

## Player Progress Sheet – Coach Information

Circle/tick and sign off each level when complete – Add Personal Best (PB) time for Dribbling & Speed where stated

DRILL	INFORMATION
<b>Keep Ups</b>	Players work on ball skills with keep ups achieving incremental levels – vary with both feet and other parts of body.
<b>Penalties</b>	Take penalties to score consecutive goals at each level 3, 5 etc. Can be done with/without goalkeepers depending on age/ability.
<b>Free Kicks</b>	Take free kicks from points around the edge of the box to score consecutive goals at each level 3, 5 etc. With/without Goalkeepers.
<b>Passing</b>	Set up 2m wide gates and pass through the gates from the stated distance to progress through the levels.
<b>Turns</b>	Complete the turns to a competent standard.
<b>Heading</b>	Defensive – good firm header / with pass – head out to teammate   Attacking – head for goal / with pass – headed pass to teammate to score.
<b>Control</b>	Throw ball at player – complete control with all stated parts of the body.
<b>Set Piece</b>	Competent take of set pieces. Throws with feet on floor etc, other kicks to show variation and awareness of teammates positioning.
<b>1-Touch</b>	1-Touch pass or shot – first touch only and reach objective – Volleyed 1-Touch to hit ball cleanly and controlled to objective.
<b>Dribbling</b>	Dribble using close control around 3 and 5 cones. Then time to achieve a personal best with each player – 3 attempts.
<b>Running</b>	Jog around the pitch – Sprint half the pitch – Run backwards half the pitch – Sidestep half the pitch. Raise awareness off fitness & running styles.
<b>Speed</b>	Monitor the above with timings keeping note of the player's personal bests.
<b>Rule Knowledge</b>	Ask general questions like:- "What happens when you foul in the area?" or "Where do you take a goal kick?" etc,etc.

### NOTES: