

FTEM Stage	T1	T2	T3	T4
ETP ACTIVITY	REGIONAL ACADEMY	FUTURES	DiSE	NATIONAL TEAMS
MEASURE	REGIONAL ACADEMY PLAYER EVALUATION		DiSE PLAYER EVALUATION	
TECHNICAL	Learning basic competences to underpin further development in all positions and defensive systems	Initiation of specific technical ability, confirmation of initial potential	Ongoing development of technical ability begging to align to national blueprint	National blueprint leading the development of players with the aim to perform at international level
ATTACK				
Passing	<ul style="list-style-type: none"> Foot pointing towards goal when attacking the goal Jump passing Back-Back passing Passing to the line Passing to the wing 	<ul style="list-style-type: none"> Implementing previously learned skills with high speed and intensity Increased effectiveness and execution of pass Improved decision making of when to pass/shoot, pass to wing, pass to line 	<ul style="list-style-type: none"> Passing out of the tackle, under pressure Return passing, change direction of attack 	<ul style="list-style-type: none"> Wing to wing passes Wing to PV passes Special situations (Kempa)
Shooting	<ul style="list-style-type: none"> Standing Shots Underhand Shots Wide arm shooting (back and wing) Basic Position Specific Shooting 	<ul style="list-style-type: none"> 9m shooting <ul style="list-style-type: none"> Shooting against a block Movement onto the ball Wing shooting technique (high arm, body position) Wing shooting variations; <ul style="list-style-type: none"> Lob, inside, outside, through legs Shooting from higher up the court Pivot shot variations; <ul style="list-style-type: none"> High arm Lowering arm Diving shots 	<ul style="list-style-type: none"> 9m shooting <ul style="list-style-type: none"> Jumping off two feet. Wing shooting technique <ul style="list-style-type: none"> Movement onto the ball Shot Fakes Spin shots Pivot shooting; <ul style="list-style-type: none"> Turning & Jumping Spin shots 	<ul style="list-style-type: none"> 9m shooting <ul style="list-style-type: none"> Shooting on first step Movement onto the ball Wing shooting; <ul style="list-style-type: none"> 'Wrong' foot take off Kempa Pivot shooting; <ul style="list-style-type: none"> High arm Lowering arm Diving shots
1v1	<ul style="list-style-type: none"> Forfeit (feinting without the ball) 3-Step feint (both directions) Radjanovic (Windmill) feint. Timing and positioning on approach to defender 	<ul style="list-style-type: none"> Higher speed and timing of approach to defender Crossing (Centre Cross / Wing Cross) Shot feint 	<ul style="list-style-type: none"> Spin Feint Increased timing, speed & activation of crosses Back cross 	<ul style="list-style-type: none"> Dribbling feints (from the air) Continued development of favoured 1v1 feints and crosses and creating situations to utilise them
Pivot/ Line Player	<ul style="list-style-type: none"> Screening Movement against the ball 	<ul style="list-style-type: none"> Movement into space, 'underneath defenders' Ball handling, 1 handed catches 	<ul style="list-style-type: none"> Turning Holding screens and holding off defender and catching 1-handed 	<ul style="list-style-type: none"> Russian Screen Double Pass
DEFENCE				
Individual Defence	<ul style="list-style-type: none"> Starting position Open Defensive situations 80/20 Footwork Footwork to continue tackle after initial contact 	<ul style="list-style-type: none"> Control attacker position and protecting space Stripping the attacker of the ball in the tackle Tackling players in the air 	<ul style="list-style-type: none"> Timing, arriving at opponent when ball does 'Zero Steps' 	<ul style="list-style-type: none"> Defending cross (passing first player with ball on and stepping up to new player.) Identifying situations to steal the ball
Small Group Defence	<ul style="list-style-type: none"> Open Defensive situations (2&3 player combinations) Counting off of players in open situations 	<ul style="list-style-type: none"> Defending a 2nd pivot entering from wing/back Back and wing combinations 	<ul style="list-style-type: none"> Closing spaces in open defences (between zones) 	<ul style="list-style-type: none"> Defending a screen (open defence)
Protecting Pivot	<ul style="list-style-type: none"> Moving in front of pivot Hand in 'passing lane' to protect the ball getting to pivot Passing of pivot to next defender 	<ul style="list-style-type: none"> Covering pivot as a group. (321) 2v2 v Pivot and Back player 	<ul style="list-style-type: none"> Covering pivot as a group. (321/33) Positioning off the ball 	<ul style="list-style-type: none"> Defensive system specific methods of protecting pivot (i.e. protecting as a group, passing on to other players)
Blocking	<ul style="list-style-type: none"> Blocking of the shooting arm Timing and body position 	<ul style="list-style-type: none"> Introduction of GK side and Blocker Side Block/tackle decision making 	<ul style="list-style-type: none"> Development of co-operation between blocker and GKs 	
GOALKEEPER				
9m Shots	<ul style="list-style-type: none"> Saving High shots: Use of arms Lunging to save low shots: Use of feet/legs 	<ul style="list-style-type: none"> Sliding (splits) for low shots Feet positioning (turning out) to make bigger surface area to save 	<ul style="list-style-type: none"> Working with a defensive block, and adapting positioning accordingly to cover 'sides' 	<ul style="list-style-type: none"> Recognition of shooting cues, to best identify where shots will arrive to
6m Shots	<ul style="list-style-type: none"> Movement towards shooter Combination of legs and arms to save 	<ul style="list-style-type: none"> Use of knee & elbow to close hip spaces Arm positioning above head whilst moving forward 	<ul style="list-style-type: none"> Secondary movement (towards shooter, movement to follow arm.) 	<ul style="list-style-type: none"> Offering spaces and closing Timing of movement, and reaction to pass to attacker.
Passing	<ul style="list-style-type: none"> Passing technique <ul style="list-style-type: none"> Body upright Moving forward Arm action the same as court player 	<ul style="list-style-type: none"> Long Passing Fast passes to restart/back player Long passes on first wave fast break 	<ul style="list-style-type: none"> Long Passing, flatter, more direct emphasis. More direct 1st wave passes, recognising times to pass and methods of sending the ball 	<ul style="list-style-type: none"> Goal to goal shooting Continual development of long passing for efficiency and effectiveness

