

**REC Soccer Team Key Concepts**

To setup your team for success there are a few things that we Highly recommend you cover early in practice:

**U10 Level Only:**

**Build out line** – Only at u10 level. When the goalie has the ball in hand or a Goal Kick is in play the opposing team players must be behind the “build out line”, this is the line in between the midfield and “18 yard” box. As soon as the goalie kicks or throws the ball they can come after the ball.

**All levels of REC Soccer:**

Introduce/Refresh Throw ins – Both feet must stay on the ground and the ball is to go over your head and forward with both hands on the ball. Spend 10 – 15mins practicing this with all members of the team.

<https://protips.dickssportinggoods.com/sports-and-activities/soccer/soccer-101-throw>

Introduce/Refresh Corner Kicks – When the defending team kicks the ball out of their own end line the Referee will award a corner kick. The kick takes place from the corner of the field and the idea is to cross the ball to your offensive player that are to be positioned close to the goal. The player to kick the ball from the corner should be one of your stronger players. One player should be closer to the corner in case the kick is not great, the second player should be in the middle of the goal and the third should be positioned on the far post of the goal. You can also find a few options on you tube to make it a little more complex if your team is capable.

<https://protips.dickssportinggoods.com/sports-and-activities/soccer/soccer-101-fundamentals-corner-kicks>

Introduce/Refresh Goal Kicks – When an attacking team kicks the ball out of the opposing teams end line the referee will award a goal kick. The ball is placed on the line of the smallest box near the goal and the goalie will kick the ball to a team mate to restart play. This is a tricky time so practices it with the team. Make sure they kick it to the outside. Remember the opposing team cam come after it as soon as the goalie kicks it and typically your team will be looking at the goalie and not notice the other team coming for them. Teach them they must be aware.

<https://www.balancedcoaches.com/strategies-for-soccer-goal-kicks/>

Offsides Introduce – It is hard to learn so patience is key. Watch the short video for a really good explanation.

<https://www.youtube.com/watch?v=9_pAGf0SPNs>

**Practice:**

Shooting

Dribbling, Long (speed) and Short (Control)

3 Attackers v 2 Defenders and a goalie – Keep spread out, stay on your side/position. PASS from outside to the middle of the goal.

Moving as a team Defenders should move up to the half field line when your team has the ball and is attacking.

Defense Golden Rules:

1. defender should remember this phrase: goal side. Meaning a defender should always try to be on the goal side of a player they are defending.

<https://www.youtube.com/watch?v=wo21x6TCDlk>

1. Protect the center: Always clear the ball to the outside, never the center!