

ver: 8/13/08		PLAYER EXPECTATIONS						
TECHNICAL SKILLS					AGE	DRILL/GAME		
Dribbling	Ball close to feet				9	Turns, Pullbacks		
	Looks Up (Head up)				10	Scissor, Step over, Cut		
	Uses inside & outside of foot				10	Dribble through maze		
	Uses both feet				10	Dribble races		
	Uses all parts of both feet				11	1v1		
Receiving	Uses side foot				8			
	Uses instep				8	Soccer Tennis		
	Uses chest				10	Myernick's Magic cube		
	Uses thigh				10	Juggling		
	Moves to ball				10	Brazillain Drill		
	Gains control				10	3 Zone High Ball Clear		
	Collects to feet				11	Toss, trap to feet, turn		
Passing	Side foot (short)				8	Trembles Triangle		
	Laces/Instep (long)				9	Lift Ball Over Target		
	Accuracy				11	Multiple goal passing game		
Shoot/Clear	Touch				11	Drop ball on laces		
	Power				11			
	Accuracy				11			
	Finishes scoring chances				11	4 Corner Shoot		
Heading	Uses forehead				11			
	Proper technique				11	Rocking motion		
	Accuracy (goal)				11			
	Accuracy (passing)				11			
GAME RELATED ACTIVITIES								
Tactics	General		Wins 50/50		10	Sideline Soccer		
			Anticipates		11			
			Reads teammates		11			
Offense	Attacks				8			
			Supports player w/ ball		11	Up, back, thru, cross, finish		
			Makes runs off ball		11	Up, back, thru, cross, finish		
			Avoids pressure		11			
			Knows when to dribble,		12			
			pass, shoot					
			Shields ball		9	Knock Out		
			Looks to maintain possession		11	5 Player Team Shape		
			Uses open space		11	Knock Out		
			Acceleration		11			
Defense	Proper position				9	Jockey		
			Knows when to pressure, delay		10			
			Challenges player with ball		9			
			Does not over commit		9			
			Wins tackle		10			

		Covers for teammates	10		
		Team defense	10		
		Looks to gain possession	10		
		Acceleration	11		
	Transition	Offense to defense	11	Transition Games	
		Defense to offense	11		
	Communication	Hears & talks to teammates	11		
Conditioning	Keeps moving		8		
	Stamina (exhausted?)		8		
Psychological	General	Aggressive	9	Competitive activities	
		Hustles after loosing ball	8		
	Attitude	Listens to instructions	8	Reward/Consequence	
		Shows competitive attributes	11		
		Gives positive comments	8	Positive instruction	
	Discipline	Responds positively to correction	8	Consistency, Patience	
		Focuses on game/practice activit	8	Reward/Consequence	