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TACTICAL	Learning basic small sided attack principles and attacking co-operation. 3:3 defensive system to develop defenders who can cover large areas.	Initiation of specific development to confirm talent, with development focuses to underpin national blueprint	Ongoing development of technical ability beginning to align to national blueprint	National blueprint dictate tactical and situation specific training

ATTACK

Positional Play	<ul style="list-style-type: none"> Not yet position specialisation, should be aiming to play 2-3 positions. Basic positional sense, keeping the width of the court, line player in appropriate positions GK's active in passing/shooting exercises when more than one GK in training 	<ul style="list-style-type: none"> Should have at least 2 positions Understanding and implementation of keys roles of positions within team context 	<ul style="list-style-type: none"> Should still have at least 2 positions Wing <ul style="list-style-type: none"> Making pressure and drawing #2 defender Back/Pivot <ul style="list-style-type: none"> Using a screen (to breakthrough or against open defender) 	<ul style="list-style-type: none"> Beginning to priorities and focus training towards one position; Wing <ul style="list-style-type: none"> Creating space/understanding time to play 1v1 Back <ul style="list-style-type: none"> Identifying correct situations to play 1v1, play with pivot Pivot <ul style="list-style-type: none"> Identifying when to screen to receive ball, or to allow back players to breakthrough
Attack Principles	<ul style="list-style-type: none"> Attacking with Pivot player, shoot or pass decision making Small sided superiority attack, 2v1, 3v2 situations in all positions, backs, wings, pivots Small sided equality situations, 2v2, 3v3 	<ul style="list-style-type: none"> Crossing (Centre Cross/Wing Cross) Attacking with 2 pivots (from wing or back) Small sided 3v3/3v4 situations 	<ul style="list-style-type: none"> Provoking game situations and manipulating defenders, to created desired game situations (1v1, shot, pass to line...) Continued pressure, and continuity of 'free play' Back crossing 	<ul style="list-style-type: none"> Specific attacking systems and set plays Inferiority (5v6) and superiority attack systems (6v5, 7v6)
Counter Attack	<ul style="list-style-type: none"> First wave, Individual and small group Second Wave 	<ul style="list-style-type: none"> Co-ordinated small group movements (backs) (back and wings) Getting a player to middle quickly to restart with GK 	<ul style="list-style-type: none"> Set fast break attacks (Long Cross or other) Arriving with sustained continued pressure Fast Restart (Long cross or other) 	<ul style="list-style-type: none"> Identification of superiority situations (attack to side shooter is from/defensive change etc)

DEFENCE

Defensive Principles	<ul style="list-style-type: none"> Tackle/block decision making 3:3 defence 6:0 defence 	<ul style="list-style-type: none"> Identification of particular attackers and provoking them to 'weaker' situations. 3:3 Defence 3:2:1 Defence (ASE) 	<ul style="list-style-type: none"> Basic introduction of below defensive systems; 3:2:1 Defence 6:0 Defence 5:1 Defence 	<ul style="list-style-type: none"> Defence in superiority and inferiority situations. Further development of below defensive systems; <ul style="list-style-type: none"> 3:2:1 Defence 6:0 Defence 5:1 Defence
Return Defence	<ul style="list-style-type: none"> Running home with a player to prevent pass 	<ul style="list-style-type: none"> Turning and covering long passes, position of return defence 	<ul style="list-style-type: none"> Positioning to protect back players and stop potential fast attacks early 	<ul style="list-style-type: none"> Recognition of zones to return in to cover for shooters/defensive change. Tat-Def substitutions

GOALKEEPER

<ul style="list-style-type: none"> Positioning to cover angles and space Recover ball quickly Initiate the fast break second wave attack Basic angles and stance / adjusting positions for location of player 	<ul style="list-style-type: none"> Defensive positioning (stopping FB) Fast passing (restart/FB) Bravery, not moving away from close shots 	<ul style="list-style-type: none"> Setting traps for shooters (Wing/PV) 7v6 Substitutions 	<ul style="list-style-type: none"> Identifying individual shooters, and preferences and preparing specifically for them Positioning/Reaction after first save to respond to second action
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