

INSTRUCTIONAL BASEBALL TEACHING CUES

BATTING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
HITTING		
Stance	<ul style="list-style-type: none"> • Stand sideways • Feet slightly wider than shoulder width • Weight over balls of feet, heels lightly touching the ground, more weight on back leg 	<ul style="list-style-type: none"> • Stand forward • Feet too far apart or too close together • Weight on heels
Arm Swing	<ul style="list-style-type: none"> • Hitter should think “shoulder to shoulder” (start with chin on front shoulder; finish with chin on back shoulder) 	<ul style="list-style-type: none"> • Moving head during the swing • Head too tense
Hip Rotation	<ul style="list-style-type: none"> • Back hip snaps or rotates at pitcher; drive body through ball; take a photograph of pitcher with belly button • Throw hands through baseball: “slow feet quick hands” 	<ul style="list-style-type: none"> • No hip rotation • Using arms instead of wrists
Focus of Eyes	<ul style="list-style-type: none"> • Imagine middle of baseball has a face that is laughing at you; try to hit the ball in the face 	<ul style="list-style-type: none"> • Not seeing ball hit bat
Step	<ul style="list-style-type: none"> • Step 3 to 6 inches (stride should be more of a glide) • “step to hit” 	<ul style="list-style-type: none"> • Over striding causes bat to drop during swing (jarring step) • Hitter “steps and then hits”
Follow Through	<ul style="list-style-type: none"> • Top hand rolls over bottom hand; bat goes all around body 	
BUNTING		
	<ul style="list-style-type: none"> • Pivot toward pitcher; square body to pitcher • Slide top hand up bat; keep bat level at all times. Keep fingers behind bat or protect fingers from ball • Catch ball with bat 	<ul style="list-style-type: none"> • Hitter or bunter does not get properly squared around in position to bunt • Hands remain together (bat is not kept level if pitch is either high or low); wrap hand around bat • Push bat at ball, swipe at ball

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BATTING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
HITTING INEXPERIENCED BATTERS		
Grip	<ul style="list-style-type: none"> • Hold bat in base of fingers (this technique allows wrist to roll freely and generates bat speed) • Align knuckles 	<ul style="list-style-type: none"> • Bat held in palm of hand squeezing bat
Closed Stance	<ul style="list-style-type: none"> • Feet are shoulder-width apart; then front foot is placed toward plate (helps untrained hitter step toward pitcher) 	<ul style="list-style-type: none"> • Stepping back
Bat Position	<ul style="list-style-type: none"> • Bat held at armpit high and far enough away from the body that two players' fists could fit • Back elbow held away from body 	<ul style="list-style-type: none"> • Bat held too close to shoulder • Back elbow drops
Bat Angle	<ul style="list-style-type: none"> • Straight up in air or up and angled slightly over back shoulder 	<ul style="list-style-type: none"> • Cradling bat around head; bat is pointing back toward pitcher

INSTRUCTIONAL BASEBALL TEACHING CUES

THROWING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Grip	<ul style="list-style-type: none"> • Get a seam, either across the seams or with the seams • Hold ball with fingertips; first two fingers on the top of the ball, second two underneath to the side, thumb opposite side 	<ul style="list-style-type: none"> • Not getting enough seam, poor control of ball • Holding baseball in palm or placing more fingers on top of ball
Stance	<ul style="list-style-type: none"> • Stand sideways, ankle bone toward target 	<ul style="list-style-type: none"> • Stand facing target
Throwing Action	<ul style="list-style-type: none"> • Point glove-hand shoulder at target • Take a long step toward target • Stretch arm way back • Make L shape with throwing arm • Pull glove arm down, and replace glove arm with throwing arm • Whip the arm through, snap wrist • Follow-through, wrist goes to opposite knee-slap knee 	<ul style="list-style-type: none"> • Staying square to target (no shoulder or hip rotation is possible) • Stepping across body, no step at all, or step that is too high • Taking the ball directly behind head with bent elbow • No wrist action, all arm • No follow-through

