

8 Habits of Elite Players

After hours and hours of watching world class players it has been found that they all have a few things in common that makes them the world class players they are.

1. Scanning

They have a look around them before they receive the ball.

2. Body Position

They always try to get themselves into a position where they can see or pass forwards.

3. Receive the ball with insides of feet



This means they can easily disguise which way they will control the ball.

4. Move the ball with their first touch

Always away from defenders.

5. Move at a comfortable pace



They can change direction easily and so they can pass the ball in all directions.

6. Run with the ball centrally

They can beat a defender on either side or pass with either foot.



7. Move away from trouble

Understand when it is too tight so protect the ball and switch the play.



8. Move toward space with the ball

They can stay away from tackles.

So if you can begin to develop these simple habits you are on your way to becoming an elite player and you will get to do more of this.

