

## Points of Emphasis and Improvement

### Seven ways to Lead the Team

#### Be First ... Be Last

by Bruce E Brown/Rob Miller Proactive Coaching

1. Be first to lead by example and be last to violate team standards
2. Be first to be a lifeline of communication between coach and team and be the last to withhold information
3. Be the first to praise others and be the last to brag or draw attention to yourself
4. Be the first to confront violations of team standards and the last to ignore problems
5. Be the first to protect and defend and the last to criticize
6. Be the first to encourage and the last to become discouraged
7. Be first to serve and be last to be served

- **Team Overall** – Heading confidence/bravery/competence, Judging and dealing with high balls (especially on corner and free kicks), playing accurate long balls over distance, communication – directive and motivational, be the best in 1 v. 1 defense!!!, playing quickly – one and two touch soccer decision making, advanced ball striking – outside shooting power, student of the game - watch more soccer - knowledge of the game - spatial awareness- flow of play - anticipate 2-3 plays ahead- knowledge of set plays (corners, free kicks, etc. ) defensively and offensively, individual confidence – mental toughness, extreme confidence in 1 v. 1 attacking play

Work Ethic: Works hard in practice, likes to set goals to achieve.

Coachable: Listens carefully, follows coaching tips, willing to be critiqued and make adjustments. Desire to improve and be coached.

#### Positional

Central Defenders: confident and mentally tough, need to be fast and our best headers, best tacklers, brave in all situations, communicate with the entire team, in sync with goalkeeper, 1 v. 1 defending, block tackling, strong clearances, knowledge of team defensive concepts, vision of entire field, quick decisions, judgment on high balls, able to win/clear balls in the air, starting point of our offense, organize back line on set pieces

#### Wing backs:

confident and mentally tough, Fast, technical getting forward, great crossers of the ball and the ability to play long switching balls, move the ball quickly with both feet, great decision making on when to get forward and when to stay at home, 1 v. 1 defending, block tackling, heading ability, judgment on high balls, able to win/clear balls in the air, ability to defend crosses when facing your own goal

#### Central Midfielders:

quickness, need to be ball winners on the ground and in the air, need to be constantly checking and making dynamic runs, must be available to receive ball in all areas centrally, change of pace is essential, need to be the best technically in tight spaces, need to be our best decision makers, play makers and control the tempo of the game, need to have the ability to beat players 1 v. 1 and dribble at speed to draw a defender and then dish, consistent power shots from outside a must, ability to switch the play with a long ball a must, must command field space and lead team communication, direct the offense and the defense, spatial understanding of the geometry of the game - diagonal vs straight runs and passes TEAM LEADER!!!!

#### Wing Forwards/Midfielders:

fast, speedy players that play good defense against fast players, ability to take on players 1 v. 1 offensively, cross the ball very well with both feet, in the air and on the ground, head the ball and finish crosses, consistent power shots from outside a must, change of pace is essential, cut backs, cruyff, step over, scissor - essential skills to have, recognition of when to check and when to run in, ability to communicate directions, spatial understanding of the geometry of the game - diagonal vs straight runs and passes, demanding of the ball to help us create width in our attack

### Strikers:

strong, fast, ability to play with back to goal, under pressure, always an available target to receive a pass, ability to hold the ball while waiting for support, strong outside shot with both feet, extreme confidence in 1 v. 1, breakaway skills, and runs off the ball, checking back and looking for runs in behind the defense, heading +++++, spatial understanding of the geometry of the game - diagonal vs straight runs and passes, our defense starts here with your direction, good understanding and able to bring ideas and execution on offensive set pieces (corners and indirect and direct free kicks), knowledge of how to set a wall on defensive set pieces

### Goalkeepers:

- Judging high balls – high priority
- *Catching* or parrying shots vs punching
- Technically strong at saving low balls and strong catching skills
- breakaways - working on judging player/speed/skill/angles
- Positioning - footwork and angles, squaring to ball, anticipating shots, moving with crosses.
- Owning the 6! Powerful strong and fearless
- Unifying/communicating with back line, giving more direction - short, clear, concise. Encouragement & positive feedback.
- Distribution - rolls/throws/punts/clears: strong decision making for each skill
- Tactical knowledge of the whole field and able to give directions to all positions with special emphasis on defense.
- Field technical skills – especially, Goal Kicks, punting and passing out of the back.
- Organize back line on set pieces - knowledge of set pieces and how to deal with different situations – student of the game

### Mental and Physical

- Excellent focus: Stays engaged during practice and games.
- Work Ethic: Works hard in practice, likes to set goals to achieve.
- Self Starter: Needs to be willing to get things going at practice and in games without a lot of coach guidance.
- Coachable: Listens carefully, follows coaching tips, willing to be critiqued and make adjustments. Desire to improve and be coached.
- High Standards: Sets the bar high for herself
- Good field sense - has good eye for the game and generally knows where defense needs to be, when to step, clear, etc.
- Fearless
- Willing to come off line for breakaways
- Fast & athletic, quick feet, Strong and agile