

Performance Standards and Assessment Matrix

Stage and Age		Initial				Basic			Intermediate				Advanced			
		U4	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Physical Literacy Skills	Run with stops and starts	👍		☑												
	Run and change direction	👍		☑												
	Gallop	👍		☑												
	Skip	👍		☑												
	Lateral movements-side step	👍		☑												
	Rolling, bending low, arching	👍		☑												
	Balance-on a line	👍		☑												
	Balance- on one foot	👍			☑											
	Throw	👍		☑												
	Jump-make shape in air	👍	☑													
	Jump-one foot to another	👍	☑													
	Jump-stride and bound patterns	👍					☑									
	Jump-Hurdles	👍								☑						
	Quick feet and crossovers		👍		☑						☑					
	Speed-coordination of arms/legs				👍						☑					
	Speed-explosive first step						👍									☑
	Running technique	👍									☑					
Sprinting technique					👍					☑						
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Dribbling Skills	Turns-basic	👍				☑										
	Turns-advanced				👍					☑						
	Dribbling basics	👍				☑										
	Running with the ball			👍				☑								
	Feints and dribble			👍						☑						
	Beating an opponent			👍						☑						
	Escaping an opponent				👍					☑						

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Receiving	Control-foot		👍					☑								
	Control-thigh				👍					☑						
	Control-chest					👍					☑					
	Control-head										👍	☑				
	Control-on the move									👍					☑	
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Passing	Ground-inside of 5 yards		👍					☑								
	Ground-inside of 10 yards			👍						☑						
	Ground-inside of 20 yards				👍					☑						
	Ground-instep				👍						☑					
	Long pass-driven					👍							☑			
	Chip/lofted pass					👍							☑			
	Swerve pass-inside of foot							👍					☑			
	Swerve pass-outside of foot							👍					☑			
	Crossing							👍					☑			
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Shooting	Instep				👍						☑					
	Half volley					👍										☑
	Volley					👍										☑
	1v1 with GK					👍							☑			
	Head										👍		☑			
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Heading	Basic technique										👍					☑
	Defensive heading											👍				☑
	Attacking heading										👍					☑

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Physical Conditioning	Body weight strenght exercises					👍				☑						
	Core body strenght					👍							☑			
	Dynamic warm-up			👍				☑								
	Flexibility						👍			☑						
	Aerobic endurance training								👍					☑		
	Anerobic endurance training								👍					☑		
	Speed training (anerobic)					👍							☑			
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Mental	Confidence	👍						☑								
	Commitment						👍				☑					
	Concentration	👍						☑								
	Composure						👍				☑					
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Goalkeeping	Bacis GK technique							👍		☑						
	Positioning							👍		☑						
	Diving								👍					☑		
	Distribution						👍					☑				
	Adv tech-crosses,punches etc									👍						☑
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Set Pieces	Throw in	👍				☑										
	Penalties						👍					☑				
	Corners				👍							☑				
	Free kicks				👍							☑				
	Goal kicks	👍										☑				

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Attacking Principals and Tech	Attacking 1v1 individual		👍			☑										
	Attacking in pairs (2v1 2v2)				👍				☑							
	Attacking in small groups (3s & 4s)						👍					☑				
	Attacking as a unit								👍							☑
	Support with and without the ball						👍					☑				
	Attacking from wide positions									👍		☑				
	Crossing balls into the penalty box									👍		☑				
	Transition and counter attacks									👍		☑				
	Finsishing				👍							☑				
	Attacking set plays							👍				☑				
	Communication						👍					☑				
	Positional play						👍						☑			

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Def Principals and Tech	Defending 1v1 individual		👍			☑										
	Defending in pairs (2v1 2v2)				👍				☑							
	Defending in groups (3s & 4s)						👍					☑				
	Defending as a unit								👍							☑
	Marking						👍					☑				
	Covering						👍					☑				
	Applying Pressure						👍					☑				
	Transition from Def to Attack							👍				☑				
	Defensive set plays							👍				☑				
	Positional play							👍				☑				

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Laws of the game	Individual and team behavior	👍						☑								
	Field and equipment		👍					☑								
	Restarts				👍			☑								
	Fair and Foul Play	👍						☑								
	Basic Rules			👍				☑								
	Free kicks-offside direct/indirect						👍			☑						
	Misc Laws-advantage etc						👍			☑						

Workload Key	1 Very Low	2 Low	3 Mid	4 High	5 Very High
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