



## Technical Learning Outcomes

### Dribbling

1. Keep the ball close
2. Look around
3. Change of speed
4. Change of direction
5. Use of all surfaces of the feet

### Turning

1. In slow
2. Correct part of the foot to turn
3. Keep the ball under control after you turn
4. Accelerate away

### Game Awareness (To develop)

1. Awareness of self and others
2. Understanding of playing area
3. Understanding of basic rules
4. Team work

### Striking & Control (A,B,C,D)

1. Angle and Approach to the ball
2. Balance on one leg and Bend your knees
3. Make Contact in the Centre of the ball with the Centre of your cleats, (remember to lock your ankle)
4. Give the ball a new Direction with your 1<sup>st</sup> touch

### Physical Awareness (To develop)

1. Agility
2. Balance
3. Co-ordination