

# Pardaan

## Coaching Points Cheat Sheet

*Quick reminders for the key coaching points by topic.*

Keep this one-pager in your folder or pocket. When you stop a session to coach a moment, these are the key points to reach for by topic - short, clear reminders you can pass on in a sentence. Freeze the play, ask a question, give one clear point, then let them play again.

### Passing

- Weight and accuracy - pass to feet or into the run.
- Lock the ankle, strike through the middle of the ball.
- Scan and pick the pass before it arrives.

### Receiving & first touch

- Open your body and check your shoulder first.
- First touch out of your feet, into space.
- Half-turn to play forward whenever you can.

### Dribbling & 1v1

- Close control, then a change of pace to go past.
- Use both feet and all surfaces.
- Commit the defender, attack the space behind.

### Finishing

- Composure - pick your spot early.
- Head over the ball, keep it low and across the keeper.
- Follow every shot in for the rebound.

### Defending

- Delay first - do not dive in.
- Side-on, goal-side, at arm's length.
- Win it on the attacker's bad touch.

### Support & shape

- Give the ball two angles of support.
- Spread out with the ball, get compact without it.
- Communicate early and clearly.

### The coaching loop

Observe -> freeze the moment -> ask a question -> give one clear point -> rehearse it -> let them play. One message at a time sticks; five at once is noise.