


Player: _____ Team: _____ Date: _____

 Level 7 (U13) Technical Objectives	Grade	
	Left	Right
Passing		
Outside of the Foot - 15 yards		
Instep - 30 yards		
Chipping		
Out of the Air with the Inside of the Foot - 10 yards		
Receiving		
Outside of the Foot - Lateral First Touch		
Turning with Back to Goal		
Heading		
Defensive Heading		
Finishing		
Front Volley		
Side Volley		
Long Range - 18-25 yards		
Defending		
Shoulder Challenge		
Body positioning to prevent the attacker from turning		
Juggling		
Feet - Alternating (25 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 7 (U13) Tactical Objectives	Grade
	
Defending	
Balance (Role of the 3rd Defender)	
Shape	
Recovery Runs	
Transition to Defense	
Attacking	
Possession vs. Penetration Decisions	
Changing the Point of Attack	
Combination - Double Pass	
Flank Play - Crossing to the Near Post	
Flank Play - Near Post Runs to Receive	
Flank Play - Timing of Runs	

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