Good morning coaches,

I will be attempting to send out an email each month to you to hit on some ideas or thoughts around coaching. My intention is to get this out around the mid-point of each month. Hopefully these will be interesting enough that you will take 10-15 minutes to read through what I have included:

**TECHNICAL ISSUE OF THE MONTH**

Issue:

Using all parts of the foot. One thing that I see often is players who rely heavily on one foot constantly being told they need to use their “weak foot.” To be clear I don’t necessarily disagree however, one solution to this is to train our players to use all parts (inside, outside, bottom and toe) of the foot.

Fix:

When we do technical work, passing, dribbling, shooting etc… very often we work right & left but I don’t see coaches working on the other parts of the foot. I would encourage everyone to include the outside of your players feet in your technical work, it can open up a lot of possibilities for them! In a basic sense when using the outside of the foot, your toe will be pointed in or down with your heel up! Obviously if you have creative players they will try and find different ways to do this, encourage creativity from your players especially in training!

**TACTICAL ISSUE OF THE MONTH**

Issue:

How can I get more movement from my players off the ball?

Fix: This is a huge issue, one that can’t be fixed or improved with 1 activity. Good movement comes with an understanding of players roles and responsibilities, sometimes players are naturally born with a sense of this, other times they need to learn. I am including 1 activity here that I think is a good starting place. However, it’s key for you as a coach to clearly understand what you view good movement to be so that your players can understand what you are asking for

***Good Read’s or Watch’s:***

*mental prep*

<http://danabrahams.com/blog/2015/football-psychology-fundamentals/>

*technical foundations*

<https://www.amplifiedsoccerathlete.com/coachguide/what-players-aged-9-12-should-focus-on-a-4-corner-model>

*Ted Talk, Jay Demerit*

<https://youtu.be/zKwZutf5GGU>

Good luck this month and please let me know of any training issues you are having, thoughts on information you would like to see included in the monthly email. Hopefully it can grow as a good resource for our club and for ourselves as coaches!