

---

# Season Plan by Age

## **BASIC STAGE (U9-U12)**

---

---

# PLAYER STAGES

Age groups organized by stage

---

## PLAYER STAGES

### 1. INITIAL STAGE

- U6
  - U7
  - U8
- 

### 2. BASIC STAGE

- U9
  - U10
  - U11
  - U12
- 

### 3. INTERMEDIATE STAGE

- U13
  - U14
- 

### 4. ADVANCED STAGE

- U15
  - U16
  - U17
  - U18
- 

### 5. SPECIFIC STAGE

- U19
  - U20
- 

### 6. PERFORMANCE

- Senior



# PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

## Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
INITIAL	U6	Very young players from 5 to 8 years of age love to play. Therefore, all practices should be based on fun games.
	U7	Players must spend the maximum time possible in contact with the ball and experiment by themselves.  For the first time the player has to build a relationship with other players. Give different responsibilities to the players in order to develop a sense of team.
	U8	Basic motor skills like walking, running or jumping have to be combined with ball handling and ball control.
BASIC	U9	Pre-pubescent players from age 9 to 12 years have a special ability to learn. Therefore, this is the right age to work on specific soccer techniques and skills. Developing good technique is essential at this age.
	U10	1v1 and 2v1 attacking and defending situations are important to develop individual skills as well as the passing techniques to develop the necessary team game.
	U11	Use small-sided games to develop basic attacking and defensive principles. Other important aspects of tactical training are possession, combination play, transition and finishing in the final third, as well as zonal defending. Players will rotate in two or three different positions to avoid early specialization.
	U12	Speed, coordination, balance and agility are the main physical aspects to improve at this stage.
INTERMEDIATE	U13	At this stage, training sessions are orientated more toward tactics and the player will practice in bigger spaces. Players must practice all different types of techniques at this stage.
	U14	Strength and endurance should be part of the fitness training. Coaching methods have to consider and preserve players' health since they will be experiencing many changes due to puberty at this stage. Warm-ups and cool downs are essential as is dynamic flexibility.  Players must develop discipline at this stage by following the instructions of the coach both during and outside training sessions.



# PRINCIPLES OF AGE APPROPRIATE DEVELOPMENT

Training characteristics based on human development

STAGES	AGE GROUPS	CHARACTERISTICS
ADVANCED	U15	Tactical training and small-sided games are an essential part of the training at this stage. Attacking and defending principles must be part of all games. Important aspects of the tactical training are speed of play, quick transition, counter attacking and finishing in the final third, as well as pressing.
	U16	Technique will focus on speed and accuracy. Passing and finishing are two of the main techniques emphasized at this stage. Part of the technical training will be position-specific (e.g. defender: passing, center midfield players: receiving to turn and strikers: finishing).
	U17	The physical aspect of the game is key at this stage: endurance, strength and speed will be part of the weekly training routine.
	U18	Players should be expected to show commitment to the team, concentration in training sessions and competitiveness during the game.
SPECIFIC	U19	All tactical aspects of the game must be covered. Strategy and set pieces are now a major part of the training sessions.
	U20	The technical and physical work is based on explosive actions.
PERFORMANCE	SENIOR	Training methods will be adapted to the type of players and level of competition.

# CONTENT DISTRIBUTION BY AGE: TACTICAL

TACTICAL		STAGE AND AGE GROUP																		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC			Senior			
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20				
ATTACKING	1. Attacking Principles				3	3	4	4	5	5	5	5	5	5	4	4	3			
	2. Possession				2	3	4	5	→											
	3. Transition				1	2	3	4	5	→										
	4. Combination Play				2	3	4	5	→											
	5. Switching Play				1	1	2	3	3	4	→									
	6. Counter Attacking						1	1	2	2	3	4	4	5	→					
	7. Playing out from the back				3	3	4	4	5	→										
	8. Finishing- Final Third				1	2	3	4	5	→										
DEFENDING	1. Defending Principles				2	3	4	4	5	5	5	5	4	4	3	3	2			
	2. Zonal Defending				2	2	3	3	4	4	5	5	4	4	3	→				
	3. Pressing				1	1	2	2	3	3	4	4	5	→						
	4. Retreat & Recovery				2	2	3	3	4	4	5	5	5	5	4	→				
	5. Compactness				1	1	1	1	2	2	3	3	4	4	5	→				

