



FOOTBALL DEVELOPMENT MODEL

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PLAYER ▶▶▶▶ PROGRESSION GUIDE

10+ ACHIEVE AND ADVANCE

Overview
Developmental Checklist
Skills



10+
**ACHIEVE &
ADVANCE**

WHAT IS ACHIEVE AND ADVANCE?

This stage is designed for athletes 10+. Athletes at this stage continue to refine and learn sport-specific skills while learning the ins and outs of competition.

Free play remains important but is not used as frequently as in earlier stages. Creating proper matchups remains critically important as you work to develop both confidence and skills in your players.

As a coach, it is important that you do not get too far ahead and over-emphasize technical and tactical skills. While introducing these skills is important at this age, coaches need to stay focused on developing basic foundational skills and athletic movements.

Athletes who lack fundamentals will struggle as they progress through middle school and high school. As you begin to incorporate more technical and tactical elements into practice, remember to start simple, use five or six offensive plays from two or three formations, and avoid overusing football-specific jargon when possible.

Athletes at this age are beginning to understand team dynamics better. They also begin to exhibit the ability to learn from mistakes and make adjustments by what they have learned.



▶ **Reminder:** Using this guide

Throughout this Player Progression Guide, you'll find drills. You can find descriptions of these drills in the glossary on page 73.

STAGE DEVELOPMENT CHECKLIST

Checkpoints are based on the **CORE** technical skill areas of the Football Development Model. These are checkpoints for mastery.

Athlete will be able to...

Passing (Using a developmentally appropriate-sized football)



- Throw with accuracy to a stationary target using a medium trajectory (15+ yards)
- Consistently demonstrate the ability to lead a moving target running a prescribed route (<15yds)
- Can demonstrate coordinated and fluid movement throughout the entire throwing motion

Running and Receiving (Using a developmentally appropriate-sized football)



- Maintain balance and body control in different body orientations
- Consistently catch a ball thrown above the head, at chest level and below the waist while moving through the catch
- Demonstrate the ability to vary speed and direction relative to the location of a thrown ball
- Demonstrate proper acceleration and deceleration mechanics

Kicking and Punting (Using a developmentally appropriate-sized ball or football)



- Demonstrate fluid movement, including balance and body control through the entire kicking/punting motion
- Place-kick with distance accuracy (10+ yards)
- Punt a ball with distance accuracy (10+ yards)

Athletic Foundations



- Fluidly perform lateral shuffle movements in multiple directions and with varying tempos
- Apply movement and sensory skills accurately and efficiently in various conditions and larger spaces
- Execute tasks that combine multiple sensory skills
- Demonstrate efficient backward movement in varying directions
- Adapt speed of movement to the needs of the competitive scenario
- Can repeatedly perform skills without undue fatigue
- Stop and go with body control (deceleration)
- Demonstrate increased efficiency and fluidity with movement transitions

Thinking, Feeling and Behaving



- Set realistic goals for improvement
- Demonstrate improved decision-making ability
- Understand more complex rules of game play





PASSING

SKILL ELEMENTS AND KPIS

Below are skills that build the Passing progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve passing skills. Drill descriptions can be found in this guide's glossary.

1 PRE-PASS POSITION

- ✓ The body, grip and arm position prior to the throwing motion beginning. Creating a solid base from which to throw by having feet shoulder width apart, ball centered at chest, with a firm grip on the ball.

KPI(s):

Grip

- Fingers on laces
- One finger of space between palm and ball

Ball Carriage

- Ball properly secured in both hands
- Arms relaxed at the sides of the body
- Ball centered at the sternum

Base

- Feet shoulder-width apart
- Weight on the instep
- Hips inside the heels

Drops

- Maintains proper grip and base while taking a 1-step and 3-step drop
- Use proper footwork
- Cross-plant-throw



Drills to Support

- Meet in the Middle Grip Drill
- Hips Inside the Heels
- Cross Plant Throw
- Snap – Catch – Throw
- 1-Step Drop to Ball Carriage Position
- 3-Step Drop and Throw
- Snap – Catch – Drop – Throw

2 POSTURE

- ✓ A comfortable neutral posture as the throwing motion begins. Gained by dropping the hips, having a gentle bend in the knees and a very slight lean forward at the waist.

