



# KEY FACTOR COACHING

“THE KEY TO SUCCESSFUL COACHING”

## HEADING



- A. Eyes Open
- B. Attack the Ball
- C. Part of the Head

## DEFENSIVE (Heading)



- A. High / Wide
- B. Meet the Ball at the Highest Point
- C. One Foot Take Off

## ATTACKING (Heading)



- 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 THE BALL



- A. Body Behind the Ball
- B. Attacking the Ball
- C. 1<sup>st</sup> Touch (decision)
- D. Eye on the Ball
- E. Head Up

## PASSING



- A. Accuracy / Eye on Ball
- B. Pace / Timing / Weighting
- C. Part of Foot and Ball

## GOALKEEPING



- A. Eye on the Ball
- B. Starting Position
- C. Body Behind the Ball
- D. Attack the Ball / Stay Big
- E. Decision on 1<sup>st</sup> 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. Attack

## SHOOTING



- A. Accuracy Before Power
- B. Eye on Ball / Head Steady
- C. Part of Foot and Ball