

FIRST TOUCH AND FINISHING TOUCH – 2 MOST IMPORTANT TOUCHES IN SOCCER

IT'S NOT A FLAT BACK IT'S A WALMART SMILE (SMILEY FACE)

SOCCER IS NOT KICK BALL IT IS CONTROL BALL

EVERY DAY IS A TEST (how do you grade yourself compared to teammates...be better today than yesterday)

OPPONENTS DON'T GET A TURN (soccer is not a card game it's a battle)

THE BALL IS OURS UNLESS WE GIVE IT UP (never give it up)

YOU RUN LESS WHEN YOU POSSESS (defending is chasing, make opponents chase you)

PLAY TO CORNER FLAG THEN BACK (unbalance your opponents by making them shift wildly)

PASS TO OPEN TEAMMATE (any direction is safe if teammate is open)

CHECK TO PASS (do not run away from passer...check to pass to prevent 50/50 situations)

FIRST TOUCH IS PREPARATION FOR NEXT TOUCH (use your first touch to set up dribble or pass)

FIRST TOUCH AWAY FROM PRESSURE (give yourself the best chance of keeping possession)

A LET MAY SOMETIMES BE YOUR FIRST TOUCH (LET the ball go by and then run onto it if a LET is better than a touch)

HEAD ON A SWIVLE (always know where your support and opponents are, don't get blindsided)

BE DECEPTIVE AND INDIRECT (the quickest way to success is seldom a straight line)

PASS BACK TO THE PLAYER WHO PASSED YOU THE BALL (either a direct or wall pass disrupts opponents)

TWO TO EVERY PUNT (double-teaming to retrieve punts makes us focus on getting to the ball on punts)

SHOOT EARLY AND OFTEN (the goal is to get the ball in play in front of the net so teammates can finish)

ALWAYS FOLLOW THE SHOT (everyone in the attack crashes the net to finish rebounds off goal, other players, or keeper)

MOVEMENT OFF THE BALL IS EQUALLY IMPORTANT TO MOVEMENT WITH THE BALL

SOCCER IS A RUNNING GAME (if you are standing still, you are not playing soccer, you're taking a break)

SOCCER IS NOT ABOUT YOU, IT'S ABOUT THE TEAM

TEAM MEMBERS ON THE SIDELINES ARE PARTICIPANTS (what are you doing to be helpful when not playing)

BE INTENSE (not casual, timid, or silly)

BE SUPPORTIVE (of others and YOURSELF especially when things are not going well...turn it around)

BE COMPOSED (make every opportunity count, this IS NOT recreational soccer, its serious competition)

BE THERE (where should I be next?... IS the question you should always be asking yourself, then BE THERE)

TAKE RISKS (be dominating, not defensive, in your attitude – control the match, don't just react)

PLAY UP (keep opponents out of our end by attacking their end)

STAY LINKED (maintain your shape...fill gaps between zones...fill holes within a zone & “touch-tight” inside 18)

USE THE ENTIRE FIELD WHEN ATTACKING (use the entire width and length including end lines and touch lines)

A STRONG MOVE IS A BETTER WAY TO BEAT AN OPPONENT THAN TRYING TO OUTFRAN THEM

BE PATIENT AND PLAY FARTHER BACK WHEN COVERING THE FAR POST OR SIDE OF FIELD OPPOSITE THE ATTACK

VISUALIZE (To visualize is to see in your mind’s eye the brilliant moves you will make when playing)