

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 😊