

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			
AGE IN YEARS	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				☺				☑							

☺ The recommended time for introducing a competency ☑ The time when an average player should become competent

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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									☺		☑				
☺ The recommended time for introducing a competency ☑ The time when an average player should become competent															

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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						☺		☑							
☺ The recommended time for introducing a competency ☑ The time when an average player should become competent															