INSTRUCTIONAL BASEBALL TEACHING CUES

FIELDING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
FIELDING GROUND BALLS		
Stance	<ul style="list-style-type: none"> • Feet shoulder-width apart, weight on balls of feet (right handers lead slightly with left foot because the slight lead of the left foot means that less time is needed to rotate body to throw) • Create a triangle with both feet and glove; the glove is the top of the triangle • Bend at knees; slightly at waist 	<ul style="list-style-type: none"> • Weight on heels, feet too close or too far apart • Glove inside or behind knees • Bending at waist and not knees
Catching Action	<ul style="list-style-type: none"> • Field ball out in front • Keep glove close to or on ground • Elbows inside knees • Put your nose on the ball; follow the ball into the glove with eyes • Secure ball with both hands • Read a hop, read the path of the baseball; try to field ball on big or long hop; after a big hop ball will usually stay low 	
FIELDING-FLY BALLS		
Stance	<ul style="list-style-type: none"> • Comfortable stance, weight on balls of feet 	<ul style="list-style-type: none"> • Rigid, fight stance; weight on back of heels like a boxer
Catching Position	<ul style="list-style-type: none"> • Position body underneath flight of baseball (the path should be coming down to the eyes) 	<ul style="list-style-type: none"> • Having to catch ball behind your head or below your waist
Catching Action	<ul style="list-style-type: none"> • Place glove slightly out from and above head; reach for the sky with fingers just before the ball arrives • Always use two hands to secure ball • Follow ball into glove with eyes 	<ul style="list-style-type: none"> • Catching ball to side of the body; fingers stretched out rather than up • One-handed “showboat” • Not watching ball all the way into the glove

INSTRUCTIONAL BASEBALL TEACHING CUES

SLIDING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Feet First	<ul style="list-style-type: none">• Sprint• Slide early• Sit down• Curl leg under, making a figure 4• Roller-coaster ride	<ul style="list-style-type: none">• Slowing up• Sliding too late (injuries)• Falling and hopping• Sliding with both legs forward• Lying down completely
Head First	<ul style="list-style-type: none">• Sprint• Sink• Dive• Outstretched arms• Superman in flight	<ul style="list-style-type: none">• Slowing down• Upright and no balance• Belly flopping into base• Hands and arms too close to body

FLAG FOOTBALL TEACHING CUES

THROWING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Stance Grip Leg Action Arm Action Release	<ul style="list-style-type: none"> • Stand sideways • Grab top of ball like holding a soda pop can sideways or making a C • Finger pads hold laces • Take a short to medium step • Stretch arm way back, make an L • Whipping action with wrist (palm out) • Index finger responsible for the spin on the ball • Palm out at point of release • Nose of ball should travel slightly up • Picture an eye on right and left front shoulders and on right and left knees; when these four checkpoints on body face target, release ball 	<ul style="list-style-type: none"> • Feet and stomach facing the target • Grabbing middle of ball • Palm holding ball • Over striding, high stepping, or taking no steps • Taking ball behind head • No snap of wrist • Palm turning in • Nose of ball in any other position

FLAG FOOTBALL TEACHING CUES

CATCHING AND RECEIVING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Above the Waist	<ul style="list-style-type: none"> • Make diamond or triangle with fore-fingers and thumbs; look through the diamond or triangle • Thumbs in • Touch pinkies • Thumbs out • Fingers collapse around the ball like a butterfly net or a Venus fly trap • Elbows should act as shock absorbers on ball contact • Quiet hands/soft hands • Diamond • Collapse fly trap • Shock absorber 	<ul style="list-style-type: none"> • Hands apart, palms face sky
Below the Waist		<ul style="list-style-type: none"> • Hands apart • Hands are like a wall (no collapse) • Stiff arms
Coaching Point		<ul style="list-style-type: none"> • Wrong sequence • Squeeze ball too soon

FLAG FOOTBALL TEACHING CUES

BALL CARRYING TECHNIQUE

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Tuck Away After Catch	<ul style="list-style-type: none">• Tuck ball into four pressure points• REEF (four pressure points) Rib Cage (stuff ball into rib cage) Elbow (tuck elbow in) Eagle Claw (spread fingers over point of ball) Forearm (cover ball)	<ul style="list-style-type: none">• Ball not on one of four pressure points• Carrying like a loaf of bread