KPI(s):

Neutral Posture

- Slight bend in the knees
- Slight forward lean
- Weight on the instep
- Lead shoulder pointed at the target

Hips

- Hips dropped
- Load through the hips
- Slight forward lean

Cleats in the Grass

- Hips inside the heels
- Weight on the instep
- Maintain posture on drops

**Drills to Support**

- Hip Flips from Standing Position
- Hip Flips from Lateral Shuffle
- Trunk Rotation Throws
- 5-Yard Quick Game (Slant, Out, In, Hitch)
- 10-Yard Intermediate Game (Curl, Dig, Out, Fade...)
- Mirror Drill
- Lateral Partner Throws
- Push-Pull Partner Throws

3 THROWING MECHANICS

✓ The movements that make up a successful throw and the ability to coordinate those movements throughout the throwing motion.

**KPI(s):****Fluidity**

- Throw the ball in single, fluid motion
- Use proper arm path

Symmetry

- Hands and elbows mirror each other during separation
- Horizontal “L” to vertical “L”
- Elbow even with or slightly below the shoulder

Separation

- Hands break equal and opposite each other
- Hands break at a horizontal “L” angle

Release

- Nose of the ball up
- Front shoulder rotates
- Hips rotate
- Elbow leads
- Thumb to ground

**Drills to Support**

- Horizontal “L” to Vertical “L” Drill
- Palms Up Small Arm Circles to Large Arm Circles (clockwise and counter-clockwise)
- Arm Flaps (internal/external rotation)
- Arm Slaps/Hugs
- Trajectory Throws (1-2-3)
- Snap-Catch-Throw Rapid Fire
- Spot Throws
- Slant Routes
- Fade Routes

4 FINISH

— The body position and follow through after the ball is released.

**KPI(s):****Balance**

- Front foot flat on the stride
- Back foot finishes even or slightly behind the front foot
- Look for stability in the finish

Deceleration

- Front toe to the target
- Don't over-rotate the upper body

Stabilize

- Thumb to pocket follow-through
- Hips square to the target
- Back foot finishes even with or slightly behind the front foot
- Don't lock out the front knee

Drills to Support

- Thumb to Pocket
- Towel Drills
- Don't Cross the Line Drill (moving forward on throw, decelerate with balance)
- Straddle the Line
- Single-Leg Turn-Throw Right/Left

> TIPS FOR COACHES

Coaches should keep the following things in mind...

- Always start with the grip
- Nose of the football is always slightly up when the throwing arm is at 90 degrees
- 1 finger space between the ball and the palm of the hand
- Ball carriage position should be relaxed, central (sternum) and stable
- Drop the hips, don't bend the knees
- Weight should be on instep
- Back foot should finish even with front foot (or slightly behind)
- Don't lock out the front knee
- Front toe to the target on finish
- Front foot flat on the stride
- Lead shoulder pointed at target, move through the throw
- Snap shoulder at target



RUNNING AND RECEIVING

SKILL ELEMENTS AND KPIS

Below are skills that build the running and receiving progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve running and receiving skills. Drill descriptions can be found in this guide's glossary.

1 FEET/FOOTWORK

- ✓ Preparing the body from the ground up by making sure feet are positioned appropriately in preparation for, during and after the catch or handoff.

KPI(s):

Stance

- Two-point stance
- Equal weight distribution
- No false (extra) steps
- Inside foot forward

Balance

- Accelerate and decelerate with body control
- Maintain body control within different body orientations

Top of the Route

- Breakdown and sink the hips
- Plant the foot
- Locate the ball (Receiving)

Start

- No false steps
- Push off the front leg
- Hip drive from the back leg
- Proper foot strike
- Contralateral arm motion aligns with lower body movement

Tempo

- Stop and go with body control
- Adjust speed to the needs of the competitive scenario



Drills to Support

- Stance and Start
- Curved Pathway
- Singular Pathway
- Acceleration Drills
- Deceleration Drills
- Lateral Pathway
- Multi-Directional Get Up and Go
- Dual Leg Dominance
- TOR Drill
- Stem Drills
- 3 on 3 Ultimate Football
- Agility Ladder Run

2 ARMS/HANDS

- ✓ Preparing and positioning the fingers, hands and arms to complete a successful catch or handoff.

