

# Good Habits on the Pitch

## Technical.

- Take care of the ball when passing or dribbling.
- Try to win the ball back from the other team quickly .
- Look up before you pass the ball.
- Look for space on the pitch.

## Psychological

- Always try your best.
- Work together as a team.
- Show a good example.
- Listen to your coaches /team.
- Be determined & don't give up .
- Be gracious in victory & humble in defeat

## Physical

- Have good balance .
- Move quickly as you can around the pitch .
- Respect the referee.
- Try not to be beaten easily .

## Social

- Enjoy the game of football.
- Show respect for other teams and be a good sportsman .
- Respect the referee.
- Show good behaviour .
- Have fun.