FLAG FOOTBALL TEACHING CUES

RUNNING STRATEGIES

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Fundamentals	<ul style="list-style-type: none"> • Stay light on feet • Feet off the ground • Run on the balls of feet , like a ballerina, smooth and controlled so feet can spin • Run like a Ferrari race car (low to ground) 	<ul style="list-style-type: none"> • Planting your heal • Feet coming out from underneath, jerky and uncontrolled • Planting heels can cause knee injury • Running like a semi (top heavy) can injure ribs
Running Down Sidelines	<ul style="list-style-type: none"> • SOAPS: Switch Outside Arm Position • Running down right sideline, carry ball in right hand • Running down left sideline, carry ball in left hand 	
Change in Directions	<ul style="list-style-type: none"> • Cut off with your lateral foot 	<ul style="list-style-type: none"> • Cutting off medial foot causes one to slip
Making a Turn	<ul style="list-style-type: none"> • Make a tight turn • Keep the turn tight 	<ul style="list-style-type: none"> • Making a wide turn • Keeping angle of turn loose

FLAG FOOTBALL TEACHING CUES

BLOCKING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Techniques	<ul style="list-style-type: none">• Sit on heels/sit on a chair• Arm hangs• Flat feet/choppy feet• Mirror the opponent• Bust a door open with shoulder and forearm• Push a car uphill	<ul style="list-style-type: none">• Weight is forward• Too much weight on hands• Stopping feet and lunging• Not keeping with opponent• Using any other parts for blocking

FLAG FOOTBALL TEACHING CUES

HIKING OR CENTERING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Long Snap, 12-14 yards	<ul style="list-style-type: none">• Sit on heels• Pyramid base• Cock the trigger (rotate ball clockwise with wrist in flexed position)• Extend hips and knees like getting kicked in the butt• Focus on punter's belt• Reach for belt (palms out)	<ul style="list-style-type: none">• Slow snap• Generating power with arms• Not looking at target• No follow through
Shotgun Formation	<ul style="list-style-type: none">• Same cues as long snap, less force	
Direct Snap (Quarterback Under Center)	<ul style="list-style-type: none">• While snapping turn ball 1/4 turn	<ul style="list-style-type: none">• Not turning ball

FLAG FOOTBALL TEACHING CUES

DEFENSIVE STRATEGIES

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Techniques	<ul style="list-style-type: none"> • Pedaling bike backward staying on toes • High knees backward, quick and choppy • Look through receiver to quarterback 	<ul style="list-style-type: none"> • Falling backward • Inability to change direction quickly • Inability to locate ball
Running Strategy	<ul style="list-style-type: none"> • Grapevine of crossover 	<ul style="list-style-type: none"> • Poor hip rotation
Man to Man	<ul style="list-style-type: none"> • Play inside out • Force opponent outward 	<ul style="list-style-type: none"> • Getting beat to inside (letting receiver get inside position)
Zone	<ul style="list-style-type: none"> • Play outside arm • Funnel toward center 	<ul style="list-style-type: none"> • Receiver able to turn ball up field for more yardage
Hatchet	<ul style="list-style-type: none"> • Use arm closest to ball as a hatchet to make opponent miss ball 	<ul style="list-style-type: none"> • Receiver not stripped of ball after catch
Coaching Point	<ul style="list-style-type: none"> • Defense is meant to be suppressed; this is mainly an offensive game 	

BASKETBALL TEACHING CUES

SET SHOT

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
SET UP		
Shooting Hand	<ul style="list-style-type: none"> • Spread fingers • Palm up; balance a waiter's tray 	<ul style="list-style-type: none"> • Ball held in palm
Non Shooting Hand	<ul style="list-style-type: none"> • Hand faces side wall; fingers only touch ball 	
Alignment	<ul style="list-style-type: none"> • Arm, eye, and hand lined up with basket, like throwing a dart 	<ul style="list-style-type: none"> • Push ball sideways • Arm at 45-degree angle • Elbow points to side
Sight	<ul style="list-style-type: none"> • Focus on back edge of rim • Basket looks like a big bin 	
Legs	<ul style="list-style-type: none"> • Slightly bend knees and buttocks out 	<ul style="list-style-type: none"> • Insufficient force from no use of legs
Balance	<ul style="list-style-type: none"> • Body square to basket 	

