**U5 Individual Benchmarks**

By the end of the season the player must be capable of:

* Handling the ball with at least one foot.
* Running, jumping and stopping with and without the ball.
* Controlling the ball with their foot.
* Turning the ball with one foot.
* Running up field when team has the ball.
* Running back when team loses ball.

**Season Objectives**

**Individual focus for the season:**

Technical: Improve basic individual technique. (Dribbling and Striking)

Tactical: Move with the ball and Transition. Make a shape.

Physical: Develop coordination and basic motor skills with and without ball.

Psychosocial: Feel comfortable and confident with the ball

**U5 Team Benchmarks**

By the end of the season the team will be capable of:

* Getting into a team shape to start game.
* Transitioning from offense to defense and defense to offense.
* Pressure the ball on defense.

**Season Objectives**

**Team focus for the season:**

Technical: Building confidence on the ball for players.

Tactical: Team transition. Moving up and down the field with the ball. (Transitioning)

Psychosocial: Creating a fun playing environment for kids.

Physical: Improving overall individual coordination and agility.