

Stage and Age Group

Tactical		Initial				Basic			Intermediate				Advanced			
		U4	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18
Attacking	1 Attacking Principals	1	1	1	2	3	3	3	4	4	5	5	5	5	5	5
	2 Possession	0	0	0	1	2	3	4	5	5	5	5	5	5	5	5
	3 Transitiion	0	0	0	1	1	2	2	3	4	5	5	5	5	5	5
	4 Combination Play	0	0	0	0	2	2	3	4	5	5	5	5	5	5	5
	5 Switching Play	0	0	0	0	0	1	1	2	3	3	4	4	4	4	4
	6 Counter Attacking	0	0	0	0	0	0	0	1	1	2	3	4	4	5	5
	7 Playing out from the back	1	1	1	2	3	3	3	4	4	5	5	5	5	5	5
	8 Finishing-Final Third	0	0	0	0	1	1	2	3	4	5	5	5	5	5	5
Defending	1 Defending Principals	0	0	0	1	1	2	3	4	4	5	5	5	5	4	4
	2 Zonal Defending	0	0	0	0	0	2	2	3	3	4	4	5	5	4	4
	3 Pressing	0	0	0	1	1	2	2	3	3	4	4	5	5	5	5
	4 Retreat and Recovery	0	0	1	2	2	3	3	4	4	4	4	5	5	5	5
	5 Compactness	0	0	0	0	0	1	1	1	1	2	2	3	3	4	4

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