

## **Coaching Corner (Food For Thought)**

*(Some of the below material is taken from [www.finesoccer.com](http://www.finesoccer.com))*

### **Uninspired Soccer**

As a coach or leader of the team it's important to realize that the team will usually take on your personality in some ways. If you are excited about a game, the players will usually be excited about the game. If you seem disinterested, then the team will frequently seem disinterested. If you yell at the refs, then the team will frequently yell at the refs.

If you are a player (and want to be a positive leader of the team) and you see your team mates are looking kind of "flat" with no excitement or enthusiasm, then it's your responsibility to add that enthusiasm to the team during the warm ups. It might mean being more of a "cheerleader" than normal or simply increasing your intensity in the warm up to set a good example.

Teams who enjoy training and playing are the ones who will be successful in the long run. Those who just go through the motions are usually in it for the wrong reasons.

If you see your team or team mates going through the motions and not enjoying what they are doing when at the soccer field, figure out what you can do to make it a more positive experience for all and everyone will benefit.

Soccer is such a wonderful game for people of all ages (whether to play, coach, watch or simply follow), At the Braes lets make this our Motto!!!!

### **Kick Offs**

Kick offs are one situation a team KNOWS they will have at least once every game so you would think at the very least: they would have taken a moment to at least discuss what they want to do prior to the game.

While the kickoff shouldn't be completely scripted, it is important that the whole team know what the team is going to try to accomplish with the kickoff (Especially the one to start the game.)

Here are the two most common ideas for teams with kickoffs:

Many teams will play the ball back and try to keep possession by passing the ball around in their defensive half of the field. Some of the advantages of doing this is that it lets most or all of the players get a touch on the ball which is one of the best ways to relax a bit from the excitement of the start of the game. Also, it starts the opposing team off by making them chase the ball so right away you are dictating the pace of the game to the opponent. This also allows you to spread the opponent out some (chances are their forwards and midfielders will come forward more than their backs which creates some space to try to work into). The main disadvantages in playing the ball backwards and passing it around at the

start of the game is that if/when they lose the ball they have lost the ball in their defensive half of the field so in terms of pure field positioning, there is some danger involved in playing the ball back so far.

The alternative to trying to keep possession off of the kickoff by playing the ball backwards is to try to get a quick attack off of a long ball into the corner. Frequently, a team will send 2 players straight down the sidelines as soon as the ball is touched for the kickoff. The forwards at the kickoff play the ball back to a midfielder who will then try to play the ball over the opposing backs head to one of the players making a run. The advantage in doing this is that if it works, you have a quick scoring opportunity frequently against a team that is unprepared for the quick strike. Also even if you don't win the first (or second balls) you have already dictated what part of the field you want to start playing in since chances are one of a couple of things has happened. Either the ball goes over the goal line for a goal kick which means you have a chance to win the ball back at midfield, it goes over the sideline for a throw in deep in the other teams defensive half of the field. The disadvantage in this strategy is that it does usually result in a loss of possession in most cases.

Keep up with the local soccer scene on [www.soccerotago.co.nz](http://www.soccerotago.co.nz)

Cheers

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