BASKETBALL TEACHING CUES

SET SHOT

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
SHOOTING ACTION		
Fingers	<ul style="list-style-type: none"> • Spin ball off middle and index finger: fast spin, lines on ball not visible 	<ul style="list-style-type: none"> • Ball is thrown
Wrist	<ul style="list-style-type: none"> • Flip wrist, wave good-bye to ball 	<ul style="list-style-type: none"> • Inadequate wrist action
Shoot Over	<ul style="list-style-type: none"> • Shoot up over a telephone booth 	<ul style="list-style-type: none"> • Insufficient drive upward, loss of balance
Path of Ball	<ul style="list-style-type: none"> • Make a rainbow; put it in the pot of gold 	
FINISH POSITION		
Wrist	<ul style="list-style-type: none"> • Gooseneck finish, thumbs points at shoes • Everything stays in a straight line • Wrist points at rim or put finger in basket • Follow Shot 	<ul style="list-style-type: none"> • Lack of follow-through • Fall backward and relax

BASKETBALL TEACHING CUES

JUMP SHOT

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Arm and Hand Preparation	<ul style="list-style-type: none">• Bring back of hand to forehead in preparation, as if holding a waiter's tray over head	<ul style="list-style-type: none">• Hand is off line, insufficient force from wrist
Shooting Action	<ul style="list-style-type: none">• Same as the set shot	<ul style="list-style-type: none">• Shooting from behind head
Timing	<ul style="list-style-type: none">• Jump-hand-then shoot• Shot released at top of jump	<ul style="list-style-type: none">• Shooting on way up

BASKETBALL TEACHING CUES

FREE THROW

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Set Shot Set-Up, Feet Parallel Offset Stance Ritual	<ul style="list-style-type: none"> • Refer to Set Shot Cues with a couple of exceptions • Feet square • Both toes on foul line, shoulder width apart • One foot slightly forward • Prepare • Breathe/Relax • Focus/visualize • Shoot • Mental imagery at different times during the day 	<ul style="list-style-type: none"> • Line violation • Line violation • No routine, no high-percentage shots • Rushing shot; distracted-not concentrating

BASKETBALL TEACHING CUES

LAY-UPS

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
RIGHT-HANDED		
Steps	<ul style="list-style-type: none"> • Step right, left, hop (jump) • Right knee up (90 degrees) • Reach: shoot at peak of hop and reach 	<ul style="list-style-type: none"> • Jumping off wrong foot • Shooting ball more likely to be blocked
Shooting Hand	<ul style="list-style-type: none"> • Underhand, laying up ball softly as if the ball is an egg • Extend arm, reach high (ball kisses backboard) • Release at peak of reach • Soften shot because of speed 	<ul style="list-style-type: none"> • Not softening shot enough • Hitting backboard too hard or soft • Not compensating for speed
Shot Focus	<ul style="list-style-type: none"> • Square on backboard 	<ul style="list-style-type: none"> • Looking at dribble, not focused on aim
LEFT-HANDED		
Steps	<ul style="list-style-type: none"> • Step left, right, hop (jump) • Left knee up (90 degrees) 	<ul style="list-style-type: none"> • Jumping off wrong foot
Shooting Action	<ul style="list-style-type: none"> • Left hand shoots ball 	<ul style="list-style-type: none"> • Using wrong hand on wrong side

BASKETBALL TEACHING CUES

DRIBBLING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Position of Hands	<ul style="list-style-type: none"> • Fingers spread, stretch fingers • Wrist firm but movable • Pads of fingers control ball 	<ul style="list-style-type: none"> • Fingers together • Lack of tension in the wrist • Palm touches ball
Forearm and Wrist Action	<ul style="list-style-type: none"> • Action from forearm, pushing action • Absorb ball back into pads of fingers (hesitation in hand): “spring action” • Ball attached to hand, you and the ball are one: “yo-yo action” 	<ul style="list-style-type: none"> • Slapping ball with wrist action • Slapping ball, not absorbing the ball • Treating ball as obstacle apart from self
Hand Placement- More Complex Dribble	<ul style="list-style-type: none"> • Move hand on different angles of ball 	<ul style="list-style-type: none"> • Palming the ball (carrying the ball)
Eyes	<ul style="list-style-type: none"> • Keep eyes up 	<ul style="list-style-type: none"> • Do not watch ball
Height of Dribble	<ul style="list-style-type: none"> • Below waist 	<ul style="list-style-type: none"> • Dribble too high
Range of Dribble	<ul style="list-style-type: none"> • Knee to waist 	<ul style="list-style-type: none"> • Dribble to hear yourself dribble
Overall Rules- More Complex Dribble	<ul style="list-style-type: none"> • Higher dribble for higher speed • Lower dribble for lower speeds and tight situations 	<ul style="list-style-type: none"> • Not advancing the ball • Dribble without purpose
Body Protection	<ul style="list-style-type: none"> • Protect ball with body but see basket • Protect/shields ball if guarded 	<ul style="list-style-type: none"> • Turning back to teammates and basket

