

Name: Player X		Age: 11	Date: 7/3/25	Time: 5pm	Grass (X)	Turf ()	Club Level: Local Recreational			
5 Fundamentals Test: Final Grade: 3/5			Ball Control Level = 3/5		Dribbling Level = 5/5		Shooting Level = 1/5			
			Passing Level = 1/5		Heading Level = 3/5					
	Block	Area	Activity	Variation	Attempt 1	Attempt 2	Attempt 3	Level Categories	HIGHEST LEVEL	AVERAGE LEVEL PER BLOCK
	Ball Control	Juggling	Keep Ups (No Space Restriction)	Feet Only (Alternate Feet)	3	1	3	Level 1: 0-5 in a row hitting the target. Level 2: 6-9 in a row hitting the target. Level 3: 10-13 in a row hitting the target. Level 4: 14-17 in a row hitting the target. Level 5 (Fundamentally Sound): 18+ in a row hitting the target.	3	3
	Ball Control	Juggling	Keep Ups (No Space Restriction)	Thighs Only (Alternate Legs)	4	2	1	Level 1: 0-5 in a row hitting the target. Level 2: 6-9 in a row hitting the target. Level 3: 10-13 in a row hitting the target. Level 4: 14-17 in a row hitting the target. Level 5 (Fundamentally Sound): 18+ in a row hitting the target.	4	
ONLY AGES 11 & UP	Ball Control	Juggling	Keep Ups (No Space Restriction)	Head Only	1	2	1	Level 1: 0-5 in a row hitting the target. Level 2: 6-9 in a row hitting the target. Level 3: 10-13 in a row hitting the target. Level 4: 14-17 in a row hitting the target. Level 5 (Fundamentally Sound): 18+ in a row hitting the target.	2	
	Ball Control	Juggling	Keep Ups (No Space Restriction)	Free	2	3	2	Level 1: 1-10 in a row without dropping ball. Level 2: 11-20 in a row without dropping ball. Level 3: 21-30 in a row without dropping ball. Level 4: 31-40 in a row without dropping ball. Level 5 (Fundamentally Sound): 41+ in a row without dropping ball.	3	
	Passing	Ground Passing	Static Ball & Target (Ball Centered) (10 Yard Distance) (2 Yard Wide Target)	Static Ball + Inside Foot Pass	1	1	1	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	1
	Passing	Volley Passing	Self Toss Volley Passes (Player in 2 Yard Wide gate) (10 Yard Distance)	Self Toss + Inside Foot Volley (No Bounce)	1	1	1	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	
	Dribbling	Straight Line Dribbling	Straight Line Dribble (10 Yard Distance) (1 Yard Wide Lane)	Straight Line Dribble (Right Foot There + Left Foot Back) - Must Attempt Full Speed	1	4	2	Level 1: 0-1 in a row staying in lane. Level 2: 2 in a row staying in lane. Level 3: 3 in a row staying in lane. Level 4: 4 in a row staying in lane. Level 5 (Fundamentally Sound): 5 in a row staying in lane.	4	5
	Dribbling	Change of Direction Dribbling	L Dribble (10x10 Yard "L") (1 Yard Wide Lanes)	L Dribble (Right Foot There + Left Foot Back) - Must Attempt Full Speed	3	5		Level 1: 0-1 in a row staying in lane. Level 2: 2 in a row staying in lane. Level 3: 3 in a row staying in lane. Level 4: 4 in a row staying in lane. Level 5 (Fundamentally Sound): 5 in a row staying in lane.	5	
ONLY AGES 11 & UP	Heading	Standing Headers	Standing Headers from 6 yard distance (or 6 yard box) (Player Centered) (Target is 2x2 Yards)	Self Toss & Head to Bottom Corner (Alternate Corners)	1	0	6	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	3	3
	Shooting	Ground Shooting	Static Shooting from 12 Yards (Or Penalty Spot of Full Size Field) (Ball Centered) (Target is 2x2 Yards)	Static Shots (12 Yards) - Right Foot	0	0	0	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	1
	Shooting	Ground Shooting	Static Shooting from 12 Yards (Or Penalty Spot of Full Size Field) (Ball Centered) (Target is 2x2 Yards)	Static Shots (12 Yards) - Left Foot	1	1	0	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	
	Shooting	Volley Shooting	Static Shooting from 12 Yards (Or Penalty Spot of Full Size Field) (Ball Centered) (Target is 2x2 Yards)	Self Toss and Laces Volley (1 Bounce) - Right Foot	0	0	0	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	
	Shooting	Volley Shooting	Static Shooting from 12 Yards (Or Penalty Spot of Full Size Field) (Ball Centered) (Target is 2x2 Yards)	Self Toss and Laces Volley (1 Bounce) - Left Foot	0	0	0	Level 1: 0-2 in a row hitting the target. Level 2: 3-4 in a row hitting the target. Level 3: 5-6 in a row hitting the target. Level 4: 7-8 in a row hitting the target. Level 5 (Fundamentally Sound): 9-10 in a row hitting the target.	1	