



Technique & Tactics

Technique is the how. Tactics is the why.

Technique – skill or ability in a particular field

Tactics – an action or strategy carefully planned to achieve a specific end

Age-Appropriate Techniques

- Dribbling with both feet. When dribbling at speed, use instep. When cutting or turning, use different parts of foot; inside, outside or sole (bottom).
- Changing pace (speed) with and without the ball.
- Turning with the ball.
- Ability to receive (trap or stop) the ball.
- Shooting with instep (shoe laces). Toe down, heel up.

Age-Appropriate Tactics

- Directional play.
- Ability to create space by moving without the ball.
- Positioning, knowing the reason for spacing. (as a coach, divide field into lanes)
- Moving the ball away from pressure (the pack of players on the other team).
- Understanding offense and defense.