BASKETBALL TEACHING CUES

BASIC BALL HANDLING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Ready Position	<ul style="list-style-type: none">• “Triple Threat”• Purpose: to fake out opponent with the option of the following skills: shooting, passing, dribbling	<ul style="list-style-type: none">• Not assuming the position
Hand Position	<ul style="list-style-type: none">• Shooting position on ball	<ul style="list-style-type: none">• Hands not in shooting position; hands too close together
Holding Ball	<ul style="list-style-type: none">• Hold ball to side of hip• Keep ball on hip-hold ball to side to pass, dribble, or step into shot• Elbows out	<ul style="list-style-type: none">• Ball held too high or too low

BASKETBALL TEACHING CUES

PASSING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
TWO-HAND CHEST PASS		
Hand Position	<ul style="list-style-type: none"> • Hand on side of ball, thumbs pointing to each other 	<ul style="list-style-type: none"> • Dominant hand does most of the pushing
Throwing Position	<ul style="list-style-type: none"> • Step forward with preferred foot 	<ul style="list-style-type: none"> • No forward step or transfer of weight
Elbows	<ul style="list-style-type: none"> • Push ball forward from chest, elbows out; snap it 	
Finish Position	<ul style="list-style-type: none"> • Thumbs down • Backs of hands facing each other • Transfer weight to front foot 	
TWO-HAND OVERHEAD PASS		
Arm Action	<ul style="list-style-type: none"> • Ball overhead, like a soccer throw-in • Strong wrist flip 	<ul style="list-style-type: none"> • Misuse of pass • Not using both hands equally

BASKETBALL TEACHING CUES

BLOCKING OUT

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Action of Body Turn Back to Opponent Hands (after Pivot)	<ul style="list-style-type: none">• Find with hands• Put buttocks under opponent's hip or create a stable wall between opponent and ball• Elbows out, palms wide; feel for opponent	<ul style="list-style-type: none">• Not able to hold position

BASKETBALL TEACHING CUES

REBOUNDING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Timing	<ul style="list-style-type: none"> • Hesitate • Catch ball at height of jump 	<ul style="list-style-type: none"> • Jumping too soon or late
Hands/Arms	<ul style="list-style-type: none"> • Grab ball with both hands • Strong hands, elbows out, fingers spread 	<ul style="list-style-type: none"> • Trying to tip the ball with one hand and possibly to someone else • Elbowing in, fingers together
Go to Ball	<ul style="list-style-type: none"> • Jump to ball 	
Body Position for Defensive Rebounding	<ul style="list-style-type: none"> • Buttocks out, elbows out, ball in • Protect ball with body • Outlet pass or dribble out 	<ul style="list-style-type: none"> • Exposing ball to opponents in traffic • Ball stolen or tied up as rebounder stands and looks
Body Position For Offensive Rebounding	<ul style="list-style-type: none"> • Protect the ball • Tip ball to basket or assume shooting position as quickly as possible, like a “pogo stick” 	<ul style="list-style-type: none"> • Exposing ball to traffic • Bringing ball down and getting set or dribbling

BASKETBALL TEACHING CUES

DEFENSIVE STANCE

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Stance	<ul style="list-style-type: none"> • Weight on balls of feet • Wide stance • Knees bent, body low, like a sumo wrestler 	<ul style="list-style-type: none"> • Stance too wide • Surfer's stance, legs straight
Leg and Foot Action	<ul style="list-style-type: none"> • Shuffle step, do not cross feet • Knees bent • Heel-to-toe foot placement 	<ul style="list-style-type: none"> • Weight back • Straight leg shuffle • Bouncing on toes
Offense Dribbles	<ul style="list-style-type: none"> • Palms up, swat up • One hand up, one hand down, hands active 	<ul style="list-style-type: none"> • Hands not moving
Offense Prepares to Shoot or Pass	<ul style="list-style-type: none"> • Like putting handprints on a mirror • Cut off passing lane 	<ul style="list-style-type: none"> • Resting hands and arms on defense
Rules Off Ball	<ul style="list-style-type: none"> • See both; see ball, see opponent 	<ul style="list-style-type: none"> • Playing too far from ball • Losing sight of ball

