



Player: _____ Team: _____ Date: _____

Level 5 (U11) Technical Objectives	Grade	
	Left	Right
		
Dribbling		
Shielding		
Change in Direction		
Passing		
One Touch with Inside of the Foot - 10 yards		
Instep - 20 yards		
Receiving		
Across the Body		
Out of the Air - inside of the foot - lateral first touch		
Heading		
Basic Technique		
Finishing		
Shooting with the Instep - 15 yards		
Defending		
Block Tackle		
Body Shape when Faced Up with Attacker		
Juggling		
Thigh - Multiple (5 reps)	yes / no	yes / no
Foot - Multiple (5 reps)	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 5 (U11) Tactical Objectives	Grade
	
Defending	
Pressure (Role of the 1st Defender)	
Compactness	
Attacking	
Role of the 1st Attacker	
Penetration - Passing on the Ground	
Combination - Wall Pass	
Shape - Height	
Shape - Depth	

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