

Player Skills Guide

A player at this age level can consistently:	Puggs	6v6	8v8	11v11
Have fun playing soccer	x	x	x	x
DRIBBLING				
Dribble and control the ball with all parts of both feet (inside/outside/soles)	x	x	x	x
Demonstrate a change of direction move (pull back, inside/outside cut, scissors)		1 move	2 moves	2 moves
Demonstrate an attacking move (stepover) on a defender to the end line or goal		x	x	x
Use body to effectively shield the ball from a defender			x	x
PASSING				
Scan the field and identify passing options with ball at feet	x	x	x	x
Execute a push pass accurately with the left foot		10 yds	15 yds	20 yds
Execute a push pass accurately with the right foot		10 yds	15 yds	20 yds
Chip/cross the ball with the left foot		10 yds	20 yds	30 yds
Chip/cross the ball with the right foot		10 yds	20 yds	30 yds
Change point of attack by switching the field			x	x
RECEIVING				
Receive and control the ball with both feet with first touch		x	x	x
Receive and control the ball off the body while stationary		x	x	x
Run through a high ball and play it without stopping (using thigh/chest)			x	x
DEFENDING				
Make recovery runs on a counter attack		x	x	x
Pressure and contain an attacker (not dive in recklessly for the ball)		x	x	x
As a second defender, support and cover the first defender			x	x
Demonstrate an understanding of marking an opposing player away from the ball			x	x
Approach an attacker quickly and arrive slowly			x	x
Shade an attacking player to the outside of the field				x
SHOOTING				
Strike the ball on goal with power with laces with the left foot			10 yds	15 yds
Strike the ball on goal with power with laces with the right foot			10 yds	15 yds
OTHER SKILLS				
Understand the responsibilities of a player on a team	x	x	x	x
Demonstrate good sportsmanship	x	x	x	x
Establishing width and depth during attack, giving player with ball passing options		x	x	x
Compete for and win 50-50 balls			x	x
Make good decisions in terms of when and where to dribble/pass/shoot			x	x
Juggle a ball with alternating feet			10 touches	20 touches
Safely and properly head the ball with forehead				x