

Within each skill is a progression that provides steps to help athletes perform and coaches to teach that skill. Within each core Skill Element are detailed Key Performance Indicators (KPIs) that help coaches see where the athlete excels and where more work is needed. These are listed in each box in the chart and broken down by age.



	RUNNING	SHUFFLING	JUMPING & HOPPING	FALLING & ROLLING	SENSORY AWARENESS	FITNESS
<b>5+</b>	<b>Arms, Body, Tempo</b> <ul style="list-style-type: none"> <li>Skip and march with contralateral arm movement and linear arm movement</li> <li>Skip and march with proper hip drive</li> <li>Skip and march with thigh parallel to the ground</li> <li>Stop and go with body control</li> <li>Skip and march while changing tempos</li> <li>Run in various orientations and pathways</li> </ul>	<b>Control, Tempo</b> <ul style="list-style-type: none"> <li>Gallop and shuffle without feet touching</li> <li>Shuffle laterally to right and left</li> <li>Stop and go with body control</li> <li>Perform all actions with varying tempos</li> </ul>	<b>Movement, Balance, Tempo</b> <ul style="list-style-type: none"> <li>Jump with both feet leaving the ground at the same time</li> <li>Land with both feet touching the ground at the same time</li> <li>Coordinated arm swing, raising and lowering the center of mass</li> <li>Leave ground and land on one foot while maintaining balance and body control</li> <li>Perform all actions at varying tempos</li> </ul>	<b>Head, Arms, Knees, Landing</b> <ul style="list-style-type: none"> <li>Roll in straight line</li> <li>Transition from a standing position to a roll</li> <li>Protect the head while falling to the ground</li> <li>Perform forward and backward rolls</li> <li>Safe landing mechanics</li> </ul>	<b>Vocabulary, Space, Vision</b> <ul style="list-style-type: none"> <li>Movement skill vocabulary</li> <li>Move in space</li> <li>Directional awareness</li> <li>Identify different rhythms and tempos</li> <li>Visually track an object</li> <li>Maintain balance in different body orientations</li> </ul>	<b>Running:</b> High 5 - Running + Jogging  <b>Shuffling:</b> High 5 - Sideways Sliding + Galloping  <b>Jumping &amp; Hopping:</b> High 5 - Two Foot Jumping + One Foot Hopping
<b>8+</b>	<b>Arms, Body &amp; Tempo, plus:</b>  <b>Feet, Acceleration</b> <ul style="list-style-type: none"> <li>Proper foot strike</li> <li>Appropriate body lean</li> <li>Appropriate hip/arm/body mechanics associated with acceleration</li> </ul>	<b>Control &amp; Tempo, plus:</b>  <b>Feet, Stance</b> <ul style="list-style-type: none"> <li>Perform actions on balls of feet</li> <li>Keeps a low center of mass and moves fluidly</li> </ul>	<b>Movement, Balance &amp; Tempo, plus:</b>  <b>Force, Deceleration</b> <ul style="list-style-type: none"> <li>Jump and hop in various directions</li> <li>Jump and hop with varying force</li> <li>Perform actions while using proper landing mechanics (knees bent, hips lowered, spinal integrity, chest up)</li> </ul>	<b>Head, Arms, Knees &amp; Landing, plus:</b>  <b>Transitions</b> <ul style="list-style-type: none"> <li>Roll in different orientations</li> <li>Transition into a roll from an upright movement skill and return to movement skill</li> </ul>	<b>Vocabulary, Space, Vision, plus:</b>  <b>Balance, Direction</b> <ul style="list-style-type: none"> <li>Execute tasks that combine multiple sensory skills</li> </ul>	<b>Running:</b> High 5 - Hoop Walking + Hoop Running  <b>Shuffling:</b> High 5 - Side Shuffle + Zig Zag  <b>Jumping &amp; Hopping:</b> High 5 - Side to Side + Front and Back

**Note:** Please make adaptations where and when as needed for these activities.

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Check out our **USA Football Coach Planner Mobile App**, available on both Apple and Android or get certified for even more resources by visiting [usafootball.com/certification](https://usafootball.com/certification).



# FOOTBALL DEVELOPMENT MODEL

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# ATHLETIC FOUNDATIONS

Within each skill is a progression that provides steps to help athletes perform and coaches to teach that skill. Within each core Skill Element are detailed Key Performance Indicators (KPIs) that help coaches see where the athlete excels and where more work is needed. These are listed in each box in the chart and broken down by age.



	RUNNING	SHUFFLING	JUMPING & HOPPING	FALLING & ROLLING	SENSORY AWARENESS	FITNESS
10+	<b>Arms, Body, Tempo, Feet &amp; Acceleration, plus:</b>  <b>Deceleration</b> <ul style="list-style-type: none"> <li>Deceleration mechanics: lowering hips, bending knees, choppy steps</li> </ul>	<b>Control, Tempo, Feet &amp; Stance, plus:</b>  <b>Fluidity</b> <ul style="list-style-type: none"> <li>Improve fluidity, keeping the head level and hips low</li> </ul>	<b>Movement, Balance, Tempo, Force &amp; Deceleration, plus:</b>  <b>Efficiency</b> <ul style="list-style-type: none"> <li>Improve mechanics and force as demand increases</li> </ul>	<b>Head, Arms, Knees, Landing &amp; Transitions, plus:</b>  <b>Fluidity</b> <ul style="list-style-type: none"> <li>Improve fluidity and efficiency of falling and rolling</li> </ul>	<b>Vocabulary, Space, Vision, Balance &amp; Direction, plus:</b>  <b>Distraction</b> <ul style="list-style-type: none"> <li>Growth and efficiency of sensory skills in various conditions</li> </ul>	<b>Running:</b> <a href="#">Unified Fitness Kit Cards - Hoop High Knees + Hoop Fast Feet</a>  <b>Shuffling:</b> High 5 - Square Drill + Backpedaling  <b>Jumping &amp; Hopping:</b> <a href="#">Unified Fitness Kit Cards - Basic Jump Rope + Skier Jumps</a>
12+	<b>Arms, Body, Tempo, Feet, Acceleration &amp; Deceleration, plus:</b>  <b>Efficiency</b> <ul style="list-style-type: none"> <li>Perform skills consistently, efficiently and accurately</li> </ul>	<b>Control, Tempo, Feet, Stance &amp; Fluidity</b>	<b>Movement, Balance, Tempo, Force, Deceleration &amp; Efficiency</b>	<b>Head, Arms, Knees, Landing, Transitions &amp; Fluidity, plus:</b>  <b>Application</b> <ul style="list-style-type: none"> <li>Perform skill and techniques in response to contact</li> </ul>	<b>Vocabulary, Space, Vision, Balance, Direction &amp; Dictraction</b>	<b>Running:</b> High 5 - Sprints + M Sprints  <b>Shuffling:</b> High 5 - Side Shuffles + Square Drill  <b>Jumping &amp; Hopping:</b> High 5 - Wide and Narrow + Side to Side Jump Rope

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