



Player: \_\_\_\_\_ Team: \_\_\_\_\_ Date: \_\_\_\_\_

Level 4 (U10) Technical Objectives	Grade	
	Left	Right
		
<b>Dribbling</b>		
Turning with the Outside of the Foot		
Turning with the Sole of the Foot		
Changing Speed		
<b>Passing</b>		
Inside of the Foot - 15 yards		
<b>Receiving</b>		
Inside of the Foot - on the ground, lateral first touch		
Out of the Air with the laces - soft first touch		
<b>Finishing</b>		
Inside of the Foot - 8-12 yards		
<b>Defending</b>		
Poke Tackle		
Body Shape when Faced Up with Attacker		
<b>Juggling</b>		
Thigh - Single	yes / no	yes / no
Foot - Single	yes / no	yes / no

**Grading:**

- 0 = Cannot perform technique correctly during unopposed practice situations
- 1 = Performs technique consistently during unopposed practice situations
- 2 = Consistently utilizes technique during games.

Player: \_\_\_\_\_ Team: \_\_\_\_\_ Date: \_\_\_\_\_

Level 4 (U10) Tactical Objectives	Grade
	
<b>Defending</b>	
Pressure (Role of the 1st Defender)	
<b>Attacking</b>	
Shape - Width	
Role of the 1st Attacker	

**Grading:**

0 = Does not demonstrate understanding of tactical concept

1 = Consistently demonstrates understanding of tactical concept during reduced pressure games in practice

2 = Consistently demonstrates understanding of tactical concept in games