

# Evaluation with Core Competencies

TECHNICAL	U6	U8	U9	U10	U11	U12	U13	U14
<b>BALL MANIPULATION</b>								
<b>Ball Familiarization</b>								
Can move the ball around the body	✓	✓	✓	✓	✓	✓	✓	✓
Use of different surfaces of the foot	✓	✓	✓	✓	✓	✓	✓	✓
Ability to use both feet		✓	✓	✓	✓	✓	✓	✓
Use a combination of feet and surfaces					✓	✓	✓	✓
<b>SHIELDING</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Protecting the ball</b>								
Body position to keep ball from opposition			✓	✓	✓	✓	✓	✓
Distribute weight into defender			✓	✓	✓	✓	✓	✓
Finds an end product			✓	✓	✓	✓	✓	✓
<b>Turning to beat defenders</b>								
Check in to receive ball						✓	✓	✓
Awareness of Defender						✓	✓	✓
Appropriate turn with defender behind you						✓	✓	✓
<b>DRIBBLING</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Dribbling to find space</b>								
Move with the ball in close control throughout	✓	✓	✓	✓	✓	✓	✓	✓
Change of speed	✓	✓	✓	✓	✓	✓	✓	✓
Change of direction	✓	✓	✓	✓	✓	✓	✓	✓
<b>Dribbling with both feet</b>								
Ability to use both feet		✓	✓	✓	✓	✓	✓	✓
Move with the ball in close control throughout		✓	✓	✓	✓	✓	✓	✓
Change of speed		✓	✓	✓	✓	✓	✓	✓
<b>Dribbling at full speed (all directions)</b>								
Use combination of feet and surfaces					✓	✓	✓	✓
Ability to change direction					✓	✓	✓	✓
End product					✓	✓	✓	✓
<b>MOVES</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Moves to beat an opponent</b>								
Performs skill at the correct time	✓	✓	✓	✓	✓	✓	✓	✓
Aggressive attitude	✓	✓	✓	✓	✓	✓	✓	✓
Accelerate away	✓	✓	✓	✓	✓	✓	✓	✓
<b>Scissors moves to beat opponents</b>								
Uses scissors move at the correct time			✓	✓	✓	✓	✓	✓
Disguise when faking			✓	✓	✓	✓	✓	✓
<b>Breakaways</b>								
Speed to break away				✓	✓	✓	✓	✓
Vision and awareness to break into space				✓	✓	✓	✓	✓
Cleverness to beat opposition				✓	✓	✓	✓	✓
<b>Beating a player with purpose</b>								
Beats a player on a side where there is space					✓	✓	✓	✓
Imagination & inventiveness					✓	✓	✓	✓
<b>Beating defenders at full speed</b>								
Diagonal run to draw defender win								✓
Keep ball on far side of opponent								✓
<b>TURNS</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Drag back to change direction</b>								
Timing of turn	✓	✓	✓	✓	✓	✓	✓	✓
Technique of drag back	✓	✓	✓	✓	✓	✓	✓	✓
Accelerate away	✓	✓	✓	✓	✓	✓	✓	✓
<b>Turning using inside &amp; outside of the foot</b>								
Exaggeration or fake		✓	✓	✓	✓	✓	✓	✓
Technique of inside / outside hook		✓	✓	✓	✓	✓	✓	✓
<b>Turning using both feet</b>								
Using both feet so as not to be predictable			✓	✓	✓	✓	✓	✓
<b>Advanced turns (cruyff, step over)</b>								
Technique of advanced turns				✓	✓	✓	✓	✓
<b>CONTROL</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Receiving the ball on the floor</b>								
Gets in line with the ball (when ball on the ground)		✓	✓	✓	✓	✓	✓	✓
With inside of the foot		✓	✓	✓	✓	✓	✓	✓
Cushions ball out of body from a pass		✓	✓	✓	✓	✓	✓	✓

