

Soccer Tip Of The Week



KINGSTON UNITED SOCCER CLUB PRESENTS

PEACH TREE INN “Tip of The Week”

When you are on the field of play and facing your opponents just building up their counter attack - who is the most dangerous person?

I think most would have the same answer – the player with the ball.

Whenever we look at defending or attacking as an individual or a team everything relates back to depending on where the ball is.

When teams disperse and when mounting or spear-heading an attack players must adjust in order to keep team shape compact. If we choose to open the game it all starts with the ball. Looking for the switch – short to go long – players must know and see when where the ball is so that they can support short or long. Creating opportunities off the ball can only happen if players know where the ball is at all times.

When defending as a team – a flat back four must adjust. The shifting of the back four with a view to keep shape relies on knowing where the ball is.

Bad habits start at very young ages and one of them is simply not knowing where the ball is during the game. Young players will often take the focus off the game and lose sight of where the ball is especially at critical moments like set plays such as the kick-in or throw-in, the corner kick, the free kick or even worse when the ball is being cleared out by the goal keeper.

When the opposing Goal keeper has the ball and attempts to clear it ask you self how many times you have caught yourself or your players running out with their back to the ball. When you take your eyes off the ball you are missing potential impacting moments in a game. Missed opportunities can make the difference of a win or loss.

Goal keepers adjust depending on where the ball is on the field of play. Imagine a Goal keeper who loses sight of where the ball is. At the very youngest ages it is about instilling good habits and one of them is to track and not lose sight of where the ball is. A Goal Keeper must mentally focus and it can be exhausting but it all starts with knowing where the ball is. From that point players will learn how the play can develop if they do not lose sight. The best players are not only gifted technically with skills but have the ability to read the play.

Create good habits early in young footballers and start with something as simple and easy as knowing where the ball is at all times throughout the match.