WORKLOAD KEY



# CONTENT DISTRIBUTION BY AGE: TECHNICAL

TECHNICAL		STAGE AND AGE GROUP																		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC						
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	Senior			
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
2. Running with the Ball	2	3	3	4	5	4	3	2	1	2	3	2	1	2	3	2	1	2	3	2
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	2	2	2	2	2	2	2	2	2
4. Turning	1	2	3	4	5	5	4	4	→	5	4	4	→	5	4	→	5	4	→	5
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
6. Ball Control	2	3	4	5	5	5	5	5	4	3	4	3	→	5	4	→	5	4	→	5
7. Heading			1	1	2	3	4	4	4	4	4	4	4	5	4	→	5	4	→	5
8. 1v1 Attacking	2	3	4	5	5	4	4	4	4	4	4	3	3	3	3	2	→	5	4	→
9. Shielding the Ball	1	1	2	2	2	3	3	3	2	3	3	3	→	5	4	→	5	4	→	5
10. Receiving to Turn	1	1	1	2	2	3	3	3	4	5	5	5	4	→	5	4	→	5	4	→
11. Crossing and Finishing			1	2	2	3	3	3	3	3	3	3	3	4	→	5	4	→	5	4
12. 1v1 Defending				1	2	2	3	3	4	4	4	4	4	4	4	3	→	5	4	→

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH



# CONTENT DISTRIBUTION BY AGE: PHYSICAL

PHYSICAL		STAGE AND AGE GROUP																					
		INITIAL					BASIC					INTERMEDIATE					ADVANCED					SPECIFIC	
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	Senior						
STRENGTH	Strength Endurance											1	2	3	3	3	3	2	→				
	Explosive Strength				1	1	2	2	2	3	3	3	4	4	5	→							
	Maximal Strength											1	1	1	1	2	2	1	→				
ENDURANCE	Aerobic Capacity				1	2	2	2	3	3	3	4	→										
	Aerobic Power						1	2	2	3	3	4	5	→									
	Anaerobic Lactic										1	2	3	4	5	→							
	Anaerobic Alactic				1	1	2	2	2	3	3	3	2	→									
SPEED	Reaction	1	2	3	4	4	4	4	4	5	5	5	4	3	2	→							
	Acceleration	1	2	3	4	5	5	5	5	5	4	→											
	Maximal speed			1	1	1	2	2	2	2	2	3	3	3	2	1	→						
	Speed Endurance				1	2	2	2	2	3	3	3	2	1									
	Acyclic Speed	1	2	3	4	5	→																
AGILITY	Flexibility & Mobility	1	1	1	2	2	3	3	3	4	4	4	3	→									
	Coordination & Balance	2	3	3	4	5	5	4	4	3	3	2	→										
	Agility	3	3	4	4	5	5	4	4	→													
	Basic Motor skills	5	5	5	4	3	2	1															
	Perception & Awareness	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5			

WORKLOAD KEY

1= VERY LOW

2= LOW

3= MID

4= HIGH

5= VERY HIGH



# CONTENT DISTRIBUTION BY AGE: PSYCHOSOCIAL

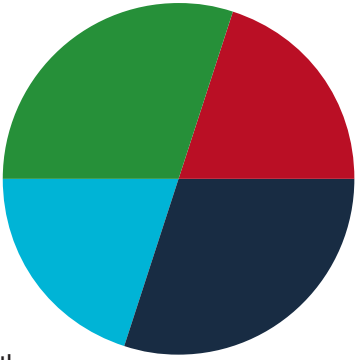
PSYCHOSOCIAL		STAGE AND AGE GROUP																		
		INITIAL			BASIC			INTERMEDIATE			ADVANCED			SPECIFIC						
		U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20	Senior			
BASIC	Motivation	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
	Self Confidence	5	5	5	4	4	4	4	3	→										
	Cooperation	1	1	1	2	2	3	3	4	4	5	→								
	Decision/Determination	1	1	1	1	2	2	2	3	3	4	4	4	4	4	5	→			
ADVANCED	Competitiveness		1	1	2	2	3	3	4	4	4	4	4	4	4	5	5	5	5	→
	Concentration								1	2	2	3	3	3	4	4	5	5	5	→
	Commitment				1	2	3	4	5	→										
	Self Control				1	1	2	2	3	3	4	4	4	4	4	4	5	5	5	→
SOCIAL	Communication				1	2	3	3	4	4	4	5	5	5	5	→				
	Respect & Discipline	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5

