

Basic skills every varsity player must have:

Player name:

- Running with the ball
- Shielding
- Inside of the foot pass
- Inside of the foot volley
- Heading
- Driven pass
- Chip
- Various crosses
- Accurate shooting
- 1:1 attacking
- 5 good first touches- Across your body, reverse touch, sole, Set up touch, Beckham touch
- Taking and cushioning the ball with all parts of the body
- Position step
- Shoulder tackle
- Basics of defending- Intercept, Win off the first touch, No turn, Delay, Position step/Shoulder tackle
- Two shielding moves
- Throw ins
- Taking penalty kicks