



Thamesview Youth Football Club

www.tyfc.co.uk



PLAYER PROGRESS SHEET

LEVEL 1

NAME: _____ SQUAD: _____ MANAGER: _____

DRILL	PROGRESSION (Action – Sign Off – PB Time)			
Keep Ups	3	5	10	15
Penalties	3	5	10	15
Free Kicks	3	5	10	15
Passing	3m	5m	10m	15m
Turns	Step	Inside foot	Outside foot	Cruyff
Heading	Defensive	Defensive Pass	Attacking	Attacking Pass
Control	Feet	Thigh	Chest	Head
Set Piece	Throw-in	Corner	Goal-kick	Kick Off
1-Touch	Pass	Shot	Volley Pass	Volley Shot
Dribbling	3	5	3 (PB)	5 (PB)
Running	Pitch Jog	Pitch Sprint	Backwards	Sidestep
Speed	Pitch (PB)	Sprint (PB)	Backwards (PB)	Sidestep (PB)
Knowledge of rules of the game				

The above player has completed the TYFC Level 1 Player Progress Sheet – Signed: _____ Date: _____