WORKLOAD KEY

1 = VERY LOW	2 = LOW	3 = MID	4 = HIGH	5 = VERY HIGH
--------------	---------	---------	----------	---------------

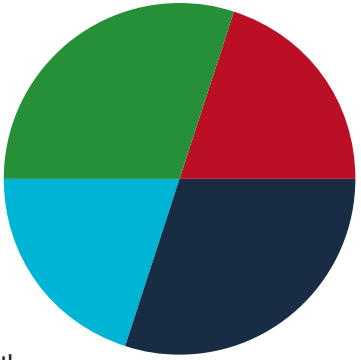


# CURRICULUM – U9 – SEASON PLAN

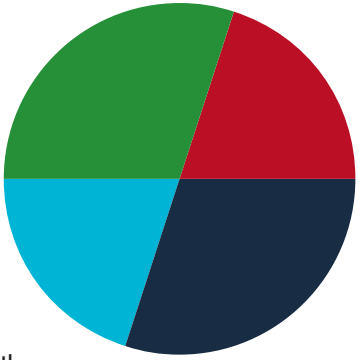
OBJECTIVES	ORGANIZATION	CONTENT DISTRIBUTION																				
<p><b>SCRIMMAGE:</b> Efficiently occupy the spaces on the field.</p> <p><b>TACTICAL:</b> Creating space to receive the ball and keep possession.</p> <p><b>TECHNICAL:</b> Improve individual and collective basic soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, coordination and balance with and without the ball</p> <p><b>PSYCHOSOCIAL:</b> Positive interaction with teammates during the game</p>	<p>Sessions per week    3    Session time    90'</p> <p>Players per team    14    Game time    50'</p>	<p><b>BASIC STAGE</b></p> 																				
	<p><b>SESSION STRUCTURE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 10%;">Warm-up</th> <td style="width: 10%;">10'</td> <th style="width: 10%;">ASPECTS TO CONSIDER</th> </tr> <tr> <td>Physical</td> <td>15'</td> <td>- Size of the practice</td> </tr> <tr> <td>Technique</td> <td>20'</td> <td>- Time of the practice</td> </tr> <tr> <td>Tactics</td> <td>15'</td> <td>- Intensity of the practice</td> </tr> <tr> <td>Scrimmage</td> <td>25'</td> <td>- Rules</td> </tr> <tr> <td>Cool Down &amp; Debrief</td> <td>5'</td> <td>- Number of players</td> </tr> <tr> <td></td> <td></td> <td>- Teammates – opposition</td> </tr> </table>	Warm-up	10'	ASPECTS TO CONSIDER	Physical	15'	- Size of the practice	Technique	20'	- Time of the practice	Tactics	15'	- Intensity of the practice	Scrimmage	25'	- Rules	Cool Down & Debrief	5'	- Number of players			- Teammates – opposition
Warm-up	10'	ASPECTS TO CONSIDER																				
Physical	15'	- Size of the practice																				
Technique	20'	- Time of the practice																				
Tactics	15'	- Intensity of the practice																				
Scrimmage	25'	- Rules																				
Cool Down & Debrief	5'	- Number of players																				
		- Teammates – opposition																				
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Basic skills in 1v1 situations.</li> <li>Balance in relation to the ball (forward, backwards and side to side)</li> <li>Basic coordinated movements with and without the ball</li> </ol>	<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>The player will keep maximum contact with the ball in individual practices and less touches in collective practices.</li> <li>Match: We strongly recommend 8v8 and 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side.</li> </ul>	<p><b>SCRIMMAGE    30%</b></p> <p><b>TACTICS        20%</b></p> <p><b>TECHNIQUE    30%</b></p> <p><b>PHYSICAL      20%</b></p>																				

