

# WHAT TO TEACH YOUR PLAYERS?

## **Summary**

In summary, the age appropriate topics we should look to incorporate into our practices and games are:

# **TECHNICAL**

Dribbling & Changing Direction
Running with the Ball
Moves & Fakes
Turning & Shielding
Passing & Receiving
Finishing with Laces

#### **TACTICAL**

When to dribble to beat a player
When to dribble to keep the ball
When to shield the ball
When to dribble, pass or shoot
How and where to support a teammate

### **PHYSICAL**

Coordination
Balance
Agility

#### **PSYCHO-SOCIAL**

Working in Pairs
Sharing the Ball
2 v 1 & 2 v 2 Activities

We must understand that the four component are the cornerstone of our practices and what we should look to teach. We should also understand that these elements can and should be introduced at different ages and stages of the season. Please refer to the 'Training Blocks' section for more detail about this concept.