



EPSA Division A/B Skill Priorities

Skill Priorities for Division A & B
Body control – stop, start, change direction
Dribbling the ball
Stopping the ball
Striking the ball
Know how/where to score
Respect: Teammates, Coach, Ref, Opponent

Viewed from a player achievement perspective, a series of “I CAN” statements can be useful.

In a player’s voice, I CAN . . .

- Move my body through a space without bumping into other people
- Move the ball with different parts of both feet
- Stop a rolling ball with the bottom of my foot
- Shoot a rolling ball into a goal
- Understand the basic rules of the game:
 - o how to score
 - o how to stop the opponent from scoring
 - o which body parts I can’t use to play the ball (head, hands and arms)
 - o how to restart the game after a goal (kickoff from center)
 - o how to restart the game when ball goes out of bounds (kick-in)
- Treat teammates, Coach, Referees, and Opponents as I want to be treated

NOTE to Coaches and Parents: Passing is not a priority until players are comfortable enough with the ball that their eyes come up off the ball to be able to decide when and where to pass. Passing also requires teammates to move away from the ball which doesn’t happen often at this age until they have a better understanding of space and are more able to think ahead. This takes most players years, not weeks, so be patient. Consider it similar to the process of learning the alphabet before they can learn to read words, then books, and so on. Dribbling = the alphabet.