

COMPETENCY MATRIX FOR STAGES PLUS 1 TO PLUS 5

The matrix indicates the recommended time for introducing a competency and the time when an average player should become competent. Note that players are not expected to become competent in many areas by the end of Plus 1.

| STAGE OF DEVELOPMENT | PLUS 1 | | PLUS 2 | | | PLUS 3 | | | PLUS 4 | | | PLUS 5 | | | |
|---------------------------------------|--------|---|--------|---|---|--------|----|----|--------|----|----|--------|----|----|----|
| | 3/4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| PHYSICAL LITERACY SKILLS | | | | | | | | | | | | | | | |
| Run with stops and starts | ☺ | | ☑ | | | | | | | | | | | | |
| Run and change directions | ☺ | | ☑ | | | | | | | | | | | | |
| Gallop | ☺ | | ☑ | | | | | | | | | | | | |
| Skip | ☺ | | ☑ | | | | | | | | | | | | |
| Lateral movements – side-step | ☺ | | ☑ | | | | | | | | | | | | |
| Rolling, bending low, arching | ☺ | | ☑ | | | | | | | | | | | | |
| Balance – on a line | ☺ | | ☑ | | | | | | | | | | | | |
| Balance – on one foot | ☺ | | ☑ | | | | | | | | | | | | |
| Throw – strong hand | ☺ | | | ☑ | | | | | | | | | | | |
| Throw – weak hand | ☺ | | | ☑ | | | | | | | | | | | |
| Jump – make shapes in air | ☺ | ☑ | | | | | | | | | | | | | |
| Jump – one foot to another | ☺ | ☑ | | | | | | | | | | | | | |
| Jump – stride and bound patterns | ☺ | | | | | | ☑ | | | | | | | | |
| Jump – hurdles | ☺ | | | | | | | | | | | | | | |
| Quick feet and crossovers | | ☺ | | ☑ | | | | | | | | | | | |
| Speed – coordination of arms and legs | | | | ☺ | | | | | | ☑ | | | | | |
| Speed – explosive first step | | | | | | | | | | | | | | | |
| Running technique | ☺ | | | | | | | | | ☑ | | | | | |
| Sprinting technique | | | | | ☺ | | | | | ☑ | | | | | |
| DRIBBLING SKILLS | | | | | | | | | | | | | | | |
| Turns – basic | ☺ | | | ☑ | | | | | | | | | | | |
| Turns – advanced | | | ☺ | | | | | ☑ | | | | | | | |
| Dribbling basics | ☺ | | | ☑ | | | | | | | | | | | |
| Running with the ball | | | ☺ | | | | | ☑ | | | | | | | |
| Feints and dribble | | ☺ | | | | | | | ☑ | | | | | | |
| Beating an opponent | | | ☺ | | | | | | | ☑ | | | | | |
| Escaping an opponent | | | | ☺ | | | | | | ☑ | | | | | |

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| RECEIVING | | | | | | | | | | | | | | | |
| Control – foot | | ☺ | | | | | ☑ | | | | | | | | |
| Control – thigh | | | | ☺ | | | | ☑ | | | | | | | |
| Control – chest | | | | | ☺ | | | | | ☑ | | | | | |
| Control – head | | | | | ☺ | | | | | ☑ | | | | | |
| PASSING | | | | | | | | | | | | | | | |
| Ground – inside of foot – 5 yards | | | ☺ | | | | ☑ | | | | | | | | |
| Ground – inside of foot – 10 yards | | | ☺ | | | | | ☑ | | | | | | | |
| PASSING (continued) | | | | | | | | | | | | | | | |
| Ground – inside of foot – 20 yards | | | | ☺ | | | | ☑ | | | | | | | |
| Ground – instep | | | | ☺ | | | | | ☑ | | | | | | |
| Long pass | | | | | ☺ | | | | | | | ☑ | | | |
| Chip/Lofted pass | | | | | ☺ | | | | | | | | ☑ | | |
| Swerve pass – inside of foot | | | | | ☺ | | | | | | | | ☑ | | |
| Swerve pass – outside of foot | | | | | ☺ | | | | | | | | ☑ | | |
| Crossing | | | | | | | | ☺ | | | | | | ☑ | |
| SHOOTING | | | | | | | | | | | | | | | |
| Instep | | | | ☺ | | | | | | | | ☑ | | | |
| Half volley | | | | | ☺ | | | | | | | | ☑ | | |
| Volley | | | | | ☺ | | | | | | | | ☑ | | |
| One on one with goalkeeper | | | | | ☺ | | | | | | | | ☑ | | |
| HEADING | | | | | | | | | | | | | | | |
| Basic technique | | | | ☺ | | | | ☑ | | | | | | | |
| Defensive header | | | | | | | | ☺ | | | | ☑ | | | |
| Attacking header | | | | | | | | ☺ | | | | ☑ | | | |
| PHYSICAL CONDITIONING | | | | | | | | | | | | | | | |
| Own body weight strength exercises | | | | | ☺ | | | | | | | ☑ | | | |
| Core body strength | | | | | ☺ | | | | | | | | | ☑ | |
| Dynamic warm-up | | ☺ | | | | | | | ☑ | | | | | | |

