



13U---14U Graduating Standards

Technical Dribbling

- Continued Proficiency in: Attacking Dribble (comfortable w/ball at game speed)
- Continued Proficiency in: Shield / Escape Dribbling in game situations / under pressure
- Continued Proficiency in: 1v1 Attacking Dribble in game situations

Technical: Passing

- Proficient in: Laces Pass, Cross and Driven Balls
- Proficient in: Weak foot
- Continued introduction to: Bending Balls (outside and inside laces)
- Continued introduction to: Creative Passes (when and where to do during game)
- Introduction to: Balls served w/backspin and topspin

Technical: Receiving

- Mastery in: Receiving w/ all surfaces
 - Receiving to yourself
 - Receiving to a new space
 - Receiving to turn
 - Spin turns (outside and inside)
- Proficient in: Receiving w/ disguise
 - Out the back
 - Let it roll
- Proficient in: Receiving air balls w/ different surfaces

Technical: Shooting

- Proficient in: Laces contact
- Proficient in: Scoring
 - Awareness of Goal
 - Near Post / Far Post
 - Goalkeeper (looking up)
 - Side Foot
 - Toe
 - Both Feet
- Introduction to: Scoring
 - Slices (inside / outside)
 - Chip

Set Piece Organization: Throw---in

- Proficient in:
 - Defending throw---in
 - Keeping possession off throw---in