CONTENT		PSYCHOSOCIAL						
TACTICAL	TECHNICAL	PHYSICAL	PSYCHOSOCIAL					
<b>ATTACKING</b>	1. Attacking Principles	3	1. Passing and Receiving	5	Strength Endurance		1. Motivation	5
	2. Possession	2	2. Running With the Ball	4	Explosive Strength	1	2. Self confidence	4
	3. Transition	1	3. Dribbling	4	Maximal Strength		3. Cooperation	2
	4. Combination Play	2	4. Turning	4	Aerobic Capacity	1	4. Decision/Determination	1
	5. Switching Play	1	5. Shooting	5	Aerobic Power		5. Competitiveness	2
	6. Counter Attacking		6. Ball Control	5	Anaerobic Lactic		6. Concentration	
	7. Playing Out From the Back	3	7. Heading	1	Anaerobic Alactic	1	7. Commitment	1
	8. Finishing in the Final Third	1	8. 1V1 Attacking	5	Reaction	4	8. Self Control	1
<b>DEFENDING</b>	1. Defending Principles	2	9. Shielding the Ball	2	Acceleration	4	9. Communication	1
	2. Zonal Defending	2	10. Receiving to Turn	2	Maximal Speed	1	10. Respect & Discipline	5
	3. Pressing	1	11. Crossing and Finishing	2	Speed Endurance	1		
	4. Retreat & Recovery	2	12. 1V1 Defending	1	Acyclic Speed	4		
	5. Compactness	1			4. Flexibility & Mobility	2		
					5. Coordination & Balance	4		
					6. Agility	4		
					7. Basic Motor Skills	4		
				8. Perception & Awareness	5			

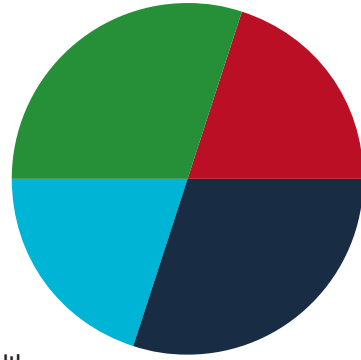
# CURRICULUM – U10 – SEASON PLAN

OBJECTIVES					ORGANIZATION				CONTENT DISTRIBUTION								
<p><b>SCRIMMAGE:</b> Efficiently occupy space in relation to the ball and to teammates</p> <p><b>TACTICAL:</b> Creating space and applying basic principles</p> <p><b>TECHNICAL:</b> Accuracy in individual soccer techniques</p> <p><b>PHYSICAL:</b> Develop speed, agility, coordination and balance</p> <p><b>PSYCHOSOCIAL:</b> Interact positively and feel confident within the group</p>					Sessions per week		3		Session time		90'		<div style="text-align: center;">  <p><b>BASIC STAGE</b></p> </div>				
					Players per team		14		Game time								50'
					<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Being efficient in 1v1 situations</li> <li>Application of basic attacking principles</li> <li>Coordinated movements at speed</li> </ol> <p><b>Comments</b></p> <ul style="list-style-type: none"> <li>The player will keep maximum contact with the ball in individual practices and less touches in collective practices.</li> <li>Match: We strongly recommend 8v8 and 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side.</li> </ul>					<b>SESSION STRUCTURE</b>							<b>ASPECTS TO CONSIDER</b>
Warm-up				10'						<ul style="list-style-type: none"> <li>Size of the practice</li> <li>Time of the practice</li> <li>Intensity of the practice</li> <li>Rules</li> <li>Number of players</li> <li>Teammates – opposition</li> </ul>							
Physical				15'													
Technique				20'													
Tactics				15'													
Scrimmage				25'				Cool Down & Debrief				5'					
CONTENT																	
TACTICAL					TECHNICAL					PHYSICAL			PSYCHOSOCIAL				
<b>ATTACKING</b>					<b>STRENGTH</b>					<b>STRENGTH</b>			<ol style="list-style-type: none"> <li>Motivation</li> <li>Self confidence</li> <li>Cooperation</li> <li>Decision/Determination</li> <li>Competitiveness</li> <li>Concentration</li> <li>Commitment</li> <li>Self Control</li> <li>Communication</li> <li>Respect &amp; Discipline</li> </ol>				
					<b>DEFENDING</b>					<b>ENDURANCE</b>							
1. Attacking Principles					3					1. Passing and Receiving			5				
2. Possession					3					2. Running With the Ball			5				
3. Transition					2					3. Dribbling			3				
4. Combination Play					3					4. Turning			5				
5. Switching Play					1					5. Shooting			5				
6. Counter Attacking					6					6. Ball Control			5				
7. Playing Out From the Back					3					7. Heading			2				
8. Finishing in the Final Third					2					8. 1V1 Attacking			5				
1. Defending Principles					3					9. Shielding the Ball			2				
2. Zonal Defending					2					10. Receiving to Turn			2				
3. Pressing					1					11. Crossing and Finishing			2				
4. Retreat & Recovery					2					12. 1V1 Defending			2				
5. Compactness					1					4. Flexibility & Mobility			2				
										5. Coordination & Balance			5				
										6. Agility			5				
										7. Basic Motor Skills			2				
										8. Perception & Awareness			5				

