Long Term Technical Pathway - Football

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Skill	Detail	Level	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
					_							
		Ga	aining P			1	ı					
Body catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes					
	Walk		Yes	Yes	Yes	Yes	Yes					
	Attacking the	e ball	Yes	Yes	Yes	Yes	Yes					
Body catch Contested	Standing		1174-1	U7 to U13 progress to Contested skills challenges only when they have								
	Walk					intermediat						
	Attacking the	e ball										
Low Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes					
	Walk		Yes	Yes	Yes	Yes	Yes					
	Attacking the	e ball	Yes	Yes	Yes	Yes	Yes					
Low Catch Contested	Standing				_							
	Walk			J13 progres								
	Attacking the	e ball	- 	iastereu trie	basic ariu	intermediat	e uncontes	teu activitie	.			
High Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Attacking the	e ball	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
High Catch Contested	Standing											
	Walk					ted skills ch	_					
	Attacking the	e ball	_ m	iastered the	e basic and	intermediat	e uncontes	ted activitie	es.			
Reach Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Attacking the	e ball	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
Reach Catch Contested	Standing											
	Walk					ted skills ch	_					
	Attacking the	e ball	_ m	astered the	basic and	intermediat	e uncontes	ted activitie	es.			
The Pick up Uncontested	Standing	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
THO FIOR UP OFFICIAL COLUMN	Starioning	Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		DOLLI LEEL	163	163	163	163	163	163	163			

	Walk	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
The Pick up Contested	Standing	One Foot									
		Both Feet									
	Walk	One Foot	U7 to l	J13 progres	s to Contes	sted skills ch	nallenges on	ly when the	ey have		
		Both Feet	m	astered the	basic and	intermediat	te uncontes	ted activitie	es.		
	Run	One Foot									
		Both Feet									
Crouch Lift (LGF) Uncontested	Standing		Yes	Yes	Yes	Yes	Yes				
	Walk		Yes	Yes	Yes	Yes	Yes				
	Attacking th	e ball	Yes	Yes	Yes	Yes	Yes				
Crouch Lift (LGF) Contested	Standing		1174-1	U7 to U13 progress to Contested skills challenges only when they have							
	Walk						iallenges on te uncontes				
	Attacking th	e ball		idstered tire	busic una	caia	ic uncornes	tea activitie			
		Main	ntaining	Posses	ssion						
The Hop Uncontested	Standing	One Hand	Yes	Yes	Yes	Yes	Yes				
		Both Hands	Yes	Yes	Yes	Yes	Yes				
	Walk	One Hand	Yes	Yes	Yes	Yes	Yes				
		Both Hands	Yes	Yes	Yes	Yes	Yes				
	Run	One Hand	Yes	Yes	Yes	Yes	Yes				
		Both Hands	Yes	Yes	Yes	Yes	Yes				
The Hop Contested	Standing	One Hand									
		Both Hands	117 to 1	I13 nrogr	ess to Co	ntested s	kills challe	enges onl	ly when		
	Walk	One Hand					intermedi	_	•		
		Both Hands	licying	ive maste		activities		ate anco	nicotca		
	Run	One Hand									
		Both Hands					1		1		
Solo Uncontested	Standing	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		

		I										
	Walk	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Run	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
Solo Contested	Standing	One Foot										
		Both Feet	117 +0 1	I12 progr	oss to Co	ntoctod c	kills challe	ongos on	lywhon			
	Walk	One Foot						_	•			
		Both Feet	they na	ive maste			intermedi	ate unco	ntestea			
	Run	One Foot				activities	•					
		Both Feet										
The Feint/Side Step Uncontested	Standing	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Righ side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Righ side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Run	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
The Feint/Side Step Contested	Standing	Left side										
		Righ side	l 	142			1 201 - 15 - 11					
	Walk	Left side					kills challe					
		Righ side	tney na	ive maste			intermedi	ate unco	ntested			
	Run	Left side				activities						
		Right side										
Evasion/The Roll	Standing	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Righ side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Righ side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Run	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Rele	easing	Posses	sion							
Hand Pass Uncontested	Standing	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes			

		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Hand Pass Contested	Standing	One Hand									
		Both Hands	117 to 1	J13 progr	acc ta Ca	ntacted c	kille challe	anges on	ly whon		
	Walk	One Hand		ave maste							
		Both Hands	licying	ive maste		activities		ate unco	ntestea		
	Run	One Hand				activities					
		Both Hands									
Fist Pass Uncontested	Standing	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One Hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Hands	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Fist Pass Contested	Standing	One Hand									
		Both Hands	U7 to l	J13 progr	ess to Co	ntested s	kills challe	enges on	lv when		
	Walk	One Hand		ave maste				_	•		
		Both Hands	,			activities					
	Run	One Hand									
		Both Hands			1	1		1	T		
Punt Pass	Standing	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		<u> </u>
	Walk	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Hook Pass	Standing	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One Foot	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both Feet	Yes	Yes	Yes	Yes	Yes	Yes	Yes		

Slice Pass/Outside of the boot	Standing	One Foot									
		Both Feet									
	Walk	One Foot									
		Both Feet									
	Run	One Foot									
		Both Feet									
		Con	testing	Posses	sion						
Near hand tackle	Standing	One hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	One hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	One hand	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Both	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
<u>Shoulder</u>	Standing	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
The Block down	Standing	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
Checking/Shadowing	Standing	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Walk	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
	Run	Left side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
		Right side	Yes	Yes	Yes	Yes	Yes	Yes	Yes		
SHOOTING											

Hook Shot	12 (M L D)	Standing					
	13 (M, L, R)						
Uncontested	(*)	Walk					
		Run					
	20 (M, L, R)						
		Walk					
		Run					
	25 (M, L, R)						
		Walk					
		Run					
		Right					
	30 (M, L, R)	Standing					
		Walk					
		Run					
Hook Shot	13 (M, L, R)	Standing					
Contested		Walk					
		Run					
	20 (M, L, R)	Standing					
		Walk					
		Run					
	25 (M, L, R)	Standing					
		Walk					
		Run					
		Right					
	30 (M, L, R)						
		Walk					
		Run					
(*) M= Middle of Pitch & either Left	or Right Foot						
R= Right hand side of Goals and Righ							
0							

L= Left hand side of Goals & Left Foot Shot