KPI(s):

Arm/Hand Position

- Hands up, fingers spread (Receiving)
- Make a diamond shape with the hands (Receiving)
- Arms against the body to create a pocket for the handoff (Running)
- Near arm up during handoff (Running)

Catch Radius

- Adjust hands/arms based on flight of the ball (Receiving)

Long Arms

- Extend hands/arms towards the ball (Receiving)
- Catch the ball at the highest point (Receiving)



Drills to Support

- Catch and Step with Partner
- Clockwork Hands
- 10-yard Intermediate Game (dig, curl, speed-out)
- 5-yard Quick Game (hitch, slant, in, out)
- Long Arm Drill
- High Ball Drill
- Distraction Drill-Stationary
- Side Clockwork Hands

3 VISION

- ✓ Tracking the football through the air and into the hands, keeping eyes up in the direction of the play and learning to focus through distraction with the body in various orientations.

KPI(s):

Locate

- Get the head around (Receiving)
- Find the ball (Receiving)
- Eyes up, looking ahead (Running)

Focus

- See the ball through distraction
- Read blocks (Running)
- Read the defense (Running)

Track

- Focus on the tip of ball (Receiving)
- Judge depth and distance of the ball (Receiving)
- Have track discipline - stay on your track (Running)



Drills to Support

- Progressive Turn and Catch
- Over the Shoulder Catches
- Pat and Go Drill
- Colored Ball Drill (tennis ball, racquetball, etc...)
- Colored Chalk Footballs
- Gap Drill
- Mesh with Stepper
- Mesh Read and React
- Toss Drill

4 FINISH

— Movement through and following the catch or handoff, transferring the football from catch or handoff to tuck and assuming correct ball-carrying position.

KPI(s):

Ball Security

- 5 points of pressure
- Ball in the outside arm

Run Through Catch

- Continuous movement through the catching motion (Receiving)

Transition

- See the ball through the tuck
- Feel the ball on the stomach
- Clamp down on the ball during the handoff (Running)



Drills to Support

- Catch, Wrap and Step
- Catch, Wrap and Go
- Outside Arm
- Progressive RTC Drills
- Ball Security Drill

> TIPS FOR COACHES

Coaches should keep the following things in mind...

- Players should begin mastery of two-point wide receiver stance with either foot forward. Emphasize no false steps
- Players should begin mastery of two-point running back stance, emphasizing no false steps
- Emphasize sinking hips in and out of breaks
- Players should begin understanding stem releases
- Work towards mastery of hands catching
- Work towards mastery of catching with extended arms
- Focus on hand placement when catching high and low balls
- Teach how to track tip of ball
- Emphasis “5 points of pressure”
- Introduce “running through the catch”



KICKING AND PUNTING

SKILL ELEMENTS AND KPIS

Below are skills that build the kicking and punting progression. Each step of the progression has Key Performance Indicators (KPIs) and drills that help coaches train and improve kicking and punting skills.

1 PREPARE

- ✓ The stance and approach prior to making contact to the ball with the foot.

KPI(s):

Body Position

- Proper lean and balance
- Stable base

Plant Foot

- Plant foot positioned even with the ball
- Point plant foot in the direction of the kick

Footwork

- Approach the ball with coordinated movement



Drills to Support

- Two-Step Kicks
- Multi-Step Approach
- Straight Line Approach Drill (punting)

2 CONTACT MECHANICS

- ✓ The movements that make up a successful kick/punt up to and at the point of contact. The ability to coordinate these movements throughout the kicking/punting motion.

