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:

Why do my players consistently kick the ball too high or over the goal? How do I get them to improve on keeping the ball down?

Fix:

I grew up in the age of “keep your body over the ball” and I still hear this idea today. I can’t say definitively if this is wrong but what I do know is that

in a match it’s hard to always ensure your body is over the ball, does that mean then that a player can’t keep the ball down? It shouldn’t!

Here is what I teach my players. I ask them to focus on **where they are striking the ball itself**. If they want the ball to go high, hit the bottom part of the ball. If they want the ball to stay low, strike the middle to top of the ball….. Try this and see if it helps with your players.

**TACTICAL ISSUE OF THE MONTH**

Issue:

On my team not everyone gets up when we attack and not everyone recovers when we defend. What can I do?

Fix:

Try to play games that require your players to stay connected to each other. A favorite activity of mine is to play matches where in order for a goal to count the entire attacking team must be across the half line of your field. You can also add in a rule where if the entire defending team doesn’t recover back into their own half before a goal is scored the goal then counts double. You can do lots of things with this… do you want your outside backs forward but your center backs to stay back, then build that into your rules…. Give this a shot and see how it goes

***Good Reads:***

<https://playerdevelopmentproject.com/doesnt-look-like-footballer/>

<https://www.telegraph.co.uk/football/2019/03/17/atletico-madrid-barcelona-smash-attendance-record-womens-football/>

<https://www.soccerparenting.com/zac-crawford-lisa-cole-interview-re-cap/>

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!