

Friday, 1st June

TEAMWORK



The goal keeper has to save the ball. **reaction time!**
 You need good catching, confidence, good at great grip, good reflexes and great accuracy

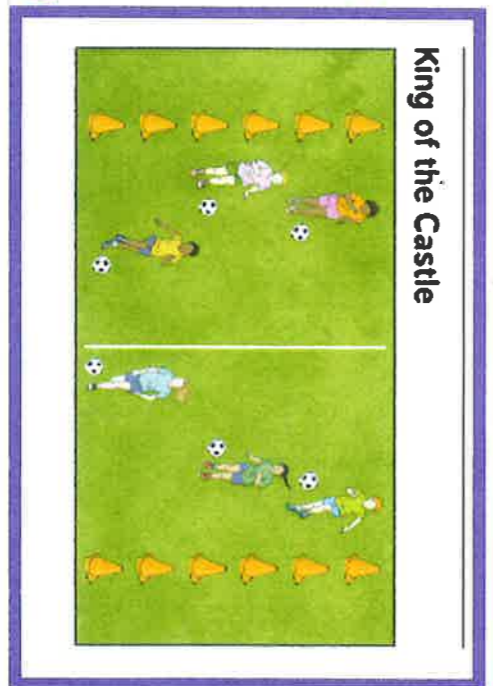
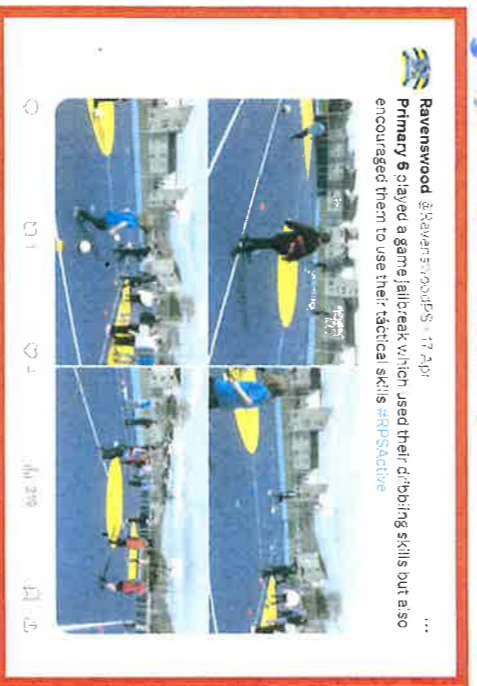
If you are a defender you need to be thinking about the other team's moves. You need to look at where their body and eyes are positioned. A defender should always know where the attacker is. The defender is trying to steal the ball.



We have been learning how to score goals.

We had to shoot from different distances.

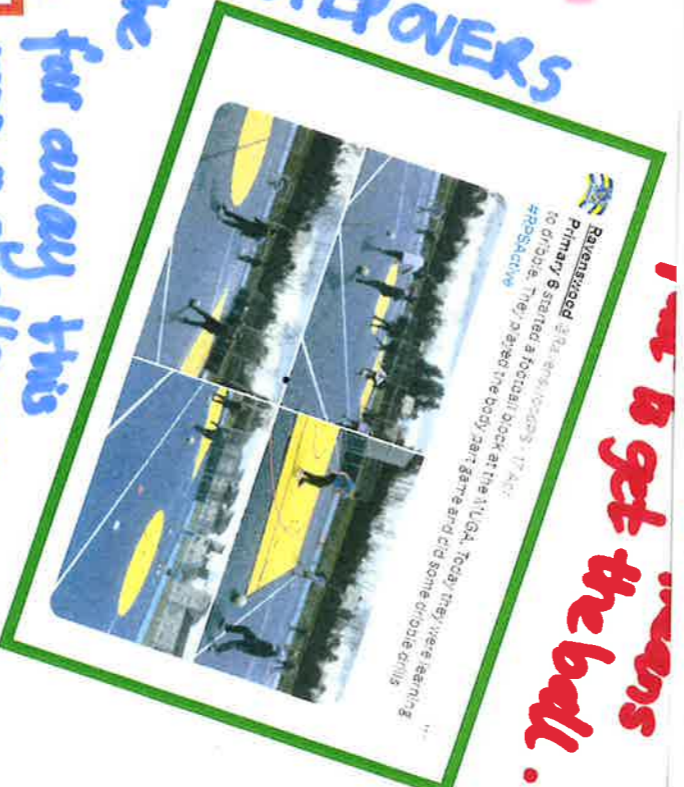
There was a green cone - this was close to the goal. The red cone was far away this was a challenge.



When you pass the ball you should use the inside of your foot. This helps you to control the direction of the ball and the speed of the ball.

You should stay close to defense.

STEP OVERS



It is to get the ball. Dribbling is small kicks. You need to make sure you have good speed and be able to keep an eye on the ball and in front of you. The ball should always be kept under control. To keep it under control keep your feet at the ball. Keep the ball close to you. Keep your eye on the ball at all times.

SPEED

