

# EXERCISE ONE

# KEEPY UP



Players are asked to demonstrate control of the ball as outlined in each level

## FIRST ROUND

Using the preferred foot only, the ball must bounce once between each touch. The target score is 7 or less.



TARGET  
7

## SECOND ROUND

Using the preferred foot only, the ball must bounce once between each touch. The target score is 8 or more.



TARGET  
8

## THIRD ROUND

Using the weaker foot only, the ball must bounce once between each touch. The target score is 6 or more.



TARGET  
6

## QUARTER FINAL

The ball is kept up using the following sequence:  
One touch, then one bounce - Two touches then one bounce. Players must progress in sequence.  
The target score is 4 touches before the ball bounce.



TARGET  
4

## SEMI-FINAL

The ball must be kept up using any body part except the head.  
The ball must not bounce. The target score is 30 or more.



TARGET  
30

## FINAL

The ball must be kept up using the left and right foot alternately. The ball must not bounce.  
The target score is 20 or more.



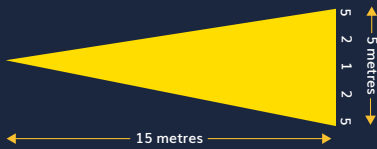
TARGET  
20



NOTHING  
MATTERS  
MORE

# EXERCISE TWO

# SHOOTING



Players have five attempts.  
The target is subdivided using markers.  
Scoring area as indicated: **5.2.1.2.5**

## FIRST ROUND

Players must use the inside of the preferred foot.  
The target score is 11 or less.



TARGET  
**11**

## SECOND ROUND

Players must use the inside of the preferred foot.  
The target score is 12 or more.



TARGET  
**12**

## THIRD ROUND

Players must use the inside of the weaker foot.  
The target score is 10 or more.



TARGET  
**10**

## QUARTER FINAL

Players must use the outside of the preferred foot.  
The target score is 12 or more.



TARGET  
**12**

## SEMI-FINAL

Players must use the outside of the weaker foot.  
The target score is 12 or more.



TARGET  
**12**

## FINAL

Player must use left and right foot alternately.  
The target score is 21 or more.



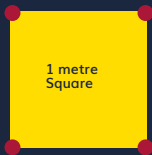
TARGET  
**21**



NOTHING  
MATTERS  
MORE

# EXERCISE THREE

# FIRST TOUCH CONTROL



The player standing within an area throws the ball above head height. The ball must be controlled and brought to a standstill inside the area. 10 attempts

## FIRST ROUND

The ball must bounce once before contact is made with the preferred foot. The target score is 4 or less.



## SECOND ROUND

The ball must bounce once before contact is made with the preferred foot. The target score is 5 or more.



## THIRD ROUND

The ball must bounce once before contact is made with the weaker foot. The target score is 6 or more.



## QUARTER FINAL

The ball must be controlled, first with the thigh, then the foot, on the preferred side, without a bounce in between. The target score is 6 or more.



## SEMI-FINAL

The ball must be controlled, first with the thigh, then the foot, on the weaker side, without a bounce in between. The target score is 7 or more.



## FINAL

First touch with the foot, thereafter any body part, except the head, can be used. Keep the ball up for 4 touches without a bounce. The target score is 5 or more.



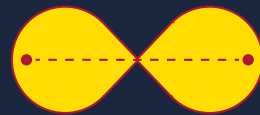
NOTHING MATTERS MORE

# EXERCISE FOUR

## DRIBBLE AND TURN



Complete as many turns around the markers,  
Time - 45 seconds.



Points are added each time a marker is passed

### FIRST ROUND

The ball must be played with the preferred foot only.  
Oval pathway. The target score is 3 or less.



TARGET  
**3**

### SECOND ROUND

The ball must be played with the preferred foot only.  
Oval pathway. The target score is 4 or more.



TARGET  
**4**

### THIRD ROUND

The ball must be played with the preferred foot only.  
Figure of eight pathway. The target score is 7 or more.



TARGET  
**7**

### QUARTER FINAL

The ball must be played with the weaker foot only.  
Oval pathway. The target score is 8 or more.



TARGET  
**8**

### SEMI-FINAL

The ball must be played with the left and right foot alternately.  
Figure of eight pathway. The target score is 10 or more.



TARGET  
**10**

### FINAL

The ball must be played with the weaker foot only.  
Figure of eight pathway. The target score is 14 or more.



