

### ★ Three Levels of Performance

Accuracy - Skills are learned and can be performed accurately.

Speed - Skills can be performed accurately at speed.

Pressure - Skills can be performed accurately at speed under pressure.

★ **Quality + Quantity = Genius** "The legends of each sport can perform all the skills of the game accurately with speed and under pressure and have practiced more quality repetitions than their competition."

DATE:

STAR NAME:

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	RECEIVING	DRIBBLING	SHOOTING	PASSING	STRATEGY
	First Touch Control - Two Feet <input type="checkbox"/>	Forward Dribbling with Laces - Two Feet <input type="checkbox"/>	Striking with Firm Foot, Laces - Two Feet <input type="checkbox"/>	Instep Passing - Two Feet <input type="checkbox"/>	Understanding Basic Positions <input type="checkbox"/>
	Instep and Step Trapping - Two Feet <input type="checkbox"/>	Side to Side Dribbling - Two Feet <input type="checkbox"/>	Striking with Instep - Two Feet <input type="checkbox"/>	Short Range Passing Accurately <input type="checkbox"/>	Understanding Passing Lanes <input type="checkbox"/>
	Keep Ups with Bounce - Two Feet <input type="checkbox"/>	Turns - Cutting and Chopping <input type="checkbox"/>	Picking Your Spot - Where the Goalie Isn't <input type="checkbox"/>	Outside Foot Passing - Two Feet <input type="checkbox"/>	Constricting Defense and Expansion Offense <input type="checkbox"/>
	Keep Ups with Bounce - Two Feet <input type="checkbox"/>	Protecting Possession with Body <input type="checkbox"/>	Striking with Power <input type="checkbox"/>	Medium Range Passing Accurately <input type="checkbox"/>	Team Defence and Pressure <input type="checkbox"/>
	Trapping High Balls <input type="checkbox"/>	Turn of Pace <input type="checkbox"/>	Direct Free Kicks <input type="checkbox"/>	Give and Go Passing <input type="checkbox"/>	Set Play Mastery <input type="checkbox"/>
	Killing the Bounce Instantly <input type="checkbox"/>	Step Over, Shoulder Drop <input type="checkbox"/>	Half-Volleys <input type="checkbox"/>	Playing Forward Through Ball <input type="checkbox"/>	Understanding Complex Positions <input type="checkbox"/>
	Perfect First Touch Into Space <input type="checkbox"/>	Beating Opponent 1v1 <input type="checkbox"/>	1x1 + GK <input type="checkbox"/>	Cross Field Passing <input type="checkbox"/>	Understanding Small Field Formations <input type="checkbox"/>
	Keep Ups with Thigh, Chest and Inside/Outside Feet <input type="checkbox"/>	Drawing Defenders to Open Up Space <input type="checkbox"/>	2x1 + GK <input type="checkbox"/>	Crossing <input type="checkbox"/>	Possession Game vs. Direct Football <input type="checkbox"/>
	Control of Goal Kickst <input type="checkbox"/>	Space Creation <input type="checkbox"/>	Set Play Execution <input type="checkbox"/>	Overlapping Rungs and Through Balls <input type="checkbox"/>	Understanding Full Field Formations <input type="checkbox"/>
	Control of any through - Ball while Running <input type="checkbox"/>	Efficient Dribbling and Releasing <input type="checkbox"/>	Bicycle Kicks <input type="checkbox"/>	One Touch Controlled Passing <input type="checkbox"/>	Understanding Flexibility in Roles <input type="checkbox"/>

All Skills are Now on



TAC Sports Coaches take you step-by-step through each of the 50 skills listed on the progress report. Students can use the videos as reference guides to continue to increase their skills! Simply go to Youtube.com and search for TAC Sports channel! All videos are sorted under Playlists.

AWARDS  
OF THE  
WEEK



MVP



MOST IMPROVED PLAYER



MOST COACHABLE PLAYER



BEST TEAM PLAYER



MOST PASSIONATE PLAYER