



# U12

## Player Syllabus

### In Possession

*Occupy the correct place on court for SAFETY, LATERAL and HIGH.*

### Out Of Possession

*Make sure every oppositions player is correctly marked on the court.*

### Transition - Winning The Ball

*Be clever when winning the ball - try very hard not to kick it out of play.*

### Transition - Losing The Ball

*When you lose the ball, never stand still, work hard to get it back immediately.*

### General

*Make sure you always keep possession from a kick-in - always pass to feet.*

**Each week pick one of the above and try to apply it to everything you do!**