

Association Football

Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.

Control: pressurised situations: use of chest, thigh, feet and head.

Passing:

short pass: including use of both feet; use of the inside and the outside of the foot

long pass (along the ground, lofted pass): skills to include use of both feet, outside of the foot and the chip pass

body pass: use of head and chest.

All candidates should show an accuracy of pass as well as the ability to 'weight the pass'.

Shooting: power shots (short and long range); shots with inside and outside of foot (swerving shots); first time shots (volleys and half volleys); heading; shooting on the move; penalty kicks and direct free kicks.

Tackling: block tackle; side tackle; sliding tackle.

Dribbling: close control; use of either foot; feints; changes of pace and direction.

Heading: defensive and attacking; for distance and for accuracy.

Jockeying: pressurising and attacking; closing down a player.

Goalkeeping skills: throwing for distance and accuracy, punching, palming, handling of shots and crosses – to include pressurised situations; kicking dead ball and clearance; narrowing the angle and diving saves.

Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.

Wall pass; pass and go; one touch play.

Dribbling past an opponent – both sides, feints, close control.

Pressurised practices and games eg 3 v 3 or 4 v 4 illustrating spatial awareness; timing – when to run/pass; judgement – where to run, which pass.

Positional sense; support; weighting the pass.

Tactics

Attack: depth, width and penetration in attack; use of space and timing; mobility; support play; positional sense. Movements of the ball.

Defence: close marking; lateral running; covering; depth, width and concentration in defence; delay in defence; man to man and zonal marking.

Set pieces: direct and indirect free kicks.

Corner kicks.

Throw-in and goalkeeper's kicks.

Systems of play.

Laws of the game and their application, including refereeing signals.

Mark Band	Games Activity - Association Football
9 – 10	<p>Able to demonstrate all types of pass with accuracy and good timing and correct pace. Can pass accurately while on the move, with both inside and outside of the foot. Shows high level of balance and ball control when dribbling past an opponent. Able to ‘wrong foot’ opponent using feint to go in one direction and move off in other. Able to control ball with both feet, demonstrating ability to push ball in front of body while moving forward, to create space while controlling the ball. Controls ball effectively with all parts of the body. Creates space as ball is controlled. Exerts significant control over game. Shows outstanding level of skill, tactical awareness and anticipation, making very few unforced errors, even under competitive pressure.</p>
7 – 8	<p>Able to pass ball with accuracy while on move. Able to demonstrate variety of different types of pass. Using correct technique and timing – accuracy with all types of pass is displayed. Able to demonstrate tight control while dribbling past opponent on either side and is beginning to develop a feint action with the upper body. Able to demonstrate control with all parts of body and show ability to apply this frequently in pressurised competitive situations. Able to exert an influence on game in both attack and defence. Makes few unforced errors and assists team mates. Shows high level of skill and tactical awareness.</p>
5 – 6	<p>Able to pass ball with accuracy while on move. Demonstrates correct technique and timing while making various passes. Can run at opponent and dribble past on chosen side with close control of the ball and a high rate of success. Able to exercise control with either foot, having judged the pace and direction of oncoming ball. Ability to use chest and thigh as means of control is evident, although ball may not drop as close to feet as desired. Shows some ability to influence game either in attack or defence. Use of skills is evident under pressure. Able to switch quickly from attack to defence and appreciates the main tactics involved.</p>
3 – 4	<p>Passes accurately with correct part of foot. The pass sometimes lacks correct weighting. Shows more basic control and technique. Ball kept within easy reach but sometimes loses control. Control is dominated by the inside of the foot. Demonstrates control in isolation. Ball pushed forward slightly, ready for the dribble or pass. Some control may fail to remove ‘pace’ from ball. Experiences difficulty with ball coming at differing heights. Starts to become more effective in game situation. May exhibit some individual skills in chosen position although they may be affected by pressures of the game. Will prefer others to take control.</p>
1 – 2	<p>Able to pass with some accuracy. Passes will tend to be under or over hit. Eyes taken off ball prior to contact. Shows reasonable skills but the ball is often played too far in advance and control is often lost. Appears uncomfortable with the ball at his/her feet. Unable to take pace off ball so that it bounces off part of body used to control it. Looks awkward with the ball coming towards them. Participates in game with limited effectiveness. Has difficulty performing basic skills in game situation. Shows uncertainty in comprehending team tactics.</p>