

U11s Falcons Skills Checklist Grid

Instructions for Use

- 1. Players tick the Bronze, Silver, or Gold box for each skill as they achieve it.
- 2. Coaches can review the grid during assessments or evaluations.
- 3. This grid helps you track your progress and skills development

Skill	Bronze	Silver	Gold
Dribbling	☐ Basic close control in open space	Close control under pressure	Dribbling with quick direction changes in tight spaces
Passing	Passes with accuracy over short distances	Passes accurately under light pressure	Passes accurately over long distances and in tight spaces
Receiving	□ Controls ball with first touch	Controls ball under pressure	Controls and redirects ball smoothly in tight spaces
Shooting	☐ Shoots accurately with dominant foot	Shoots accurately under pressure with either foot	Shoots accurately from different angles and distances
Defending	□ Basic marking and positioning	☐ Times tackles effectively	Anticipates play and intercepts passes
Teamwork	Communicates with teammates	□ Supports play with movement	□ Leads play by creating opportunities for others
Decision Making	Decides when to pass or dribble	Makes quick decisions under light pressure	Makes quick decisions under intense pressure



Positioning	☐ Maintains basic shape	Adapts positioning based	Anticipates and adjusts positioning
	during play	on gameplay	dynamically
Ball	□ Controls ball with both	□ Controls ball in small areas	Controls ball while shielding from
Control	feet		defenders
Finishing	Finishes simple	Finishes under defensive	Finishes in challenging situations
	opportunities	pressure	with composure
Movement	Moves to receive simple	☐ Finds space in light	Creates space by dragging
Off the Ball	passes	pressure	defenders and making advanced runs

Player Notes and Ideas