

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						
With both feet	1	2	3	4	5	Dribbling with both feet	1	2	3	4	5	
Into space / away from defender	1	2	3	4	5	Change of direction	1	2	3	4	5	
Use other parts (other than foot)	1	2	3	4	5	Avoidance of opponent1234						
1V1 ATTACKING & DI	STRIKING THE BALL											
1v1 skill moves & body feints	1	2	3	4	5	Instep passing short distance	1	2	3	4	5	
1v1 balance when dribbling	1	2	3	4	5	Passing medium - long distance	1	2	3	4	5	
Defensive body shape	1	2	3	4	5	Laces striking123				4	5	
Tackling & ball retention	1	2	3	4	5	Shooting & crossing123				4	5	
PHYSICAL	TACTICAL											
Speed and Acceleration	1	2	3	4	5	In Possession understanding 1 2 3				4	5	
Strength and Power	1	2	3	4	5	Out of Possession understanding1234				4	5	
Endurance and Fitness	1	2	3	4	5	Positional understanding1234					5	

– Mastery of skill for age **2** – Above age level of skill **3** – At Age level **4** – Developing level of skill **5** – Area of improvement

			Core	Skill		Physical a	and Mental	Attributes	
Player Name	Bib Number	1v1 Ball Mastery Moves	Striking The Ball	1 st Touch (or ball control)	Running With the Ball		Physical	Personality	Comments
Joe Bloggs	Blue #7	3	2	4	2	2	4	1	