

RUSHMORE SOCCER'S – FOUR PHASES OF WINNING SOCCER

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Defensive Ball Winning Attitude *A team can't do anything without the ball!*

Attitude

- ⊕ Aggression
- ⊕ Desire
- ⊕ Determination
- ⊕ Composure

Fitness

- ⊕ Stamina
- ⊕ Strength
- ⊕ Speed
- ⊕ Agility

Technique

- ⊕ Positioning
- ⊕ Tackling
 - ⊕ Block
 - ⊕ Slide
- ⊕ Heading
- ⊕ Stance

Team

- ⊕ Communication
- ⊕ Pressure!!!
- ⊕ Cover
- ⊕ Balance

Sound Goalkeeping

- ⊕ Training

Ability to Maintain Ball Pressure

Once the ball is won - it must be advanced toward opponent's goal!!

Ball Control

- ⊕ Juggling
- ⊕ Technique
- ⊕ Soft 1st touch
- ⊕ Receiving
- ⊕ Turning w/ the ball in one motion
- ⊕ Composure

Passing

- ⊕ Accuracy
- ⊕ Weight
- ⊕ Disguise
- ⊕ Timing

Communication

- ⊕ What to say
- ⊕ When to say it
- ⊕ Non-verbal

Moving w/ Ball

- ⊕ Dribbling
- ⊕ Fast footwork
- ⊕ Feinting to beat opponent

Moving w/o Ball

- ⊕ Getting Open
- ⊕ Using Width
- ⊕ Overlapping
- ⊕ Support

Composure

- ⊕ Patience
- ⊕ Confidence
- ⊕ Mental Fitness

Creating Scoring Chances

Once near the goal - a team must...

Get the *ball* behind the defense and into the opponent's penalty area.

- ⊕ Crossing passes
- ⊕ Bent passes
- ⊕ Corner kicks
- ⊕ Free kicks
- ⊕ Long throws
- ⊕ Long shots on goal
- ⊕ Through balls

Get *bodies* through the defense and into the opponent's penalty area.

- ⊕ 1 v 1 attacks
- ⊕ Flanking runs
- ⊕ Crossing runs
- ⊕ Diagonal runs
- ⊕ Committed dribbling

Converting Scoring Chances into GOALS!!!

Need anything else be said?

Attitude

- ⊕ Take risk & responsibility to take the shot – even if sometimes missing.
- ⊕ Think: shoot – Shoot – SHOOT!
- ⊕ Follow shots expecting rebounds – winning the easy goals.
- ⊕ Bravery
- ⊕ Opportunistic

Technique

- ⊕ Power & chipping
- ⊕ Improvisation
- ⊕ Converting breakaways
- ⊕ Far post shots
- ⊕ Clinical finishing