

# How to Be More Aggressive at Soccer



Being More Aggressive in Soccer is a very very specific Action and Habit. It is NOT the “Don’t let them push you!” that is often yelled at games. That un-actionable information gets us no where and is not something a player can form a Winning Plan with.

Being Aggressive in Soccer is all about **Getting the BALL!**

## SOCCER DEFINITION FOR AGGRESSIVE

- Goes for the ball.
- Gets into tackles to win the ball.
- Bodies up and scraps for the ball.
- Desire to get the ball.
- Fast to the ball.
- FOCUSED on the ball !!!

## AGGRESSIVE IS NOT

- Being dirty
- Fouling
- Being mean
- Trying to control Other’s actions
- Fighting
- Talking trash
- Pushing

## BREAKING OLD BAD HABITS WITH NEW PROGRAMMING

In order to break the old bad habits we will have to replace bad training methods, attitudes, and habits with new better ones. We will need to set better directions and expectations for **Getting the BALL!**

## NEW HABITS TO BE MORE AGGRESSIVE

- Change understanding of being aggressive.
- Create habit of working hard for the ball.  
At Practice, pass the ball to the side - - not directly to the player and run to get it each and every drill.
- Don’t be surprised as a player! - - they will try to steal the ball from you. At Practice, work on shielding and nondirectional 1v1’s.
- Get comfortable with trying to take the ball when on defense - - Practice directional 1v1’s.
- Play keep away and set time limits that they must get the ball.
- Always Fast and Immediate to the ball. No hesitating or waiting!
- BIGGEST AND BEST ONE - REPEATED AGAIN AND AGAIN SO IT SINKS IN - Practice chasing the ball to get it. Always moving and working for the ball.

**MAKE A HABIT OF BEING FAST AND IMMEDIATE TO THE BALL.**