



## EPSA Division E/F/G Skill Priorities

<b>Skill Priorities for Division E, F &amp; G</b>
Dribbling the ball with eyes up
Changing direction and speed with ball
Passing the ball, short and long
Shooting the ball
Defend an opponent
Respect: Teammates, Coach, Ref, Opponent

In a player's voice, I CAN . . .

- Control the ball with different parts of both feet
- Change direction and speed with the ball
- Pass the ball to a teammate, short to feet and longer to space
- Shoot a rolling ball into a goal with my laces
- Close down an opponent who has the ball without fouling
- Treat teammates, Coach, Referees, and Opponents as I want to be treated

NOTE: While heading and goalkeeping are allowed in these divisions, they are not priorities except for trying to ensure safety, especially for goalkeepers who should be ready to protect themselves from a driven ball with their arms and hands. Most players won't head the ball unless they have some experience and comfort in basic techniques. Especially with limited practice time in EPSA it's not a necessary skill to develop.