<b>Receiving the ball on the back foot</b>								
Gets in line with the ball (when ball on the ground)			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
With inside of the foot			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cushions ball out of body from a pass			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Can control with both feet			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Receiving on the outside of the foot</b>								
Get in line with the ball so as not to reach				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Uses outside of the foot				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Cushions ball in orders manipulate it				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Receiving the ball to shoot at goal</b>								
Push ball into space (depending on situation)				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Adjust body				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Speed of play				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>1st time volley pass</b>								
Get in line and "set" before ball comes					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Disguise / surface of foot					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy and weight of volley pass					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Checking to receive a pass</b>								
Take player away						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Burst of speed at angle						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Set to receive						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Ariel Control - Thigh / Laces to control</b>								
Awareness of space when controlling						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Take pace off ball ariel ball to ensure no reaching						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Ariel Control - Chest / head</b>								
Take pace off ball using chest/head							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Control from long distance</b>								
Choose appropriate surface								<input checked="" type="checkbox"/>
Take pace off the ball in able to play								<input checked="" type="checkbox"/>
<b>PASSING</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Inside of foot pass</b>								
Plant foot in correct place		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy of inside of foot preferred		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Correct weight of pass using inside		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Inside of foot pass ( Both feet )</b>								
Weight & accuracy of inside of foot (non preferred)			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Short v Long passing</b>								
Kick with the instep to go long			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy of both short and long passes			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Correct weight of pass when going long			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>First time pass</b>								
Vision - Knowing where to pass				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
First time pass ( accuracy & weight)				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Disguise / surface selection of foot				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Wall Pass / Give &amp; Go</b>								
Body shape				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy of passes - (not necc into feet)				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Movement of original player				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Overlapping run</b>								
Pass and communicate					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Overlap outside with speed					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Ball played into overlappers space					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Disguised passing</b>								
Body-shape (don't be easy to read)					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy & weight of disguised pass					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Longer passes, driven, lofted, bent</b>								
Technique of driven pass						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Technique of lofted pass						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Technique of bent / whipped pass						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Low driven Cross v High Deep Cross</b>								
Standing foot turned / striking foot around ball							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Low & hard behind defense							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
High cross to clear defender							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Quick passing. 1-2's</b>								
Communication							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Good angle and distance of support							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

<b>Third man running</b>								
Accurate passing as part of combination								<input checked="" type="checkbox"/>
Timing of run								<input checked="" type="checkbox"/>
Exploit space								<input checked="" type="checkbox"/>
<b>Combination play vs Slowing down play</b>								
Draw defender in								<input checked="" type="checkbox"/>
Speed up or slow down play (1 or 2 touch)								<input checked="" type="checkbox"/>
Feel for opposition								<input checked="" type="checkbox"/>
<b>FINISHING</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Shooting (accuracy)</b>								
Basic technique / plant foot		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Striking the ball using instep of the foot		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Hits the target		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shooting to the far post</b>								
Adjusts body for accuracy			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy of far post			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shooting on the dribble</b>								
Touch out of feet				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Plant foot and correct surface to shoot				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy when shooting on the dribble				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shooting ball coming at player</b>								
Angle of approach					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy when ball coming at player					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Selection of surface ( accuracy v Power )					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shooting the ball coming across player</b>								
Decision on front or far run						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Front foot or back foot						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Body shape for accuracy						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Shooting. Bent Shot / Lofted / Driven</b>								
Vision and correct decision based on what you see							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Striking the ball using correct part of the foot & ball							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Accuracy / Weight of the strike							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>RUNNING WITH THE BALL</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>Running with the ball</b>								
Big touches in front			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Speed of play			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
End product			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Running with the ball full speed</b>								
Top of foot to ensure stride patten					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Running technique					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Changing speed whilst running with the ball</b>								
Speed dictated by space in front							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Noticeable change of speeds							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
End product							<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>DEFENDING</b>	<b>U6</b>	<b>U8</b>	<b>U9</b>	<b>U10</b>	<b>U11</b>	<b>U12</b>	<b>U13</b>	<b>U14</b>
<b>1v1 Defending Basic</b>								
Be in ball line		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Correct stance		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>1 v 1 Defending</b>								
Pressure early			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Curved run			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>1 v 1 Defending - Winning the ball</b>								
Keep on toes and looking at ball (not feet)				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Awareness of when to make challenge				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Technique of Poke, Block tackle or body block				<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Role of 1st / 2nd defender</b>								
Nearest player attacks ball					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
2nd player = Depth and balance					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Covering defender not getting split					<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Defending Crosses</b>								
Open body shape when defending crosses						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Attack ball						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Height, distance and width in clearance						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
<b>Defending from behind</b>								
Correct recovery run to block route to goal						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Decision on shoulder to shoulder or slide						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Appropriate clearance / transition						<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>



