











Key Factors

Coaching

The Key to Successful Coaching

 HEADING a) Eyes Open b) Attack the Ball c) Part of the Head	 HEADING Defensive a) High / Wide b) Meet the Ball at the Highest Point c) One Foot Take Off	 HEADING Attacking a) Direction / Down b) Meet the Ball at the Highest Point c) One Foot Take Off										
 DEFENDING a) Goal Side b) Speed of Approach c) Angle of Approach d) See the Ball e) Prevent Forward Play f) Balance g) Threaten Ball h) Eye on the Ball	 RECEIVING a) Body Behind the Ball b) Attack the Ball c) 1st Touch (decision) d) Eye on the Ball e) Head Up	 PASSING a) Accuracy / Eye on the Ball b) Pace / Timing / Weight c) Part of Foot and Ball										
 Goal Keeping a) Eye on the Ball b) Starting Position c) Body Behind the Ball d) Attack the Ball / Stay Big e) Decision on 1st Touch	 Support a) Angle of Support - Front and behind ball b) Near, Far and Wide c) Communication Eye Contact d) Support Man e) Support the Ball	 Dribbling a) See the Ball b) See the Player c) Change of Speed d) Change of Direction e) Skill f) Attack										
 Shooting a) Accuracy Before Power b) Eye on Ball / Head Steady c) Part of Foot and Ball	<table border="1"> <tbody> <tr> <td data-bbox="540 1488 695 1545">Stop</td> <td data-bbox="695 1488 1437 1545">Stop session at proper time to correct skill.</td> </tr> <tr> <td data-bbox="540 1545 695 1614">Correct</td> <td data-bbox="695 1545 1437 1614">Step into session and explain what actions were not correct. What I want is.....</td> </tr> <tr> <td data-bbox="540 1614 695 1665">Demo</td> <td data-bbox="695 1614 1437 1665">Demonstrate the skill correctly.</td> </tr> <tr> <td data-bbox="540 1665 695 1734">Rehearse</td> <td data-bbox="695 1665 1437 1734">Have players rehearse the skill, and only that skill. If corrected start play. If not corrected, demonstrate again and rehearse.</td> </tr> <tr> <td data-bbox="540 1734 695 1774">Play</td> <td data-bbox="695 1734 1437 1774">Start session again from the beginning</td> </tr> </tbody> </table>		Stop	Stop session at proper time to correct skill.	Correct	Step into session and explain what actions were not correct. What I want is.....	Demo	Demonstrate the skill correctly.	Rehearse	Have players rehearse the skill, and only that skill. If corrected start play. If not corrected, demonstrate again and rehearse.	Play	Start session again from the beginning
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