



	Year 5	Year 6	Year 7	Year 8
Passing / Receiving	Perform a short pass using the inside of the foot (dominant side). Begin attempting passes with non-dominant foot . Demonstrate basic first touch control .	Pass accurately over short and medium distances . Receive on the back foot to play forward. Use both feet with increased confidence. Demonstrate improved first touch into space .	Execute passes accurately under moderate pressure . Use a range of passes: driven pass, lofted pass, through ball . Receive from different angles and heights . Demonstrate consistent use of non-dominant foot .	Switch play using accurate long passes . Execute first-time passes under pressure .
Dribbling	Dribble with close control in open space. Keep head up to maintain awareness.	Dribble under passive pressure . Perform basic feints to unbalance a defender. Shield the ball using correct body positioning . Maintain control when changing direction at speed.	Beat defenders using step-over or body feint . Protect possession in tight spaces. Accelerate after executing a skill.	Maintain possession under high pressure . Combine skills at speed . Use advanced feints to commit defenders.
Shooting / Wing Play / Through Balls	Shoot with a stationary ball. Strike the ball using the instep drive . Aim for target areas of the goal. Demonstrate correct body position when shooting.	Shoot with improved power and accuracy . Introduction to crossing from wide areas.	Finish in 1v1 situations . Deliver accurate crosses under pressure. Shoot on the move. Introduce volleys and weak-foot finishing .	Finish with variety: volleys, half-volleys, weak foot, headers . Deliver early and driven crosses . Demonstrate composure in high-pressure shooting scenarios.
Defending	Apply correct block tackle technique. Understand basic marking (stay goal side). Begin closing down an opponent under control. Show correct defensive body position .	Apply jockeying technique (side-on stance). Time a tackle more effectively. Track runners when transitioning to defence. Understand when to delay vs tackle.	Apply effective player-to-player marking . Intercept passes in game situations.	Force attackers into less dangerous areas . Time tackles consistently
Game specific	Participate in small-sided games (4v4/5v5). Demonstrate understanding of basic rules . (throw ins) Show sportsmanship and respect for officials. Begin understanding simple team shape .	Apply skills in conditioned games. Begin recognising width and depth in attack. Understand basic offside rule . Compete with resilience when possession is lost.	Apply tactical understanding in full-sided games. Understand roles within a formation . Demonstrate communication and organisation. Compete with intensity and control.	Apply tactical systems effectively in matches. Adapt to different positions and roles. Demonstrate leadership and game management.