



CORE SKILLS DEVELOPMENT PROFILE											
1 – Mastery of skill for age (Advanced) 2 – Above age level of skill (Advanced) 3 – At Age level (Intermediate) 4 – Developing level of skill (Developing) 5 – Area of improvement (Developing)											
FIRST TOUCH					RUNNING WITH THE BALL						
<i>With both feet</i>	1	2	3	4	5	<i>Dribbling with both feet</i>	1	2	3	4	5
<i>Into space / away from defender</i>	1	2	3	4	5	<i>Change of direction</i>	1	2	3	4	5
<i>Use other parts (other than foot)</i>	1	2	3	4	5	<i>Avoidance of opponent</i>	1	2	3	4	5
1V1 ATTACKING & DEFENDING					STRIKING THE BALL						
<i>1v1 skill moves & body feints</i>	1	2	3	4	5	<i>Instep passing short distance</i>	1	2	3	4	5
<i>1v1 balance when dribbling</i>	1	2	3	4	5	<i>Passing medium - long distance</i>	1	2	3	4	5
<i>Defensive body shape</i>	1	2	3	4	5	<i>Laces striking</i>	1	2	3	4	5
<i>Tackling & ball retention</i>	1	2	3	4	5	<i>Shooting & crossing</i>	1	2	3	4	5
PHYSICAL					TACTICAL						
<i>Speed and Acceleration</i>	1	2	3	4	5	<i>In Possession understanding</i>	1	2	3	4	5
<i>Strength and Power</i>	1	2	3	4	5	<i>Out of Possession understanding</i>	1	2	3	4	5
<i>Endurance and Fitness</i>	1	2	3	4	5	<i>Positional understanding</i>	1	2	3	4	5

