

**Novice Skills Matrix
COMPONENTS**

All	Having Fun	Enjoyment of the game	Expert	
Defense	Decision Making	Delaying the attacker	Introduce the concept	
		Directing the attacker	Introduce the concept	
		Fall back & delay (2nd & 3rd Defenders)	Introduce the concept	
		Reducing passing options	Introduce the concept	
		Stepping in on the run	Introduce the concept	
		Tackling the ball	Understands the concept and uses the skill correctly 30% of the time	
	Positional Responsibility	2nd & 3rd Defenders;Cover	Introduce the concept	
		Body alignment	Introduce the concept	
		Center Forward(s)	Understands the concept and uses the skill correctly 30% of the time	
		Center Midfielder(s)	Understands the concept and uses the skill correctly 30% of the time	
		Distance to player	Introduce the concept	
		Force attack out of middle	Introduce the concept	
		Immediate Transition to defense	Introduce the concept	
		Keeper	Understands the concept and uses the skill correctly 30% of the time	
		Marking	Tight vs. Loose;Distance from ball	Introduce the concept
		Outside Forward(s)	Understands the concept and uses the skill correctly 30% of the time	
		Outside Mid-fielder(s)	Understands the concept and uses the skill correctly 30% of the time	
		Proper level of physical play	Introduce the concept	
		Stance	Understands the concept and uses the skill correctly 30% of the time	
	Set Plays	Kickoffs	Understands the concept and uses the skill correctly 30% of the time	
Throw-ins		Understands the concept and uses the skill correctly 50% of the time		

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Dribbling	1v1	Defender approaching from front		Introduce the concept
		Defender approaching from rear		Introduce the concept
		Defender approaching from the side		Introduce the concept
	1v2	Splitting defenders		Introduce the concept
	No Pressure	Straight	Inside of foot	Understands the concept and uses the skill correctly 50% of the time
			with Laces	Understands the concept and uses the skill correctly 50% of the time
	Passive Defender	1v1	Defender stationary	Understands the concept and uses the skill correctly 30% of the time
			Passive defender falling back	Introduce the concept
			preventing successful tackles	Introduce the concept
		Shielding	On the run	Introduce the concept
			Stationary	Understands the concept and uses the skill correctly 30% of the time
		Turns/Reversals	Inside of foot	Understands the concept and uses the skill correctly 40% of the time
			Outside of foot	Understands the concept and uses the skill correctly 40% of the time
			Sole of foot	Understands the concept and uses the skill correctly 40% of the time
	Top of foot		Understands the concept and uses the skill correctly 40% of the time	

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Keeper	Off Ball	Communication		Understands the concept and uses the skill correctly 20% of the time	
		Positioning as shot is eminent	Coming out	Understands the concept and uses the skill correctly 20% of the time	
		Positioning relative to play	Shot not eminent	Introduce the concept	
		Supporting the play		Introduce the concept	
	On Ball	Communication		Introduce the concept	
		Distributing ball	Goal Kicks	Introduce the concept	
			Punts	Introduce the concept	
			Throws	Introduce the concept	
		Receiving	Free Kicks	Introduce the concept	
		Receiving shot	High shot at keeper		Understands the concept and uses the skill correctly 30% of the time
			High shot to the side		Understands the concept and uses the skill correctly 30% of the time
			Above keeper		Understands the concept and uses the skill correctly 30% of the time
			On ground at keeper		Understands the concept and uses the skill correctly 30% of the time
			On ground to the side		Understands the concept and uses the skill correctly 30% of the time
			Waist shot at keeper		Understands the concept and uses the skill correctly 30% of the time
			Waist shot to the side		Understands the concept and uses the skill correctly 30% of the time
Stance/Form			Understands the concept and uses the skill correctly 30% of the time		

