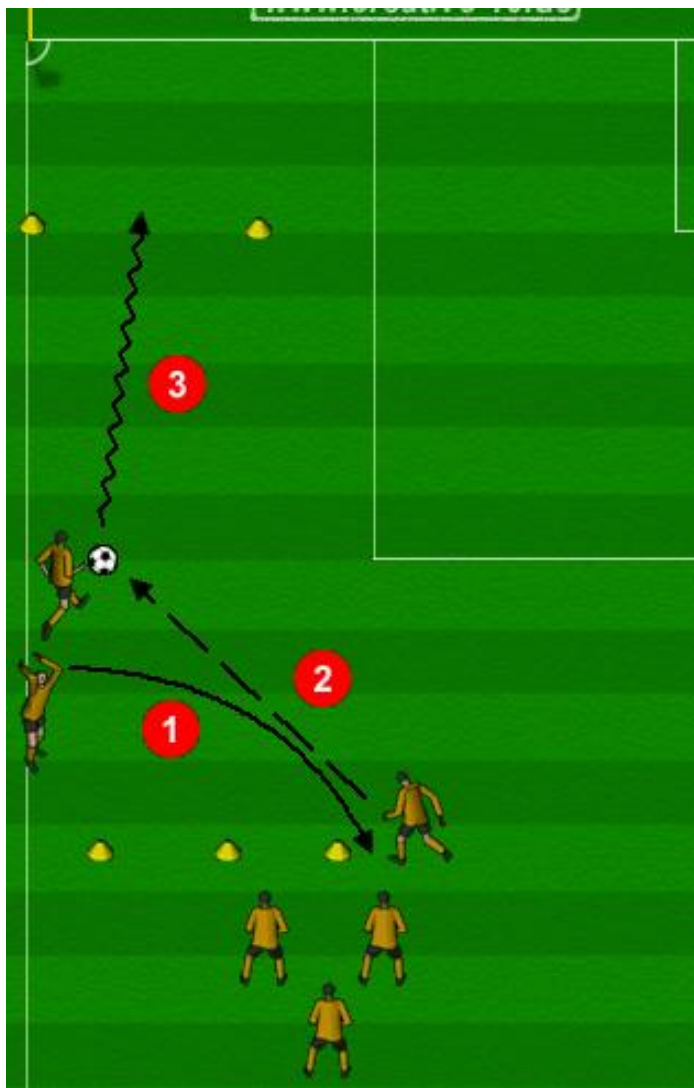
Wide forwards start their run before the ball is thrown.



# 80% Winning Strategy

**Quick Passback to the Thrower**

**Most open person on the field is probably the thrower**





# Great Practice Tips for Positive Game Results

---

## Tips We Already Know About

1. **Train to Play Fast While Under Pressure and in Chaotic Conditions**
2. **Teach Aggressive Receiving**
3. **Teach One-Touch Play**
4. **Teach Bravery, Strength on the Ball**

# Other Great Practice Tips for Positive Game Results

---

## 1. Teach That a Good Pass Does Not Always Mean a Pass to the Receivers Feet

- Trains the passer to use space
- Trains the receiver that they need to always move to a good pass



# Other Great Practice Tips for Positive Game Results

---

## 2. Teach Marking up on Throw-ins, Goal Kicks, Punts and Free Kicks

- Puts defenders in a good position to steal the ball
- Makes it harder for the opponent to get a breakaway.

**Mark up from behind or Goal Side**





# So Many Ideas, Not Enough Time to Teach



*Open Discussion*