

Psychology (mental and social):

- Teamwork
- Confidence
- Increase demands
- Intrinsic motivation...develop training targets
- Sportsmanship
- Creativity
- Emotional management – Mental toughness – Handling stress in the game
- Training activities should be competitive with winners and losers

Fitness (conditioning):

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

Tactics (decisions):

- 1 v 1 through 4 v 4 attacking & defending
- Train with uneven numbers (i.e. 4v3) to foster proper decision making when numbers up and numbers down
- Increase tactical speed (small sided games provide the right environment)
- Encourage risk taking in proper areas of the field
- Reinforce the principles of play
- Verbal & visual communication for all players (Cues)
- Half-time analysis
- Beginning to identify potential roles for players (goalkeeper, defender, midfielder &/or forward); should have more than one role; should be comfortable in more than one position
- Begin to focus on the relationship between the different lines of the team (keeper, backs, midfield and forwards)
- Encourage the goalkeeper to be part of the attack
- Commanding the 6 yard box by the goalkeeper
- Far post play by the goalkeeper
- Saving penalty kicks
- Simple set play patterns
- Speed in setting up walls

Rules:

Offside