



## Innisfil Soccer Club

OSA Key Factors For Coaching	
<b>1) DRIBBLING:</b> a) See the ball b) See the player c) Change of speed d) Change of direction e) Skill f) Attack	<b>2) SHOOTING:</b> a) Accuracy before power b) Eye on the ball c) Head steady d) Part of foot e) Part of ball
<b>3) PASSING:</b> a) Accuracy b) Eye on the ball c) Part of foot d) Part of ball e) Pace/ Weight f) Timing	<b>4) RECEIVING the BALL:</b> a) Body behind the ball b) Attack the ball c) First touch (decision) d) Eye on the ball e) head up
<b>5) SUPPORT:</b> a) Angle of support (front & behind ball) b) Near, far and wide c) Communication/ Eye contact d) Support the man e) Support the ball	<b>6) GOALKEEPING:</b> a) Eye on the ball b) Starting position c) Body behind the ball d) Attack the ball/ Stay big e) Decision on 1 <sup>st</sup> touch
<b>7) DEFENDING:</b> a) Goal side b) Speed of approach c) Angle of approach d) See the ball	<b>8) HEADING:</b> a) Eyes open b) Attack the ball c) Part of head
<b>9) ATTACKING HEADING:</b> a) Direction... down b) Meet the ball at highest point c) One foot take off	<b>10) DEFENSIVE HEADING:</b> a) Direction... high and wide b) Meet the ball at highest point c) One foot take off