

# CONTENT DISTRIBUTION BY AGE: TECHNICAL

## STAGE AND AGE GROUP

TECHNICAL	INITIAL			BASIC					INTERMEDIATE			ADVANCED			SPECIFIC		Senior
	U6	U7	U8	U9	U10	U11	U12	U13	U14	U15	U16	U17	U18	U19	U20		
1. Passing and Receiving	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	
2. Running with the Ball	2	3	3	4	5	4	3	2	2	1	→	→	→				
3. Dribbling	5	5	4	4	3	3	2	2	2	2	2	2	1	→			
4. Turning	1	2	3	4	5	5	4	→									
5. Shooting	5	5	5	5	5	5	5	5	5	5	5	5	5	5			
6. Ball Control	2	3	4	5	5	5	5	4	3	→							
7. Heading			1	1	2	3	4	4	5	4	3	→					
8. Ivl Attacking	2	3	4	5	5	4	4	4	4	3	3	2	→				
9. Shielding the Ball	1	1	2	2	2	3	3	2	→								
10. Receiving to Turn	1	1	1	2	2	3	3	4	5	5	4	→					
11. Crossing and Finishing			1	2	2	3	3	3	3	4	→						
12. Ivl Defending				1	2	2	3	4	5	4	4	3	→				

### WORKLOAD KEY

1 = VERY LOW

2 = LOW

3 = MID

4 = HIGH

5 = VERY HIGH