# CURRICULUM – U11 – SEASON PLAN

OBJECTIVES		ORGANIZATION				CONTENT DISTRIBUTION			
<p><b>SCRIMMAGE:</b> Match focus is on possession and transition.</p> <p><b>TACTICAL:</b> Improve attacking principles and basic defending</p> <p><b>TECHNICAL:</b> Accuracy and speed in individual and collective techniques</p> <p><b>PHYSICAL:</b> Improve speed, agility, coordination and balance</p> <p><b>PSYCHOSOCIAL:</b> Cooperate with teammates in collective tasks</p>		3	90'	<p><b>BASIC STAGE</b></p> 					
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Application of technique in game situations</li> <li>Application of attacking and defending principles in slightly opposed collective practices</li> <li>Agility and speed movements with and without the ball</li> </ol>		14	60'			30%	20%	30%	20%
<p><b>Comments</b></p> <ul style="list-style-type: none"> <li>Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.</li> <li>Match: We strongly recommend 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.</li> </ul>		<p><b>ASPECTS TO CONSIDER</b></p> <ul style="list-style-type: none"> <li>Size of the practice</li> <li>Time of the practice</li> <li>Intensity of the practice</li> <li>Rules</li> <li>Number of players</li> <li>Teammates – opposition</li> </ul>							
CONTENT									
TACTICAL		TECHNICAL				PHYSICAL			
<b>ATTACKING</b>		4	5	STRENGTH		<p><b>PSYCHOSOCIAL</b></p> <ol style="list-style-type: none"> <li>Motivation</li> <li>Self confidence</li> <li>Cooperation</li> <li>Decision/Determination</li> <li>Competitiveness</li> <li>Concentration</li> <li>Commitment</li> <li>Self Control</li> <li>Communication</li> <li>Respect &amp; Discipline</li> </ol>			
1. Attacking Principles		4	4	5	2				
2. Possession		3	3	3	2				
3. Transition		4	5	ENDURANCE					
4. Combination Play		2	5	5	1				
5. Switching Play		1	5	5	2				
6. Counter Attacking		4	3	SPEED					
7. Playing Out From the Back		3	4	3	4				
8. Finishing in the Final Third		4	3	3	5				
1. Defending Principles		3	3	3	2				
2. Zonal Defending		2	3	3	5				
3. Pressing		3	2	3	3				
4. Retreat & Recovery		1	2	2	5				
5. Compactness		1	1	4	3				
1. Defending Principles		4	3	3	5				
2. Zonal Defending		3	3	3	2				
3. Pressing		2	3	3	5				
4. Retreat & Recovery		3	2	2	5				
5. Compactness		1	1	4	3				
1. Defending Principles		4	3	3	5				
2. Zonal Defending		3	3	3	2				
3. Pressing		2	3	3	5				
4. Retreat & Recovery		3	2	2	5				
5. Compactness		1	1	4	3				
4. Flexibility & Mobility						3			
5. Coordination & Balance						5			
6. Agility						5			
7. Basic Motor Skills						2			
8. Perception & Awareness						5			

