

Psychological

- Positive reinforcement
- Have Fun
- Don't be afraid to try something new
- Don't give up

Fitness

- Lessons designed to be fun yet challenging
- Proper running technique
- Fitness limited to approved lesson plans only
- Teach proper warm up and stretching

Tactical

- Introduction of beginning defensive tactics (age appropriate)
 - o Pressure
 - o Cover
 - o Balance
- Switching roles from attack to defense
- Field awareness
- Simple two player drills
 - o Passing combinations
 - o Partner support
 - o Communication