



## 9U---10U Graduating Standards

### Technical Dribbling

- Proficient in: Change Direction (Step, Hook, Cut and all surfaces)
- Introduction to:
  - Sole Moves
  - Sole Drag
  - Sole Across
  - Sole Behind
  - Sole Out
  - Sole V
  - Sole Roll
  - Sole Inside
- Introduction to: Attacking Moves
  - In and Out
  - Change Speed (Blow past)
  - Scissor (Left/Right/Go)
  - Now you see me, now you don't
  - Sweep
  - Step Over/Under
  - Nutmeg/Tunnel
- Introduction to: Shield Dribbling / Escape Dribbling

### Technical: 1v1 Attack

- Introduction to:
  - Push By Player
  - Change Speeds (Start/Stop)
  - Slow/Medium/Fast

### Technical: Passing

- Proficient in: Push and Slip Passes
- Introduction to:
  - Weak foot Push and Slip Passes
  - Laces and Distance Passes

### Technical: Receiving

- Introduction to: Receiving with all surfaces
  - Receiving to yourself
  - Receiving to a new space
  - Receiving to turn
  - Spin turns (outside and inside)
- Introduction to: Receiving with disguise
  - Out the back
  - Let it roll