



SSaH Top Ten + 3

1. Young kids should fall in love with the ball first, then learn the game.
2. Starting with technically simple tasks that are easy to master builds confidence and this activates the child's motivation to play.
3. Perfecting execution is far more important than the difficulty level of the individual technique.
4. The single most important technical skill is ball "manipulation," controlling the ball with both feet.
5. SSaH creates an environment for parents to interact with their child in a meaningful way.
6. SSaH teaches "focused attention," or "how to pay attention," which is the basis of all learning, including academics.
7. Get out of the way! Help kids develop the basic techniques and then watch as they innovate.
8. The other key elements of the game -- tactics, systems, formations and more -- are all dependent on the individual skill levels of the players. And they can all be taught quickly, and should be taught much later.
9. Real soccer success for any one child depends on all the kids on the team achieving a high technical level. We need everyone to grow!

+ 2 things a soccer parent needs to know about coaching

10. Formal training sessions, i.e. soccer practices, are not where skill development happens; skill development happens at home.
11. Good coaches know how to set kids up for success.

The 5 Fundamental Soccer Techniques

1. Stopping and starting
2. Changing direction
3. Using both feet
4. Pull backs with sole of both feet
5. Cutting and turning with inside and outside of both feet