

Fall 2008 Season



Specific Skill Matrix 2008-09

Age Specific Technical Skills	U5/U6	U8	U10	U12	U14
Instep Kick	X	X	X	X	X
Dribbling	X	X	X	X	X
Throw-ins	X	X	X	X	X
Inside of Foot Pass		X	X	X	X
Inside of Foot Trap		X	X	X	X
Instep Shooting		X	X	X	X
Tackling			X	X	X
Goal Keeping			X	X	X
Static Ball Control			X	X	X

Age Specific Rules	U5/U6	U8	U10	U12	U14
Ball In and Out of Play	X	X	X	X	X
Don't Kick or Trip Others	X	X	X	X	X
Handball	X	X	X	X	X
Kick Off		X	X	X	X
Goal Kick		X	X	X	X
Corner Kick		X	X	X	X
Drop Ball		X	X	X	X
Holding/Pushing		X	X	X	X
Jumping at / Striking Others			X	X	X
Offside			X	X	X

Age Specific Tactical Skills & Strategy	U5/U6	U8	U10	U12	U14
Penetration	X	X	X	X	X
Width		X	X	X	X
Ball Movement		X	X	X	X
Possession			X	X	X
Ball Movement		X	X	X	X
Possession			X	X	X

Have Fun!!!!