BASKETBALL TEACHING CUES

PIVOTING

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Stance	<ul style="list-style-type: none">• Toes of pivot foot pinned or nailed to floor	<ul style="list-style-type: none">• Dragging pivot foot
Movement		<ul style="list-style-type: none">• Anchored to floor• Stepping all directions, forward and backward
Going For a Ball Out of Bounds		<ul style="list-style-type: none">• Sacrifice your body• Grasp the ball• Dive to the ground

SOCCER TEACHING CUES

OFFENSE

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Tactics –Offense	<ul style="list-style-type: none"> • Offense begins immediately when ball has been won • All players are involved in offense from point of recovery • Create options by utilizing width of field • Quickly move ball into defensive half through quick, short, crisp passes to open players or directly to forward target • Forward movement of offensive players not in possession creates dribbling or passing opportunities for player with ball • Vary focus and method of attack • Creativity and imagination in final offensive third of field is vital to creating chances for scoring • Taking risk in front of opponents' goal is encouraged as loss of possession does not create immediate danger • The ultimate object in soccer is to score goals; therefore, always attempt to end attack with a shot or goal 	<ul style="list-style-type: none"> • Delay in transition may result in loss of possession • Player fails to move into offense, limiting options • Attacking players squeezing in toward center of field closed down space for players in possession • Delay in advancing ball allows defense to recover • Lack of movement provided few options for player with ball • Team becomes predictable and easy to defend • Lack of imagination and creativity stifles attack • Without taking risk in front of defensive team's goal, scoring will become difficult • Teams that play not to lose rather than to win develop players who find the game to be dull and boring

SOCCER TEACHING CUES

DEFENSE

<i>Skill</i>	<i>Cue</i>	<i>Common Errors</i>
Tactics	<ul style="list-style-type: none"> • Funnel players in front of goal • Players in front of goal will be close together, closing down goal-scoring options for attackers • Create lines of defense for depth and support • Delay opposition as far away from goal as possible to allow players to recover • Players closest to ball must provide immediate pressure • Keep playing space narrow for opponents by channeling toward touchline or supporting defenders • Keep balance of team organized through communication • If ball cannot be won directly from challenge, clear ball away from danger area either upfield or over touchline • Once ball has been recovered offense begins immediately • Results can be achieved through man-to-man marking, zonal marking, or a combination 	<ul style="list-style-type: none"> • Team is spread out in front of goal, creating space for attackers to exploit • Defense posture is loose, allowing goal-scoring opportunities • Players are caught in a straight line across the field, allowing for penetration with a single pass • Team in possession allowed to freely advance forward • Closest individual defender does not delay attacker • Defending with body square to attacker allows for options to the sides or through legs • Confusion and disarray in defense through lack of communication • Players in their defensive third of the field attempt to advance ball under extreme pressure and lose possession, possibly creating goal-scoring opportunity for opponent • Slow transition from defending to attacking

SOCCER TEACHING CUES

DRIBBLING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Technique	<ul style="list-style-type: none"> • Caress ball in stride • Player can use inside, outside, sole, or laces of shoes • Close control, pushing firmly • Change pace and direction 	<ul style="list-style-type: none"> • Contact made on various areas of foot, depending on situational demands • Head up • Arms out with elbows bent for balance 	<ul style="list-style-type: none"> • Keep ball too far in front allowing it to escape • Poor recognition of situation resulting in improper contact and loss of possession • Head always down • Pace too hard or too soft

SOCCER TEACHING CUES

TRAPPING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Control Trap	<ul style="list-style-type: none">• Catching an egg• Present controlling surface to ball: example foot or thigh is raised up toward ball and pulled back on contact	<ul style="list-style-type: none">• Water balloon catch• Square up with ball and cushion on contact	<ul style="list-style-type: none">• Meeting with too hard a surface• Ball bounces too far to be controlled• No cushion on contact

