

Game Skills for the Team Player.

Get to the ball first.

One eye on your opponent and one eye on the ball.
Read where the ball is probably going to go and get there in front of your opponent.
Position yourself so you can get to ball before him.
Anticipate where and when your opponent is going to run for the ball.

Use the ball well. (Keep possession).

Look to give the best possible pass every time you get the ball - 1m or 60m.
Move the ball quickly.
Ball is usually given away in support play by High fist passes, Long fist passes or fist passes to Ground.
Don't run / turn into tackles with the ball if support available.
Support - right time, right place, at pace. Pass to hand.
Show for the ball - right time, where it can be passed. One run/move for the defender - one run/move for the ball.
Be wary of kicking ball out of defence under pressure.

Get in tackles and blocks.

Don't let your opponent past you - back off.
Anticipate/expect the turn, work your feet, time the tackle, use your body, use the near hand if alongside, don't lunge, get close (tackling distance) but watch dummy. Turn him! Attempt to dislodge ball as he turns. Head, Hands, Feet.
You're tackling so when your opponent goes to play the ball you're in position to prevent good hand pass or to block foot pass or shot.
Plant the correct foot, keep eyes open, get down on ball with 2 hands, expect the dummy/solo dummy.

Stop them building from the back / stop good ball.

Pick up - mark defenders when opposition have ball.
Move across to mark supporting defender before he gets the ball
Pressurize the player in possession.
Don't dive in allowing the pass over your head to obvious target.
Tackle. Half foul.
Smother tackle in 2s or 3s - careful not to foul.
Deal with the runner who gives and goes.

Stop goals. (Goals win games!)

Out-field players stop good ball being played to forwards.
Don't invite ball over your head to your opponent by diving out at incoming attacker.
Defenders mustn't allow soft possession or time to play killer ball.
Tackler mustn't allow the attacker past them.
Must get goalside, bodies into the big square.
Must block or at least pressurize the shot. Be prepared to get hurt to stop the shot – desperation defending!.

Win the breaks.

Expect every single ball to break.
Read where the ball is likely to drop. 9 times out of 10 in front of jumpers.
Get between your opponent and the ball as it drops and take the ball on the move if possible.
Be committed to winning the ball- dive on it if necessary. Be strong and fearless.

Don't concede silly frees.

Especially in your half - within the opposition's scoring range.
Pulling the jersey. Push in the back (esp when picking up ball). High tackle.
Kicking at the ball as they're picking it up. Trying to wrestle ball out of their grasp. Sliding tackle.
Block with the foot. Any sort of punching action - even at ball in his possession.

Take simple chances.

Don't panic in the shot - do it the way you practice - concentrate on the strike not the score.
Percentage shot. Only shoot if good chance of scoring. Right place - right player.
Often a point is a very good score. Against the breeze a point is worth two.
"Goals win games". On target, low (not savable height), hard. Take it around the keeper. Square it to support.
"Doesn't matter who scores as long as we do!" Use team-mate in better position. Final pass must be perfect.

Basic Set up for kick-outs

Your Kick-out is a defensive play!
All defenders inside midfielders, between their man & ball as ball is kicked, expect poor kick & then if not directly involved hunt the break.
Goalkeeper kicks the ball to midfielders
Midfielders must contest the ball or hunt break off other midfielder