Game Play Skills

Kickoffs: Too often players just run and boot the ball right to the opponent. The focus here should be starting and keeping possession.

Teaching Points for a better kickoff
- Have your players stand next to each other only a few feet apart.
- Have one player pass to the other player
- It’s often more beneficial to play the ball forward then backwards that way you put immediate pressure on the opposing team

Throw-Ins: Players often put too much thought into these simple restarts. An effective throw-in is going to be quick and down the line toward the goal they are attacking. Remind teammates that they should all occupy different areas, so they can spread the defense out.

Teaching Points for a legal throw-in
- Keep both feet on the ground.
- Start with the ball behind your head
- Throw the ball where your body is facing bringing the ball over the top of your head
- Follow through with your arms toward your target
- Sense of urgency, want it to be quick and decisive
- Time of transition, great time to catch a team “sleeping” on defense

Goal Kicks: Many younger players don’t understand that kicking the ball into the center of the field will cause more harm than good. Set up a drill where players are reminded to aim their goal kicks toward the side of the field. Eventually add goals out near the sidelines, and give players a point for each goal kick they can put through the goals you have set up.

Teaching Points for a better Goal Kick
- ALWAYS have your players kick to the same side of the field that they are taking the goal kick from
- NEVER have your player kick the ball across the front of your goal
- Teach them to kick the ball hard and to the outside of the field.
- Strongly encourage the goalie to stay in the goal and have a defender take the kick

Corner Kicks: Another common trouble spot are corner kicks. There are often too many people trying to kick the corner kick, and not enough people in the middle trying to score. Start simple, place two
attackers 8 yards in front of the goal and have players take their corner kick trying to get the ball to one of these players. Eventually add more attackers, then incorporate defense. Coaches, this is a good spot for you to get some goalie work done as well.

**Teaching Points for a better Corner Kick**

- Tell your players to stand in front of the goal
- The more players in front of the goal the more likelihood of you guys scoring on the play
- Have the player taking the kick practice getting the ball in the air in front of the goal
- Remind your player to crash towards the goal once the kick has been taken