

Long Term Technical Pathway - Football

Skill	Detail	Level	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16
Gaining Possession												
Body catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes					
	Walk		Yes	Yes	Yes	Yes	Yes					
	Attacking the ball		Yes	Yes	Yes	Yes	Yes					
Body catch Contested	Standing		U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
	Walk											
	Attacking the ball											
Low Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes					
	Walk		Yes	Yes	Yes	Yes	Yes					
	Attacking the ball		Yes	Yes	Yes	Yes	Yes					
Low Catch Contested	Standing		U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
	Walk											
	Attacking the ball											
High Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Attacking the ball		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
High Catch Contested	Standing		U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
	Walk											
	Attacking the ball											
Reach Catch Uncontested	Standing		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Walk		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
	Attacking the ball		Yes	Yes	Yes	Yes	Yes	Yes	Yes			
Reach Catch Contested	Standing		U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
	Walk											
	Attacking the ball											
The Pick up Uncontested	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			
<u>Solo Contested</u>	Standing	One Foot	U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
		Both Feet										
	Walk	One Foot										
		Both Feet										
	Run	One Foot										
		Both Feet										
<u>The Feint/Side Step Uncontested</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			
<u>The Feint/Side Step Contested</u>	Standing	Left side	U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
		Right side										
	Walk	Left side										
		Right side										
	Run	Left side										
		Right side										
<u>Evasion/The Roll</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			
Releasing Possession												
<u>Hand Pass Uncontested</u>	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			
<u>Hand Pass Contested</u>	Standing	One Hand	U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
		Both Hands										
	Walk	One Hand										
		Both Hands										
	Run	One Hand										
		Both Hands										
<u>Fist Pass Uncontested</u>	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			
<u>Fist Pass Contested</u>	Standing	One Hand	U7 to U13 progress to Contested skills challenges only when they have mastered the basic and intermediate uncontested activities.									
		Both Hands										
	Walk	One Hand										
		Both Hands										
	Run	One Hand										
		Both Hands										
<u>Punt Pass</u>	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			
<u>Hook Pass</u>	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			