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Offense	Communication	Tone		Introduce the concept	
		Words to inform the ball handler	Clear/Send	Introduce the concept	
			Man on	Introduce the concept	
			Out	Introduce the concept	
			Shot	Introduce the concept	
			Switch	Introduce the concept	
		Words to receive the ball	Teammates name	Understands the concept and uses the skill correctly 50% of the time	
			Cross	Introduce the concept	
			Drop	Introduce the concept	
			I'm here	Introduce the concept	
			Send	Introduce the concept	
			Square right/left	Understands the concept and uses the skill correctly 30% of the time	
		Decision Making	Dribble Decision	Away from pressure	Understands the concept and uses the skill correctly 30% of the time
				Crossfield / Switch	Introduce the concept
	Fast vs. Slow			Understands the concept and uses the skill correctly 30% of the time	
	To corners			Introduce the concept	
	Toward goal			Understands the concept and uses the skill correctly 30% of the time	
	Up line			Introduce the concept	
	Passing		Long ball to space	Introduce the concept	
			1-2 combination	Introduce the concept	
			Back Pass	Understands the concept and uses the skill correctly 50% of the time	
			Clearing	Understands the concept and uses the skill correctly 30% of the time	
			Cross	Introduce the concept	
			Goal kicks	Understands the concept and uses the skill correctly 30% of the time	
			Square Ball	Understands the concept and uses the skill correctly 50% of the time	
			Switch	Introduce the concept	
	Shooting	Through ball	Introduce the concept		
		Accuracy vs. Power	Understands the concept and uses the skill correctly 30% of the time		
Chip Over		Introduce the concept			
Far vs Near post		Understands the concept and uses the skill correctly 30% of the time			
High Corner		Understands the concept and uses the skill correctly 20% of the time			
Low Corner		Understands the concept and uses the skill correctly 20% of the time			

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			Miss the keeper	Understands the concept and uses the skill correctly 30% of the time
Movement	For passing option		Prepare for long ball	Introduce the concept
			Along line	Understands the concept and uses the skill correctly 30% of the time
			Immediately after making a pass	Understands the concept and uses the skill correctly 20% of the time
			Show to ball handler	Introduce the concept
			Wide for 1-2	Introduce the concept
Positional Responsibility	Center Forwards			Understands the concept and uses the skill correctly 30% of the time
	Center Mid-fielders(s)			Understands the concept and uses the skill correctly 30% of the time
	Giving the ball handler options			Introduce the concept
	Immediate Transition to offense			Introduce the concept
	Keeper			Understands the concept and uses the skill correctly 30% of the time
	Outside Forwards			Understands the concept and uses the skill correctly 30% of the time
	Outside Mid-fielder(s)			Understands the concept and uses the skill correctly 30% of the time
Set Plays	Kickoffs			Introduce the concept
	Throw-ins			Understands the concept and uses the skill correctly 30% of the time
Tactics	Avoiding Turnovers			Introduce the concept
	Developing Space			Introduce the concept

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Passing	Passing & Shooting	In the air	half volley		Introduce the concept	
			Head	Down (Offensive Header)	Introduce the concept	
				Up & Out (Defensive Header)	Introduce the concept	
			side-volley		Introduce the concept	
		volley		Introduce the concept		
		On the ground	Feet	Laces		Understands the concept and uses the skill correctly 65% of the time
				Inside		Understands the concept and uses the skill correctly 65% of the time
		Timing	1 Touch			Understands the concept and uses the skill correctly 30% of the time
2+ Touches			Understands the concept and uses the skill correctly 65% of the time			
Receiving	In the Air	with Chest			Understands the concept and uses the skill correctly 30% of the time	
		with Thigh			Understands the concept and uses the skill correctly 30% of the time	
		With Foot	Set down		Introduce the concept	
			Side absorb		Introduce the concept	
	Over top		Introduce the concept			
	On the Ground	Inside of foot			Understands the concept and uses the skill correctly 65% of the time	
	Pressure/Contested Ball	Starting direction			Introduce the concept	
		Step in & shield			Understands the concept and uses the skill correctly 30% of the time	

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Technique	Winning Loose Balls	Exploding to ball Positioning to shield	Introduce the concept Understands the concept and uses the skill correctly 30% of the time
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