



Precision Soccer Academy
perfection through precision
COACHING DIRECTOR

Precision Soccer Academy

Coaching Program

“Perfection through precision”

Introduction

The Precision Soccer Academy coaching program is intended to create players with a high level of technique in all aspects of the game, which will enable them to play at an international level.

The program is not purely based on creating individual skills, but also in progressing the player into using acquired skills during in-game situations.

Brief Outline

1. Creating space as an individual
2. Ball control
 - A. The principles and practice of ball control
 - B. Practicing ball control against opposition
 - C. Pressure training to improve ball control
 - D. Controlling the ball when facing an opponent and opponent's goal
 - E. Controlling the ball with one's back to the opponent and the opponent's goal
 - F. Creating space by moving towards the passer before checking and moving away from the passer
 - G. The development of isolated grid practices into small sided games
3. Creating space in a team environment.
 1. Creating space by cross-over plays
 2. Creating space by over-lap runs
 3. Creating space by one touch play
 4. Creating space by spreading out, end to end and side to side
 5. Creating space by diagonal runs



4. Passing and support

1. Passing techniques, lofted passes
2. The lofted drive with the in step from a slightly angled approach
3. The lofted drive with the in step from a wide angled approach
4. The lofted drive with the inside of the foot
5. The chip pass
6. The volley pass with the in step from a straight approach
7. The volley pass with the in step from a side way approach

Note: Developing all these variation of passes through small sided games.

5. Developing the skill of passing

1. Wide-angle support
2. The angle of support to receive the ball
3. The angle of support to pass the ball forward
4. Development of short passing and wide-angle support

6. Combining play in passing and movement

7. Attacking

1. Flanks and diagonal crosses
2. Near-post crosses
3. The space available
4. The position of the defending players
5. The position of the attacking players

9. Running into the open space

8. Heading in attack



1. First to the ball
 2. Near post
 3. Mid-goal
 4. Far post
 5. Timing
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8. Technique for crossing the ball
 1. Attacking the crossed ball
 2. Mid-goal crosses
 3. Far-post crosses
 4. Diagonal passes to the back of the defense
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9. Attacking central positions
 1. Blind-side runs, overlap runs and crossover plays
 2. Wall passing
 3. Dribbling
 4. Encouraging improvisation and inventive play
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10. Shooting
 1. Attitude, technique and skill
 2. Shots off target
 3. Low shots
 4. Scissor kicks
 5. Shots going away from the goalkeeper
 6. Shots from bouncing or dropping balls in the penalty area
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11. Shooting techniques
 1. Balls moving away from the kicker
 2. Balls moving towards the kicker
 3. Balls moving across the kicker
 4. Pressure training
 5. When not to shoot
 6. Shooting in small sided game



12. Speed, skill and combined play

1. Quick shots in and around the penalty area
2. Pressure training on the theme of quick shooting
3. Shooting from outside the penalty area
4. Beating the goal keeper when clear of the defense
5. Shooting the ball past the goal keeper
6. Dribbling the ball past the goalkeeper

13. Goal keeping

1. Shot stopping and supporting defense
2. The starting positions
3. Moving into line
4. Advancing and diving
5. Narrowing the angle
6. Combining shot stopping with supporting the defense

14. Goal keeping: Crosses and distribution

1. Techniques for dealing with crosses
2. The starting position
3. Assessing the flight of the ball
4. Making an early decision
5. Attacking the balls
6. Handling, punches and deflections

15. Goal keeping: Crosses to the posts

1. Crosses to the near post and far post.

16. Goal keeping: Communication with co-defenders



17. Goal keeping: Distributions

1. Kicking the ball
2. The volley kick
3. The half-volley kick
4. Throwing the ball
5. Rolling the ball
6. Throwing the ball from the shoulder
7. The over arm throw

18. Defending as an individual

1. Preventing the opponent from turning with the ball
2. Keeping play in-front of the defenders
3. Forcing play in one direction
4. Forcing play down the touch-line
5. Forcing play across the field
6. Combining the skills of challenging and covering in a small sided game

19. Defending as a team

1. Retreating from a position on the goal side of the ball
2. Recovering from a position on the wrong side of the ball
3. Keeping goal side of the ball
4. Tracking and marking players
5. Defending in and around the penalty area
6. Mental concentration

20. Defending set plays

1. Free kicks
2. Corner kicks
3. Short corner kicks
4. Defending the near-post
5. Defending the far-post
6. Defending the area between 6 yard and the 18 yard lines





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21. Tactics in defending against throw ins
 1. Throws
 2. Long throws in the attacking third of the field

22. Defending goal kicks

23. Defending against blind-side.

24. Defending against one-touch football

23. Heading in defense
 1. First to the ball
 2. High and wide

