



Soccer Fundamentals

Soccer is a game of opposites (defense and offense). You should be able to play both aspects of game regardless of your position (Defense/Midfield/Forward). Each player will have different tasks and responsibilities on the pitch. You need to identify those responsibilities and work smart/hard to the best of your ability to perform these tasks.

A team is like a chain and should always be connected. Goalkeeper, defenders, midfielders, and forwards should be connected and moving together at all times.

If you want to perform well, here are a few things that you need to remember when you play.

General

- Focus and concentrate all times
- Stay fit - endurance and strength
- Be positive
- Have realistic expectations of teammates
- Communicate on the field (don't point finger)
- Be creative
- Keep it simple (Play the way you're facing- always remember the ball is faster than you and doesn't get tired- you do!!)

Defensively

- You should have a winning attitude (the ball is always mine)
- Be aware at all times
- Communicate at all times with your teammates
- Anticipation
- Always get behind the ball on defense
- Delay the opponent until you get help from your teammates
- When challenged, make the play predictable so your teammate can anticipate the next pass or play
- To make a player commit, take a quick step forward and quickly back off using your body to block the run
- Always find a free player and mark-up

Offensively

- Keep it simple
- Be goal driven- forward motion, look forward first
- Don't watch the ball, WATCH THE PLAY, then put yourself in the correct position that will benefit your team
- Play the ball back when options are limited or dangerous
- Always look around before collecting a pass
- Have a first time pass in mind before collecting the ball
- Be calm with the ball
- Always be in position to support teammates
- Give options to player with the ball (check in and check out asking for the ball)
- Use your body effectively to shield and protect the ball
- Don't be afraid to take on your opponent