

2021 - BBFC NPL PLAYER – GOOD HABITS

Question: *Why do we practice?* Answer: *We want to create the following good habits*

Good Habits	What does this mean and why is it important?
Scanning	Have a quick look around you before you receive the ball, so you know where your opponents are and you can see the spaces. You can take your first touch into the space or dribble into the space. This helps you avoid tackles and keep possession. Get in a position where you can see the ball and opponent; have your first touch in an area where it is comfortable for you to keep possession.
Receive the ball with the inside of the feet	Take your first touch with the inside of your feet. You need to be able to do this with either foot. This will help you keep the ball under control and central to your body when in tight areas.
Playing across your body in tight areas	Take your first touch with your inside of your left foot so the ball moves toward your right foot. When your first touch is with your right foot, move the ball towards your left foot.
Keeping the ball moving	Don't stop the ball and stand still with it after your first touch. Use your first touch to start dribbling or moving into space. If you keep moving, you will create more passing options.
Keeping the ball central to your body	Dribble the ball keeping it between your left and right feet. Don't forget to look up to see where the space is, where your opponents are, and where your team mates are. Moving the ball in your playing zone this way you can make decisions to turn out when it is too tight or change direction.
Dribbling on the back foot	Use you back foot when you need to move the ball slowly forward. This makes it easier to turn back or move in a different direction, when you need to.
Keep the ball out of tackling range	If an opponent is close, dribble or move the far enough away, so they can't tackle you. Move the ball into areas where your comfortable to keep it.
Keep your body open	When your team mate has the ball, face him in a way that allows you to see as much of the field or play as possible. If you are on the side line, face into the field. This helps you see passing options and stops you getting trapped in corners.
Get where you can see forward (much of the play as possible)	Position your body so that you can see options to pass or move forward. This is important because we need to move the ball forward to score goals.
Getting level and outside of opponent (threatening opponents)	When your team has the ball, move away from your opponent (outside and level), so the ball can be played in behind them for you to run onto. This makes it difficult for your opponent, by making them turn and chase you.
Looking to get behind opponents, if not come back out. - Your Team is X and Y. - Your opponent is O	
Face forward and face opponent as much as possible	Position your body so you can more easily move forward with the ball. Facing your opponent will allow you to see what they do, and then change what you are going to do if you need to.
Playing and receiving balls on angles	Pass the ball forward or back on angles rather than directly across the field. Cross field balls can be more easily intercepted.
Protecting the ball	When your opponent is close, protect the ball with your body. This means putting your body between the ball and your opponent. This means they have to go through you to get the ball. Move the ball into space as soon as you can.