SOCCER TEACHING CUES

CHIPPING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Technique	<ul style="list-style-type: none"> • Popping a billiard ball with a pool stick • Straight on approach • Quick hard stab under ball • Very little follow-through creates backspin 	<ul style="list-style-type: none"> • Square up with ball • Keep head steady • Strike where ball contacts ground 	<ul style="list-style-type: none"> • Striking too high on ball will not provide backspin • Stabbing too soft under ball does not allow it to rise • Too much follow-through will cause ball to be propelled too low

SOCCER TEACHING CUES

PASSING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Push Pass on the Ground	<ul style="list-style-type: none"> • Pendulum swing with foot • Inside of foot contact • Ankle firm • Non-kicking foot along-side ball • Knee of kicking leg over ball on contact 	<ul style="list-style-type: none"> • Follow-through in front of body • Flex knee and strike through midline of ball • Flex non-kicking foot balancing leg • Correct weight of pass 	<ul style="list-style-type: none"> • Improper momentum causes pace to be too soft or hard and inaccurate • Follow-through goes across body • Ankle loose, not allowing player to guide ball • Non-kicking foot points away from target causing poor follow-through • Knee of kicking leg too far behind ball may cause ball to rise
Lofted Aerial Pass of 15 Yards or More	<ul style="list-style-type: none"> • Wide approach with non-kicking foot; use surface between laces and inside of foot • Strike ball where ball touches grass, with good follow-through • Non-kicking foot plants to side and slightly behind ball • Lean back 	<ul style="list-style-type: none"> • Toes pointed down, foot turned slightly out • Keep ankle locked when striking • Follow-through in front of body 	<ul style="list-style-type: none"> • Non-kicking foot too close to ball causing it to strike too high on ball • Ankle loose, causing ball to go astray • Non-kicking foot too close to ball, keeping ball low • Body too erect, not allowing ball to rise

SOCCER TEACHING CUES

VOLLEY

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Technique	<ul style="list-style-type: none"> • Contact mad through vertical midline, follow-through from center of ball to top as if ball is rolling off foot causing topspin • Non-kicking foot alongside as in push pass • Ankle firm, toes pointed down • Land on kicking foot 	<ul style="list-style-type: none"> • On contact, knee slightly over ball • Square up with ball and use full instep when striking • Head steady, constantly watching ball 	<ul style="list-style-type: none"> • Contact is made underneath ball making it rise • Non-kicking foot too far behind ball • Toes pointing up causing ball to go straight up • Head not steady on contact, causing ball to go astray

SOCCER TEACHING CUES

SHOOTING (INSTEP DRIVE)

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Technique	<ul style="list-style-type: none"> • Firing a cannonball • Pull back kicking leg • Non-kicking foot along-side ball pointing at target • Ankle firm, toes pointing down 	<ul style="list-style-type: none"> • Load up kicking leg • After follow-through land on kicking foot • Head down and steady with weight over ball to keep ball low 	<ul style="list-style-type: none"> • Leg not properly pulled back, resulting in less momentum through ball • Follow-through across body carries ball wide of target • Body leaning back causes ball to rise • Ankle loose, head not steady, causing ball to stray

SOCCER TEACHING CUES

CHALLENGING (TACKLING)

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Definition	<ul style="list-style-type: none"> • Meet ball as same time as opponent 		<ul style="list-style-type: none"> • Went fishing and caught nothing (player not focused on the ball)
Technique	<ul style="list-style-type: none"> • Tackling foot turned out at right angle • Swing through as in push pass • Powerful controlled follow-through 	<ul style="list-style-type: none"> • Weight behind ball • On contact, weight of body goes through ball • Balance with arms out 	<ul style="list-style-type: none"> • Diving in or poor timing • Tentative challenge with kicking leg or going in too strong and out of control (can result in broken leg)

SOCCER TEACHING CUES

HEADING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Heading	<ul style="list-style-type: none">• Bend at the waist• Meet ball with forehead• Eyes open, watch ball onto forehead• Weight of ball goes through ball	<ul style="list-style-type: none">• Project ball out and away from body• Lean back, tighten stomach muscles, and propel torso and head forward when contacting ball	<ul style="list-style-type: none">• Bumping ball and leaning back, causing improper follow-through• Making contact with ball too high on the head (headache)• Closing eyes• Striking too low on ball causes ball to spin upward; striking too high on ball may cause ball to hit nose

