

LEARNING OUTCOMES

Below is a list of benchmarks skills for BIFC players as they progress through the program. It is by no means exhaustive, but it forms the foundation of what is required. Each skill is measured in the context of the level at which the player currently sits. These skills are ultimately measured in the game environment, not just practice. They are also listed as learning outcomes to which our BIFC coaching staff are held accountable.

“The beautiful thing about learning is that no one can take it away from you” B.B King

Dribbling & Ball Mastery

- Evasive dribbling – demonstrates a consistent ability to dribble dynamically and deceptively using skills with both feet.
- Attacking dribbling – demonstrates a consistent ability to dribble dynamically using fakes and changes of speed to beat an opponent.
- Running with the ball – demonstrates consistent ability to run with the ball at pace whilst keeping the ball secure.
- Dribbling on the first touch – demonstrates consistent ability to dribble on the first touch with both feet, away from pressure.



Passing & Receiving

- First Touch – demonstrates a consistent ability to take a purposeful and secure first touch when receiving the ball on the ground or in the air with both feet.
- Turning – demonstrates the ability to open up on the back foot to face forwards whenever possible, or take a touch sideways with back to pressure with both feet.
- Passing – demonstrates consistent ability to make timely, and precise passes into feet or into space with different parts of the foot with both feet.
- Support – continually provides supporting angles for the ball whenever possible with speed of movement.
- Awareness – continually scans the field in order to take up appropriate positions to receive the ball.

Defending

- Physicality – demonstrates consistent ability and willingness to physically re-secure the ball when required through tackling or proper body positioning around the ball.
- Closing Down – demonstrates consistent ability and willingness to quickly close down space as the 1st defender in order to stop the opposition from advancing the ball.
- Defensive Cover – demonstrates consistent understanding and willingness to provide defensive cover when necessary.
- Awareness – continually scans the field to take up appropriate defensive positions and mark opponents when necessary.
- Work Ethic – demonstrates a tireless work ethic to get up and down the field at speed when defending and competing physically when required.
- Heading – demonstrates consistent ability and willingness to head the ball when necessary to defend against the oppositions aerial attack (age appropriate).



Finishing



- Striking – demonstrates the consistent ability to strike a ball on goal with power and/or precision with different parts of the foot (both feet).
- Movement – demonstrates consistent ability and willingness to get forward beyond the ball to create attacking opportunities.
- Penetration – demonstrates consistent ability and willingness to play penetrating passes or make penetrating runs in behind the oppositions back line.
- Heading – demonstrates consistent ability and willingness to head the ball towards goal off corners and crosses (age appropriate).