

**TECHNICAL**

Ball Control  
Using Different Surfaces  
1v1  
Possession  
Understanding Pressure  
Positioning  
Making Space  
Foot Skills

**PSYCHOLOGICAL**

Decision Making  
Gaining Confidence  
Learning New Skills  
Patience  
Making & Learning Mistakes  
Rules  
Awareness

**PHYSICAL**

Movement On/Off The Ball  
Passing  
Co-ordination  
Balance  
Turning & Running With The Ball  
Heading  
Shielding

**SOCIAL**

Teamwork  
Applauding & Encouraging Others  
Communication  
Offering Help & Advice  
Making New Friends  
Behavior & Enjoyment  
Smiles 😊