KPI(s):

Eye-Foot Coordination

- Maintain vision on contact point through connection

Strike Point

- Connect with center of ball on punts
- Connect with the ball slightly below its center on place-kick
- Ankle and knee are locked at the point of contact

Foot Position

- Shoelaces connect with the ball

Drop

- Drop the ball, don't toss it
- Drop accuracy



Drills to Support

- Plant Foot Drills
- Contact Dots Drill
- Directional Kicking
- Directional Punting
- Catch and Mold Drill
- Kneeling Drop Drill
- Walk and Drop Drill

3 POWER

- Using multiple muscles and leg speed to generate strength behind the kick in order to achieve longer distance and/or height.

KPI(s):

Leg Swing

- Generates force at the point of contact

Backswing

- Bring the kicking leg back as far as possible
- Backswing creates momentum



Drills to Support

- Backswing Drill
- Kick Return Tag
- Punt Return Tag
- Leg-Swing Line Drill

4 FINISH

- The drive and follow-through that completes the kicking motion.

KPI(s):

Follow-Through

- Maintain balance through contact
- Follows up and through towards the target
- Hips and shoulders square to the target line through finish
- Follow through improves accuracy

Leg-Drive

- Fluid motion from first step through follow-through



Drills to Support

- Leg-Swing Line Drill
- Balance Kicks

> TIPS FOR COACHES

Coaches should keep the following things in mind...

- Use of a developmentally sized ball remains vital
- Contact point on the foot is the shoelaces and bridge of the foot
- Contact point for place-kick is below the center of the ball
- Contact point for a punt is the sweet spot in the center of the football
- Follow-through with extension upward and toward the target
- Ankle and knee should be locked at the point of contact
- Hips and shoulders square to target-line through contact



ATHLETIC FOUNDATIONS

SKILL ELEMENTS AND KPIS

These Skill Elements, Key Performance Indicators (KPIs) and drills will help lay the foundation for athleticism and building better athletes.

FUNDAMENTAL MOVEMENTS

General physical movements that are foundational to developing athleticism while serving as a base to support sport specific skills.

RUNNING

Locomotive movement at a faster pace than walking; both feet are in the air at the same time with feet alternating moving forward

KPI(s):

Arms, Control, Tempo, Feet, Acceleration, Deceleration

- Skip and march with contralateral arm movement and linear arm movement
- Skip and march with proper hip drive
- Skip and march with thigh parallel to the ground
- Stop and go with body control
- Skip and march while changing tempos
- Run in various orientations and pathways
- Proper foot strike
- Appropriate body lean
- Appropriate hip/arm/body mechanics associated with acceleration
- Deceleration mechanics: lowering hips, bending knees, choppy steps



Drills to Support

- Butt Kicks
- Power Skips
- High Skips
- Single-Leg Bounds
- Forward Cone Step Over (Hip, Knee, Ankle Mechanics)
- Multi-directional Get Up and Go
- Stop and Go Flow
- Gear Runs to Full Stop Balance
- Gear Runs to Change Direction

SHUFFLING

Sliding laterally with the lead shoulder pointing in the direction of the movement; feet sliding along the ground in direction of movement without touching or crossing each other

KPI(s):

Control, Tempo, Feet, Stance, Fluidity

- Gallop and shuffle without feet touching
- Shuffle laterally to right and left
- Stop and go with body control
- Perform all actions with varying tempos
- Perform actions on balls of feet
- Keeps a low center of mass
- Improve fluidity, keeping the head level and hips low

Drills to Support

Lateral Shuffle
Lateral Shuffle and Roll Reaction
Lateral Cone Step Over
Run-Shuffle-Run
5-10-5 Touch the Line
Change of Direction Cone Weaves

JUMPING AND HOPPING

Jumping: Pushing off the ground with both feet, using the leg muscles to achieve takeoff and landing balanced on two feet with knees slightly bent to absorb the impact.

Hopping: Pushing off the ground with one foot, using the leg muscles to achieve takeoff and landing balanced on one foot with a slight bend in the hopping leg to absorb the impact and opposite leg bent at the knee, not touching the ground.

