



Hingham Youth Soccer Reference Sheet

The following is a reference sheet that will help to develop young soccer players. These are not the only way to coach a player, but I have found great success when I have instilled these in my players

Passing the Ball with the Inside of Your Foot

1. Use the inside of their foot
2. Toe should be above your heel which locks your ankle
3. Foot that is not kicking the ball right beside the ball, not crooked
4. Stay on balance
5. Line up middle of the foot with middle of the ball

Striking (Shooting)

Preparation touch is vital in success of shot, should be 45 degree angle out away from body. This touch enables players to take step and generate power. Non-Kicking Foot placement needs to be beside the ball. Many players plant foot is behind the ball, which creates problems for them. If we were teaching chipping placing your foot a little behind the ball would be correct.

Receiving the Ball

Toe up, heel down, want to have a touch out in front of you so you can step and pass if need be. Developing a good first touch is something players at all levels need to work on.

1st Touch Rules

Into open space (not always forward), or towards goal if possible

2 Rules for finding Space

Players when they don't have the ball need to find open space and a proper angle to the person with the ball (passing lane)

Get a look in: Teach players to take a look before they receive the ball, so they can decide where pressure is coming from, where the open player is. This will help players to begin to play much quicker. In a variety of the passing drills in the session plans, you can add in that players must take a look over their shoulder before they receive the ball. This way it can start to become a habit for our players.

Play with your away/back foot

Playing with your away foot enables you to see the field and play the ball quickly. Your back foot or away foot is furthest from the ball when receiving it. You are able to face the play as the ball comes across your body and play it quickly. Challenge your players to watch a high-level match and count how many times play it with their away foot.