TARGET  
**14**



NOTHING  
MATTERS  
MORE

# EXERCISE FIVE PASS AND MOVE



Complete as many successful passes (between the markers), as possible. Passes that hit the markers do not count. Extra players are needed to both stop and feed the ball. Time 45 seconds

## FIRST ROUND

The ball is passed using the inside of the preferred foot.  
The target score is 3 or less.



TARGET  
3

## SECOND ROUND

The ball is passed using the inside of the preferred foot.  
The target score is 4 or more.



TARGET  
4

## THIRD ROUND

The ball is passed using the inside of the weaker foot.  
The target score is 6 or more.



TARGET  
6

## QUARTER FINAL

The ball is passed using the outside of the preferred foot.  
The target score is 8 or more.



TARGET  
8

## SEMI-FINAL

The ball is passed using the outside of the weaker foot.  
The target score is 7 or more.



TARGET  
7

## FINAL

The ball is passed using the outside of the weaker foot.  
The target score is 14 or more.



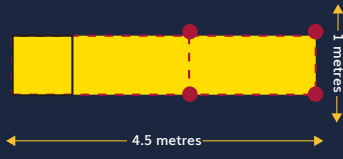
TARGET  
14



NOTHING  
MATTERS  
MORE

# EXERCISE SIX

# THE VOLLEY



Players have 10 attempts to volley the ball into the target area. The ball is dropped from the hands and must bounce **in** the target area and not en route.

## FIRST ROUND

Preferred foot only, the ball is **NOT ALLOWED** to bounce before it is volleyed. Distance **2.5 metres**. The target score is 3 or less.



TARGET  
**3**

## SECOND ROUND

Preferred foot only, the ball is **NOT ALLOWED** to bounce before it is volleyed. Distance **2.5 metres**. The target score is 4 or more.



TARGET  
**4**

## THIRD ROUND

Preferred foot only, the ball **MUST** bounce once before it is volleyed. Distance **2.5 metres**. The target score is 5 or more.



TARGET  
**5**

## QUARTER FINAL

Weaker foot only, the ball is **NOT ALLOWED** to bounce before it is volleyed. Distance **2.5 metres**. The target score is 5 or more.



TARGET  
**5**

## SEMI-FINAL

Preferred foot only, the ball is **NOT ALLOWED** to bounce before it is volleyed. Distance **4.5 metres**. The target score is 7 or more.



TARGET  
**7**

## FINAL

Using both feet alternately, the ball **MUST** bounce once before it is volleyed. Distance **4.5 metres**. The target score is 8 or more.

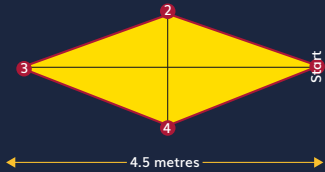


TARGET  
**8**



NOTHING  
MATTERS  
MORE

# EXERCISE SEVEN DRIBBLING



Players dribble round the diamond. If they touch or fail to negotiate any marker, they are disqualified. (There is no limit to the number of attempts).

## FIRST ROUND

Using either or both feet, complete 2 circuits of the course. The target time is 26 seconds or more.



**TARGET**  
**26**  
Seconds

## SECOND ROUND

Using either or both feet, complete 2 circuits of the course. The target time is 25 seconds or less.



**TARGET**  
**25**  
Seconds

## THIRD ROUND

Using the preferred foot only, complete 2 circuits of the course. The target time is 20 seconds or less.



**TARGET**  
**20**  
Seconds

## QUARTER FINAL

Using the weaker foot only, complete 2 circuits of the course. The target time is 15 seconds or less.



**TARGET**  
**15**  
Seconds

## SEMI-FINAL

Using the weaker foot only, complete 2 circuits of the course. A complete circle must be done round marker No3 as part of each circuit. The target time is 18 seconds or less.



**TARGET**  
**18**  
Seconds

## FINAL

Using right and left alternately, complete 2 circuits. A complete circle must be done round marker No3 as part of each circuit. The target time is 17 seconds or less.



**TARGET**  
**17**  
Seconds



**NOTHING  
MATTERS  
MORE**

# PROGRESSIVE SKILLS MEDALS

Once you've completed the skill level get your mum, dad or guardian to write your name on the medal, cut it out and stick it onto your certificate. Good luck!



NOTHING  
MATTERS  
MORE