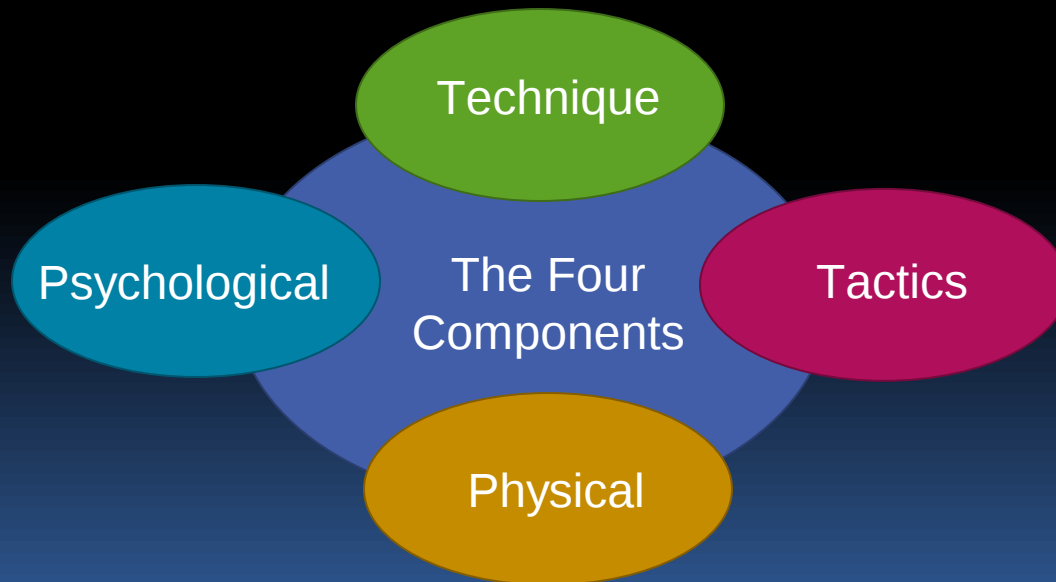




## 4 Components of the Game

- Technical (Technique vs. Skill)
- Tactical (Decision Making)
- Psychological (Game Understanding)
- Physical (Fitness)





## 4 Components of the Game

**Technical:** mastery of the ball using various body parts. Skill is the application of that mastery during the course of a game.

**-For U6's:** we should concentrate on dribbling, dribbling, and more dribbling.

- touch a ball as much as possible
- little coaching

**-For U8's:** dribbling at speed, change direction to get away from a defender, dribble while keeping head up, passing, shooting.



## 4 Components of the Game

**Tactical:** parts of the game in which players have to make on and off the ball decisions based upon the position of teammates, opponents, where the ball is, where they are on the field, and where the goals are.

- **For U6's:** how to dribble into open space
- **For U8's:** basic support of the ball and each other, how and when to get out of pressure and defensive recovery