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| PHYSICAL CONDITIONING (CONTINUED) | | | | | | | | | | | | | | | |
| Flexibility | | | | | | ☺ | | | ☑ | | | | | | |
| Aerobic endurance training | | | | | | ☺ | | | | | | | | ☑ | |
| Anaerobic endurance training | | | | | | ☺ | | | | | | | | ☑ | |
| Speed training (anaerobic) | | | | ☺ | | | | | | | | ☑ | | | |
| MENTAL/COGNITIVE CONDITIONING | | | | | | | | | | | | | | | |
| Confidence | ☺ | | | | | | | ☑ | | | | | | | |
| Commitment | | | | | ☺ | | | | | | ☑ | | | | |
| Concentration | ☺ | | | | | | | ☑ | | | | | | | |
| Composure | | | | | ☺ | | | | | | ☑ | | | | |
| GOALKEEPING | | | | | | | | | | | | | | | |
| Basic catching techniques | | | | | | | | ☺ | | ☑ | | | | | |
| Positioning | | | | | | | | ☺ | | ☑ | | | | | |
| Diving | | | | | | | | ☺ | | | | | | ☑ | |
| Distribution | | | | | | | | ☺ | | | | | | ☑ | |
| Advanced techniques – crosses, punching etc | | | | | | | | | | ☺ | | | | ☑ | |
| SET PLAYS | | | | | | | | | | | | | | | |
| Throw in | | | | ☺ | | | | ☑ | | | | | | | |
| Penalties | | | | ☺ | | | | | | | | | ☑ | | |
| Corners | | | | | | | | ☺ | | | | | ☑ | | |
| Goal kicks | | | | | | | | ☺ | | | | | ☑ | | |
| Free kicks | | | | | | | | ☺ | | | | | ☑ | | |
| ATTACKING PRINCIPLES AND TECHNIQUES | | | | | | | | | | | | | | | |
| Attacking as an individual 1v1 | | ☺ | | | ☑ | | | | | | | | | | |
| Attacking in pairs (2v1 & 2v2) | | | | ☺ | | | | | ☑ | | | | | | |
| Attacking in small groups (3's and 4's) | | | | | | | | ☺ | | | | | ☑ | | |
| Attacking as a unit and team | | | | | | | | | ☺ | | | | | | ☑ |
| Support with and without the ball | | | | | | | | ☺ | | | | | ☑ | | |
| Attacking from wide positions | | | | | | | | | | ☺ | | | ☑ | | |

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| ATTACKING PRINCIPLES AND TECHNIQUES (CONTINUED) | | | | | | | | | | | | | | | |
| Crossing balls into the penalty box | | | | | | | | | | | ☺ | | ☑ | | |
| Transition & counter attacks | | | | | | | | | | | ☺ | | ☑ | | |
| Finishing | | | | | | | | ☺ | | | | | ☑ | | |
| Attacking set plays | | | | | | | | ☺ | | | | | ☑ | | |
| Communication | | | | | | | | ☺ | | | | ☑ | | | |
| Positional play | | | | | | | | ☺ | | | | | | ☑ | |
| DEFENSIVE PRINCIPLES AND TECHNIQUES | | | | | | | | | | | | | | | |
| Defending as an individual 1v1 | | ☺ | | | ☑ | | | | | | | | | | |
| Defending in pairs (2v1 & 2v2) | | | | ☺ | | | | | ☑ | | | | | | |
| Defending in small groups (3s and 4s) | | | | | | | | ☺ | | | | | ☑ | | |
| Defending as a unit and team | | | | | | | | | | ☺ | | | | | ☑ |
| Marking | | | | | | | | ☺ | | | | ☑ | | | |
| Covering | | | | | | | | ☺ | | | | ☑ | | | |
| Applying pressure | | | | | | | | ☺ | | | | ☑ | | | |
| Supporting | | | | | | | | ☺ | | | | ☑ | | | |
| Recovery | | | | | | | | ☺ | | | | ☑ | | | |
| Communication | | | | | | | | ☺ | | | | ☑ | | | |
| Transition from defense to attack | | | | | | | | | ☺ | | | | ☑ | | |
| Defensive set plays | | | | | | | | | ☺ | | | | ☑ | | |
| Positional play | | | | | | | | ☺ | | | | | | ☑ | |
| LAWS OF THE GAME | | | | | | | | | | | | | | | |
| Individual and Team Behavior | | | | ☺ | | | | | ☑ | | | | | | |
| Field and Equipment | | | | ☺ | | | | | ☑ | | | | | | |
| Restarts | | | | | ☺ | | | | ☑ | | | | | | |
| Fair and foul play | | | | ☺ | | | | | ☑ | | | | | | |
| Basic Rules | | | | ☺ | | | | | ☑ | | | | | | |
| Free kicks – offside, direct and indirect etc | | | | | | | | ☺ | | ☑ | | | | | |
| Misc laws – advantage etc | | | | | | | | ☺ | | ☑ | | | | | |

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