

## Pickering Soccer Club



OSA Key Factors: For Technique & Skill Development	
<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

These are sound basic Key Factors which should be identified and taught, though not necessarily named, when coaching children and youth players. The points made are Key but not comprehensive.

Many coaches have other Key Factors which they identify. Examples of such additional Key Factors may be:

<b>Shooting:</b>	Lock ankle;	Follow through;	Follow your shot.
<b>Passing:</b>	Communication;	Into space or to the feet;	Message in the pass.
<b>Heading:</b>	Arms balance/ power;	Torso for power;	Mouth closed.
<b>Defending:</b>	Patience;	Don't jump in/ jockey.	