Bishopstown Primary Level Skills Progression: Football Draft 1

KICKING							
	Ground Kick	*Punt Kick*	*Punt Kick (Distance & Accuracy) R&L*	*Hook Kick - Instep*	*Hook Kick - Outstep*	*All Kicks on run*	*All Kicks: Distance, Accuracy, Speed*
Cul Maroon							
U6							
U7							
U8							
U9							
U10							
U11							
U12							

Handling										
	Chest Catch	*Throwing*	*Bounce Catch*	*Hand Pass*	*Pick-up*	*Low Catch*	*Hand Pass R&L*	*High Catch*	*Hand Pass R&L on the move*	*High Catch – Off Ground*
Cul Maroon										
U6										
U7										
U8										
U9										
U10										
U11										
U12										

Bishopstown Primary Level Skills Progression: Football Draft 1

Moving									
	Running	*Knee tap Solo*	*Foot Solo*	*Foot solo/bounce 4 steps*	*Solo both feet*	*Dummy Movement*	*Side Step*	*Feint*	*Solo & Bounce at speed*
Cul Maroon									
U6									
U7									
U8									
U9									
U10									
U11									
U12									

Tackling						
	Attack the Ball	*Near Hand Tackle*	*Shadowing*	*Block Down*	*Side to Side Tackle (Shoulder)*	*All Tackles with Increased Intensity*
Cul Maroon						
U6						
U7						
U8						
U9						
U10						
U11						
U12						

Bishopstown Primary Level Skills Progression: Football Draft 1

	Principles of Play/Tactical							
	Spatial Awareness	Play Together	Pass and Move	Play Forward	Kick Out Reset	Play Before Hit	Play the Way Faced	Pass -Easy V Farthest
Cul Maroon								
U6								
U7								
U8								
U9								
U10								
U11								
U12								