

COMPETENCY MATRIX

Stage of Development	Stage 1			Stage 2			Stage 3			Stage 4			Stage 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	-				+											

Competency based coaching: this approach suggests performance improvements are acquired progressively – meaning, competency in basic skills/ knowledge must be achieved before progressing to more complex skills and concepts. With this in mind, the Competency Matrix helps coaches to know when players should be ‘Introduced’ (-) to a skill/concept and when players should be expected to demonstrate ‘Competency’ (+).



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DRIBBLING SKILLS CONTINUED																
Running with the ball				-			+									
Feints and dribble		-						+								
Beating an opponent			-					+								
Escaping an opponent			-					+								
RECEIVING																
Control - Foot			-							+						
Control - Thigh					-						+					
Control - Chest						-						+				
Control - Head						-						+				
PASSING																
Ground - Inside of foot - 5 yards				-				+								
Ground - Inside of foot - 10 yards					-				+							
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						-						+				

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SHOOTING CONTINUED																	
One on one with Goal Keeper							-										
HEADING																	
Basic technique				-								+					
Defensive header							-										
Attacking header							-										
PHYSICAL CONDITIONING																	
Own body weight strength exercises							-										
Core body strength							-										
Dynamic warm-up						-											
Flexibility							-										
Aerobic Endurance training									-								
Anaerobic Endurance training									-								
Speed training (Anaerobic)									-								
MENTAL/COGNITIVE CONDITIONING																	
Confidence	-																
Commitment							-										
Concentration	-																
Composure							-										
GOAL KEEPING																	
Basic Catching Techniques						-						+					
Positioning							-						+				
Diving									-								
Distribution									-								

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GOAL KEEPING CONTINUED																
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														+		
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 - pressure													+			
Defending in pairs (2v1 & 2v2) - pressure and cover															+	

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DEFENSIVE PRINCIPLES AND TECHNIQUES CONTINUED																
Defending in small groups (3's and 4's) - pressure, cover, balance									-					+		
Defending as a unit and team										-						+
Marking								-					+			
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					-					+						

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