

Level 2 Certificate In Coaching Football – Technical Teaching Points

<u>Practical Theme</u>	<u>Key Factors – Technical Detail</u>
Goalkeeping	Start position, Body Position, Feet Apart knees bent, Head steady, Body Weight balance, movement in line down the line, technique scoop stoop K Barrier W shape hands leading secondary changes level leg.
Creating Space	As a team wide and long, as an individual one run for defender one for yourself, short to receiving, long to Receive short, in to out, out to in.
Defending as an individual	Down line of ball at pace, stop the forward pass, balanced check position, fore play predictable, support of 2 nd & 3 rd defenders, angle and distance, information.
Running with the Ball	Big first touch, Head up, laces run at speed, timing of release, decision dribbling, pass shoot, cross etc.
Passing	On toes in line with ball, good first touch. Decision what type of pass, technique side foot, chip, driven, swerve pass pace and accuracy.
Control	On toes in line with ball, assess flight decision, select surface, foot, thigh, chest, head, technique, turn into space.
Dribbling	Positive attitude, head positively towards defender, change of pace into space, dummy and feint, trick end product.
Heading	Positive attitude, contact on ball forehead, body position, accuracy, attacking, down and across, defending height distance and angle.
Shoot & Finishing	On toes in line with ball, positive attitude, accuracy low and across goal power, techniques, first time shots and two touch shots, rebounds, abc's, adjustments – basics and clever
Turning	Create space, can u turn, shield turn into space, dummy or feint roll turn trick, 1, 2, 3 touch turns. End product.
Attacking as a team	Create space, can u turn & be positive, shield, overlaps, cross-overs, one twos, end product.
Defending as a team	Deny space, nearest defender down line of ball at pace, make play predictable, support, angle, distance, patience, press ball, when to tackle information.