

## Stage and Age Group

Technical	Initial				Basic				Intermediate				Advanced			
	U4	U5	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	
1 Passing and Receiving	0	0	3	5	5	5	5	5	5	5	5	5	5	5	5	
2 Running with the ball RWB	2	3	3	4	4	4	5	4	3	2	1	1	1	1	1	
3 Dribbling	5	5	5	5	4	4	3	3	2	2	2	2	2	1	1	
4 Turning	1	2	3	3	4	4	5	5	4	4	4	4	4	4	4	
5 Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
6 Ball Control	1	1	2	3	4	5	5	5	5	4	3	3	3	3	3	
7 Heading	0	0	0	0	0	0	0	0	0	4	5	4	3	3	3	
8 1v1 Attacking	1	1	2	3	4	5	5	4	4	4	4	3	3	2	2	
9 Shielding the ball	1	2	3	3	4	4	4	3	3	2	2	2	2	2	2	
10 Receiving to turn	0	0	1	1	1	2	2	3	3	4	5	5	4	4	4	
11 Crossing and finishing	0	0	0	0	1	2	2	3	3	3	3	4	4	4	4	
12 1v1 Defending	0	0	1	1	1	2	2	3	4	5	5	4	4	3	3	

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