

U12/14 Techniques

Dribbling

Looking for:
good balance
uses all surfaces of both feet
head up
keeps ball close
can change direction

Shooting

Looking for:
accuracy
power
uses both feet

Restarts

Looking for:
performs restarts correctly
understands laws for each restart
team maintains possession

Front Block Tackle (taught, not measured)

Looking for:
contact at ball's center
wins the tackle
follow up pass or dribble

Passing

Looking for:
accuracy
power
use of space
uses instep kick and push pass

Control (trapping)

Looking for:
inside of foot ball control
sole of foot ball control
top of thigh ball control
able to transition to next move

Goal Keeping

Looking for:
effective body position for receiving
effective hand position for receiving
uses various distribution techniques

Heading

Looking for:
eyes on ball
chin tucked, mouth closed
accuracy

Defensive Strategies

understands systems of play (positions)
initiates/wins tackles
uses defensive principles of play-
penetration, delay, depth, concentration

Measuring Techniques

- 0 Cannot perform skill and does not try
- 1 Able to perform skill, but not as well as most division players
- 2 Performs technique as well as most division players
- 3 Often out performs other division players on the same technique

Measuring Individual Traits

Attitude Attributes

Positive attitude and willingness to participate
Good sportsmanship toward players
Cooperative with coaches and refs

- 0 Poor
- 1 Tolerable with lots of attention
- 2 Good with a little redirection
- 3 Very good example and team leader

Athleticism

Speed
Control
Agility

- 0 does not demonstrate athleticism
- 1 some athleticism, but not as much as most division players
- 2 matches athleticism with most division players
- 3 exceeds most division players in athleticism