



Specific Skills & Competencies	What types of motions are required?	What fundamental patterns are related to these motions?	What joint positions are required for these motions/patterns?	
	<i>Game & Training</i>	<i>Game & Training</i>	<i>Game & Training</i>	
A. General Movement & Support Play Continuously adjusting body shape in accordance to play Footwork to create supporting angles and allow low risk passing Frist touch to evade pressure upon receiving a pass and creating space	<ul style="list-style-type: none"> • Walk/Jog/Run • Side-shuffle • Cross-over • Transitioning between motions • Receiving ball • Dribbling with ball 	<ul style="list-style-type: none"> • Lunge • Squat • Hinge/Lift 	<u>Ankle</u> <ul style="list-style-type: none"> • Flexion/Extension • Inversion/Eversion <u>Knee</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Hip</u> <ul style="list-style-type: none"> • Flexion/Extension • Abduction/Adduction • Internal/External Rot. 	
B. Distribution Accurate short & medium range passing Weighted long range balls (e.g. long diagonals, goal kicks) Short, medium, and long range throwing Volley and Half Volley	<ul style="list-style-type: none"> • Kicking: • Inside Foot/Laces • Throwing • Overhand/Underhand • Can be combined with dribbling/running 	<ul style="list-style-type: none"> • Lunge • Push • Pull 	<u>Ankle</u> <ul style="list-style-type: none"> • Flexion/Extension • Inversion/Eversion <u>Knee</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Hip</u> <ul style="list-style-type: none"> • Flexion/Extension • Abduction/Adduction • Internal/External Rot. 	<u>Shoulder</u> <ul style="list-style-type: none"> • Flexion/Extension • Internal/External Rot. • Abduction/Adduction
C. Shot Stopping & Handling Set Position Footwork to get into position to make saves Standing Saves Diving Saves (e.g. collapse dive, power step) Block Saves Reflexive Saves 2nd and 3rd Saves	<ul style="list-style-type: none"> • Run • Side-shuffle/Cross-over • Jumping • Getting down to the ground, and back up in different shapes • Catching/Reaching • Integration of motions 	<ul style="list-style-type: none"> • Lunge • Squat • Hinge/Lift • Push • Pull 	<u>Ankle</u> <ul style="list-style-type: none"> • Flexion/Extension • Inversion/Eversion <u>Knee</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Hip</u> <ul style="list-style-type: none"> • Flexion/Extension • Abduction/Adduction • Internal/External Rot. 	<u>Shoulder</u> <ul style="list-style-type: none"> • Flexion/Extension • Internal/External Rot. • Abduction/Adduction <u>Elbow</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Wrist</u> <ul style="list-style-type: none"> • Flexion/Extension • Supination/Pronation
D. 1 v 1's Footwork & Positioning Smother Saves Block Saves Secondary Saves	<ul style="list-style-type: none"> • Run • Jumping • Getting down to the ground, and back up in different shapes • Catching/Reaching • Integration of motions 	<ul style="list-style-type: none"> • Lunge • Squat • Hinge/Lift • Push • Pull 	<u>Ankle</u> <ul style="list-style-type: none"> • Flexion/Extension • Inversion/Eversion <u>Knee</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Hip</u> <ul style="list-style-type: none"> • Flexion/Extension • Abduction/Adduction • Internal/External Rot. 	<u>Shoulder</u> <ul style="list-style-type: none"> • Flexion/Extension • Internal/External Rot. • Abduction/Adduction <u>Elbow</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Wrist</u> <ul style="list-style-type: none"> • Flexion/Extension • Supination/Pronation
E. Dealing with Crosses General Footwork Cutback Crosses Jumping Catching/Punching/Deflecting	<ul style="list-style-type: none"> • Run • Side-shuffle • Cross-over • Jump • Transitioning between motions • Catching/Reaching • Integration of motions 	<ul style="list-style-type: none"> • Lunge • Squat • Hinge/Lift • Push • Pull 	<u>Ankle</u> <ul style="list-style-type: none"> • Flexion/Extension • Inversion/Eversion <u>Knee</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Hip</u> <ul style="list-style-type: none"> • Flexion/Extension • Abduction/Adduction • Internal/External Rot. 	<u>Shoulder</u> <ul style="list-style-type: none"> • Flexion/Extension • Internal/External Rot. • Abduction/Adduction <u>Elbow</u> <ul style="list-style-type: none"> • Flexion/Extension <u>Wrist</u> <ul style="list-style-type: none"> • Flexion/Extension • Supination/Pronation