

**Fitness (conditioning):**

- Speed
- Strength
- Aerobic exercise
- Proper warm-up and cool-down now mandatory

**Tactics (decisions):**

- 1 v 1 through 3 v 3 attacking & defending
- Introduce the principles of play
- Verbal & visual communication for all players
- Half-time analysis
- Beginning to identify potential roles for players (goalkeeper, defender, midfielder &/or forward)
- Commanding the goalmouth by the goalkeeper
- Near post play by the goalkeeper
- Saving penalty kicks
- Simple set play patterns
- Speed in setting up walls

**Rules:**

Offside