

**Passing/Receiving**

Beginners
Strong Players
Advanced Players

**Dribbling**

Beginners
Strong Players
Advanced Players

**Defense**

Beginners
Strong Players
Advanced Players

**Goalkeeper**

Strong Players
Advanced Players

**Throw-Ins**

Beginners
Strong Players

**Shooting**

Beginners
Strong Players
Advanced Players

**Restarts (corners, go**

Beginners
Advanced Players

**Heading**

Beginners
Advanced Players

**Tactics**

Beginner
Strong Players
Advanced Players

Crisp pass 10 yards on the ground with accuracy
Control a ball passed within 5 yards with 2-3 touches with both feet
Moves to the ball always--controls with few touches
Shields to control ball 1v1--makes easy pass if challenged 2v1
Moves to space, supports teammate with the ball
Begin to control balls from the air with chest, thigh, head, foot
Chip ball over defender 15-20 yds
Lofted ball 15-25 yds (corner, goal kick, cross)
Wall passes/overlaps--runs without the ball, executes with the ball

Control dribble AND Speed dribble in traffic and in open field with both feet
Master control moves in match conditions with both feet: pullback, chop, scissors
Master control moves in match conditions with both feet: same as above + vee, stepover, cruyff
10 juggles with feet with no bounce 1/5 tries
20 juggles with feet 1/5 tries, no bounce allowed

Goalside on ballhandler 1v1 – no dive in - close enough to keep eyes down
Stay on ball if first defender
Close ground while ball in route – steer away - stop in front
Shoulder charge if even with ballhandler
No turn if ballhandler “back to”
Pushes defense up to take advantage of offside rule.
Tackles ball upright (block or poke), begins to attempt legal slide tackles
Good 2 <sup>nd</sup> defender for off-ball players

4 kids should be playing instead of all now
Basic skills with hands, quick distribution to side defenders (roll, overhead)
Punt if in trouble, understands pass back (can't pick up)
Controls boy verbally and physically ("keeper!")

Quick restart - Legal throw to feet of teammate
Moving without ball – “show” for thrower (move away, check back)
Run onto and control a ball thrown ahead, maintain possession
Can throw ball 10 yds in air to teammate
Control ball thrown to feet, turn and dribble or pass to teammate.

One-time when close to goal – both feet
Pass for accuracy (inside), laces for power (instep)
Penalty kicks hit side netting
Hit net with shot from top of penalty area

**Goal kicks, indirect kicks, kick-offs)**

Rules and keeping possession on kick-off
Receiving goal kick – take up side
Indirect restarts close to goal and far away
Direct restarts on goal near top of penalty area
Corners simplified – pass to our player, not keeper – 1 touch shot
Defending corners – move to ball - quick clear to side
Wall for threatening restarts

Brave enough to head ball, eyes open, hit with force
Able to direct toward goal or teammate
Offensive header - down      Defensive header up and away to the side
begin to take from air defensively to clear
put on net on offense

Clear ball to side, not in front of own goal or across end-line
Don't play with ball in front of own goal if pressure – pass to our team
Defenders push up when we control ball
Target player keeps high
Wide midfielders push up and support on offense
Take chances when behind, play conservatively when ahead
Back pass – to side of goal
Change of fields – when and how
Always cover far post--weak side midfielder (offense) wide defender (defense)