# CURRICULUM – U12 – SEASON PLAN

OBJECTIVES		ORGANIZATION			CONTENT DISTRIBUTION																
<p><b>SCRIMMAGE:</b> Improve possession and transition as well as collective defending during the match</p> <p><b>TACTICAL:</b> Develop attacking/defending principles and combination play</p> <p><b>TECHNICAL:</b> Focus on quality of passing and receiving technique as well as ball control in game situations</p> <p><b>PHYSICAL:</b> Compete to increase speed, agility, coordination and balance in competitive games</p> <p><b>PSYCHOSOCIAL:</b> Increase collective self-confidence</p>	<p>Sessions per week: 3</p> <p>Players per team: 14</p> <p>Session time: 90'</p> <p>Game time: 60'</p>	<p><b>BASIC STAGE</b></p> 																			
<p><b>By the end of the season the player must be capable of:</b></p> <ol style="list-style-type: none"> <li>Application of technique at speed in game situations</li> <li>Application of attacking and defending principles in games</li> <li>Agility, coordination and speed movements in simple practices</li> </ol>	<p><b>SESSION STRUCTURE</b></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th style="width: 50%;">Warm-up</th> <th style="width: 50%;">ASPECTS TO CONSIDER</th> </tr> <tr> <td>10'</td> <td>- Size of the practice</td> </tr> <tr> <td>15'</td> <td>- Time of the practice</td> </tr> <tr> <td>20'</td> <td>- Intensity of the practice</td> </tr> <tr> <td>15'</td> <td>- Rules</td> </tr> <tr> <td>25'</td> <td>- Number of players</td> </tr> <tr> <td>5'</td> <td>- Teammates, opposition and support players</td> </tr> </table> <p><b>Comments</b></p> <ul style="list-style-type: none"> <li>Prepare collective practices with the ball to develop the technical and tactical intelligence of the player.</li> <li>Match: We strongly recommend 9v9 games.</li> <li>Formations: 3-2-3 in 9-a-side and 4-3-3 in 11-a-side.</li> </ul>	Warm-up	ASPECTS TO CONSIDER	10'	- Size of the practice	15'	- Time of the practice	20'	- Intensity of the practice	15'	- Rules	25'	- Number of players	5'	- Teammates, opposition and support players	<p><b>SCRIMMAGE</b> 30%</p> <p><b>TACTICS</b> 20%</p> <p><b>TECHNIQUE</b> 30%</p> <p><b>PHYSICAL</b> 20%</p>					
Warm-up	ASPECTS TO CONSIDER																				
10'	- Size of the practice																				
15'	- Time of the practice																				
20'	- Intensity of the practice																				
15'	- Rules																				
25'	- Number of players																				
5'	- Teammates, opposition and support players																				
CONTENT																					
TECHNICAL				PHYSICAL																	
<b>ATTACKING</b>				<b>STRENGTH</b>	<b>STRENGTH</b>																
1. Attacking Principles	4	1. Passing and Receiving	5	Strength Endurance		1. Motivation	5														
2. Possession	5	2. Running With the Ball	3	Explosive Strength	2	2. Self confidence	4														
3. Transition	4	3. Dribbling	2	Maximal Strength		3. Cooperation	3														
4. Combination Play	5	4. Turning	4	Aerobic Capacity	3	4. Decision/Determination	2														
5. Switching Play	3	5. Shooting	5	Aerobic Power	2	5. Competitiveness	3														
6. Counter Attacking	1	6. Ball Control	5	Anaerobic Lactic		6. Concentration															
7. Playing Out From the Back	4	7. Heading	4	Anaerobic Alactic	2	7. Commitment	4														
8. Finishing in the Final Third	4	8. 1V1 Attacking	4	Reaction	4	8. Self Control	2														
1. Defending Principles	4	9. Shielding the Ball	3	Acceleration	5	9. Communication	3														
2. Zonal Defending	3	10. Receiving to Turn	3	Maximal Speed	2	10. Respect & Discipline	5														
3. Pressing	2	11. Crossing and Finishing	3	Speed Endurance	2																
4. Retreat & Recovery	3	12. 1V1 Defending	3	Acyclic Speed	5																
5. Compactness	1			4. Flexibility & Mobility	3																
				5. Coordination & Balance	4																
				6. Agility	4																
				7. Basic Motor Skills	1																
				8. Perception & Awareness	5																
TECHNICAL				PHYSICAL																	
<b>DEFENDING</b>																					