



SSaH Top Eight

1. Kids need to fall in love with the ball first, then they can learn the game.
2. Perfecting execution is far more important than the difficulty level of the individual technique.
3. The single most important technical skill is ball “manipulation,” controlling the ball with all parts of the foot and using both feet.
4. Start with technically simple tasks that are easy to master. This builds confidence and motivation to master higher level moves.
5. Footwork teaches “focused attention,” or “how to pay attention,” which is the basis of all learning, including academics.
6. The other elements of the game -- tactics, systems, formations and more -- are all dependent on the individual skill levels of the players. And they can all be taught quickly, and should be taught much later.
7. Get out of the way! Encourage your child to develop the basic techniques and then watch as they innovate.

+ *something all soccer parents need to know about coaching*

8. Formal training sessions, i.e. soccer practices, are not where skill development happens; skill development happens at home.

The 5 Fundamental Soccer Techniques

1. Stopping and starting
2. Changing direction
3. Using both feet
4. Pull backs with sole of both feet
5. Cutting and turning with inside and outside of both feet