KPI(s):

Coordinated Movement, Balance, Tempo, Force, Deceleration, Efficiency

- Jump with both feet leaving the ground at the same time
- Land with both feet touching the ground at the same time
- Coordinated arm swing, raising and lowering the center of mass
- Leave ground and land on one foot while maintaining balance and body control
- Perform all actions at varying tempos
- Jump and hop in various directions
- Jump and hop with varying force
- Perform actions while using proper landing mechanics (knees bent, hips lowered, spinal integrity, chest up)
- Improve mechanics and force demand increases

Drills to Support

- Box Jumps to a Box
- Box Jumps from a Box
- Cone Jumps
- Jump Rope
- 180 Jumps
- Cone Hops
- Agility Ladder Jumps Forward
- Agility Ladder Jump Lateral

FALLING AND ROLLING

Falling: Moving fluidly from an upright position to a position on the ground without bracing with the limbs.

Rolling: Using twisting or circular movement of the whole body to travel in a given direction while on the ground in a non-upright position.

KPI(s):

Head, Arms, Knees, Landing, Transitions, Fluidity

- Roll in straight line
- Transition from a standing position to a roll
- Protect the head while falling to the ground
- Roll in different orientations
- Transition into a roll from an upright movement skill and return to movement skill
- Improve fluidity and efficiency of falling and rolling

Drills to Support

- Shoulder Rolls
- Backward Shoulder Rolls
- Three-Player Roll and Weave
- Lateral Shuffle and Roll Reaction

SENSORY AWARENESS

The ability to receive and differentiate various types of sensory stimuli in the environment and respond appropriately.

KPI(s):

Vocabulary, Space, Vision, Balance, Direction, Distraction

- Movement skill vocabulary
- Move in space
- Directional awareness
- Identify different rhythms and tempos
- Visually track an object
- Maintain balance in different body orientations
- Execute tasks that combine multiple sensory skills
- Growth and efficiency of sensory skills in various conditions

**Drills to Support**

- Quick Feet Reaction
- Diagonal Chop and Reach
- 1-leg Cone Touch Lateral
- Partner Tracking Tag
- My Gears
- 1-leg Balance Reach
- Switch Tag

ATHLETIC PERFORMANCE

Foundational movement skills and skill descriptors that are inherent to all levels and game types within football.

AGILITY

- Ability of an athlete to move quickly and easily
- Ability of an athlete to move and change direction and body position quickly and effectively while under control

**Drills to Support**

- | | |
|------------------------------------|-----------------------------|
| • Building Agility 1 | • Quick Feet Reaction |
| • Building Agility 2 | • Random Cone Jumps |
| • Building Agility 3 | • Crossover Steps |
| • Building Agility 4 | • Agility Ladder In and Out |
| • Agility Ladder Run | • Partner Tag |
| • Agility Ladder Lateral | • Partner Knee Tag |
| • Agility Ladder Jumping Jack Feet | |

STRENGTH AND POWER

Strength: The amount of weight that can be moved and not the speed in which it is moved

Power: Moving an object between two points as quickly as possible with force

**Drills to Support**

- | | |
|----------------------------|---------------------------|
| • Wall Push | • Various Plank Drills |
| • Partner Mirror Hands | • Head Lifts |
| • Squat Walkout | • Diagonal Chop and Reach |
| • 1-Leg Balance Reach | • Partner Plank Hand Tag |
| • Reverse lunge | • Crab Crawl |
| • Lunge | • Bear Crawl |
| • 1-Leg Cone Touch Lateral | • Push-Up and Roll |
| • Bird Dog | |
| • Pushups | |

STAMINA

- Ability of an athlete to sustain prolonged physical or mental effort



Drills to Support

- Get Up, Chop and Go
- Sharks and Minnows
- Flying 20 or 30

SPEED

- The rate at which an athlete can move or operate
- The ability of an athlete to move quickly across the ground or move limbs rapidly to grab or throw



Drills to Support

- L-Drill with Cones
- Sprints
- Circle Around the Cone
- Backpedal
- W-Drill
- X-Drill
- Slalom Weave Drill

“ I think the Football Development Model will significantly impact the future of football if adopted properly and if incorporated properly over a period of time. I think it will change the way youth football is done. I think it will change the way youth football is perceived.”

Ray Turpin

President, Niagara Erie Youth Sports Association