SOCCER TEACHING CUES

PUNTING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Technique Hand Position Technique Drop Action Technique Kicking Leg	<ul style="list-style-type: none"> • Like holding a skunk • Drop the ball • Like and underhand serve in volleyball • Like kicking a football • Swing leg under body making contact with ball below knee 	<ul style="list-style-type: none"> • Hold ball out away • Shoelaces flat • Pull back kicking leg 	<ul style="list-style-type: none"> • Holding ball too close to chest • Swinging leg from standing position does not create momentum • Ball is met too high on leg with shins or too low on end of toes
Technique Support Leg	<ul style="list-style-type: none"> • Support leg plants simultaneously with dropping of the ball 		

SOCCER TEACHING CUES

GOALTENDING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Catching	<ul style="list-style-type: none"> • Making a W with thumbs and index fingers • Elbows bent • Cushion on contact while pulling ball back in front of body 	<ul style="list-style-type: none"> • Keep thumbs and heel of hand behind ball for support • Fingers spread • Soft hands 	<ul style="list-style-type: none"> • Keeping hands to side of ball, allowing ball to slip through • Arms held too rigid, not allowing for controlled comfort when receiving • Ball meets hard surface and bounces away
Punching	<ul style="list-style-type: none"> • Clear ball out when unable to grab • Fists clenched and together • Time jump 	<ul style="list-style-type: none"> • High and wide • Elbows cocked ready to release when contacting ball • Meet ball as high as possible and under control when striking 	<ul style="list-style-type: none"> • Punching ball down toward feet of offensive players • Extending arms, not allowing for punching action • Meeting ball too low because of poor timing
Receiving	<ul style="list-style-type: none"> • Knee and foot together 		<ul style="list-style-type: none"> • Knee and foot not close enough to each other, leaving space for the ball to go through
Receiving Low Balls	<ul style="list-style-type: none"> • Scoop shovel • Elbows bent and slightly tucked in toward body • Bring into chest 	<ul style="list-style-type: none"> • Cup hands together and create a shovel • Watch ball into arms • Always secure ball in safe area in front of body 	<ul style="list-style-type: none"> • Hands spread apart, allowing ball to squeak through • Arms too stiff, not allowing to receive comfortably • Collecting ball to side, not providing second surface in case ball is mishandled
Receiving High Balls	<ul style="list-style-type: none"> • Meet at highest comfortable point • Pull ball in 	<ul style="list-style-type: none"> • Hand technique same as in catching cues • Reach out with both hands 	<ul style="list-style-type: none"> • Meeting ball too low, allowing opposing players the chance to make contact
Lobbing (20 + Yards)	<ul style="list-style-type: none"> • Cup ball in hand and forearm • Throw a javelin • Release overhead and in front of body 	<ul style="list-style-type: none"> • Rotation begins from behind body and level with hip • Arms swing from hip behind body, and then overhead 	<ul style="list-style-type: none"> • Ball not securely held • Trajectory is limited by poor rotation • Releasing ball too low, limiting distance of lob
Throwing (10-20+ Yards)	<ul style="list-style-type: none"> • Throwing a baseball • Shove ball forward • Twisting action will limit bounce for player receiving 	<ul style="list-style-type: none"> • Grasp ball with one hand and cock arm • Throwing action comes from side of head next to ear • Hard push from side of head 	<ul style="list-style-type: none"> • Arm not properly pulled back does not allow for quick release • Release of ball is too slow; ball may be intercepted • No spin on release makes ball bounce and difficult to receive

SOCCER TEACHING CUES

GOALTENDING

<i>Skill</i>	<i>Cue</i>	<i>Alternate Cue</i>	<i>Common Error</i>
Rolling (<10 Yards)	<ul style="list-style-type: none">• Rolling a bowling ball• Underhand pitch in soft-ball• Roll in front of or directly to player's feet	<ul style="list-style-type: none">• Cup ball into hand and forearm as in lob• Swing from behind body and past hip• Keep ball low with no bounce	<ul style="list-style-type: none">• Holding ball too loose• Too short a follow-through will not allow ball to reach target• Releasing ball too high causes it to bounce and be hard to control