

	Year 5	Year 6	Year 7	Year 8
Passing / Receiving	Perform a chest pass with correct technique. Introduce shoulder pass over short distance. Demonstrate secure two-handed catch . Show basic timing of pass .	Perform accurate chest and shoulder passes over increased distance. Introduce one-handed passing . Catch at different heights and angles . Demonstrate effective passing under pressure .	Execute a range of passes: chest, shoulder, one-handed, two-handed overhead . Deliver quick, accurate passes under moderate pressure . Use effective ball placement to support teammates. Demonstrate consistent safe	Execute all pass types with accuracy at speed. Deliver disguised or split-defence passes. Demonstrate excellent decision-making under pressure . Maintain possession through quick ball movement.
Dodging	Perform a single dodge to lose a defender. Change direction using a quick side step . Accelerate into space after dodging.	Execute double dodge to unbalance defender. Use change of pace to create space. Time a sprint dodge into free space.	Combine double dodge with explosive sprint. Use change of direction and pace effectively. Time movements to receive ball at full extension. Create space through intelligent movement patterns.	Use advanced movement combinations to destabilise defence. Manipulate defender using change of pace and direction . Time attacking runs strategically. Create overloads through intelligent off-the-ball movement.
Marking a Player	Stay goal side when defending. Maintain correct defensive distance (3 feet) . Track movement of opponent.	Apply tight player-to-player marking . Deny space using correct body position .	Apply effective denial defence . Force attacker away from preferred space. Maintain defensive stance for sustained periods. Anticipate and react to attacking movement.	Anticipate attacking patterns. Force turnovers through pressure and positioning. Lead defensive communication.
Shooting / Rebounding / Intercepting	Demonstrate correct shooting technique close to the post. Show correct hand positioning when shooting. Attempt basic defensive rebound . Centre court players attempt simple interceptions .	Shoot with improved accuracy close range . Introduce distance shooting technique . Apply correct rebounding position (attacking & defensive). Centre court players improve timing of intercepts .	Shoot accurately from close and mid-range distance . Apply correct arc and follow-through . Demonstrate consistent attacking and defensive rebounding . Centre court players execute well-timed interceptions in game play. .	Demonstrate consistent long-distance shooting accuracy. Apply tactical rebounding dominance . Centre court players read play to execute interceptions consistently. Maintain composure in high-pressure shooting situations.
Footwork / Movement	Land safely on one foot . Land safely on two feet . Understand basic footwork rule . Perform a simple pivot on landing foot.	Pivot confidently under pressure. Demonstrate quick change of direction without footwork infringement. Land and stabilise before passing. Show improved balance and coordination.	Pivot under full pressure without infringement. Land on one/two feet at speed with control. Demonstrate quick transition from defence to attack. Maintain balance in contested situations.	Execute pivots and landings instinctively at game speed. Transition seamlessly between attacking and defensive phases. Demonstrate agility, balance and coordination under sustained pressure.
Competition	Apply skills in small-sided games. Demonstrate understanding of	Apply tactics in conditioned games. Demonstrate awareness of space	Apply structured tactics in full-sided games. Understand and apply posi-	Adapt to different positions confidently. Demonstrate game man-