

<b>BALANCE</b>	Develop and maintain quality body balance ( a key factor in the execution of all physical activities ) Show balance ability and fine tuning and holding of the balanced position.
<b>CORE STABILITY</b>	Develop the patterns of movement needed for the recruitment of the core muscles ( trunk, abdominal and spinal column ) Develop the core muscles to provide a stable base for other muscles to work off. Develop specific and correct postural habits.
<b>STRENGTH</b>	Show evidence of increasing physical strength which is enhancing the execution of football skills. Show evidence of strength gains before puberty, even in the absence of a gain in muscle mass.
<b>FLEXIBILITY and AGILITY</b>	Demonstrate a controlled ability to change position and direction rapidly and accurately. Demonstrate absolute ranges of movement in a series of muscles and joints. Perform a range of dynamic and static stretching movements to an acceptable level.
<b>SPEED</b>	Demonstrate development of and increases in : ( a ) general speed in all physical movement – especially foot speed ( b ) game speed ( reaction / thinking time + foot speed = game speed
<b>SPEED ENDURANCE</b>	Show the necessary energy levels to maintain a high intensity in all aspects of physical work. Demonstrate the capability to sustain physical work of a gradually higher intensity for gradually longer periods of time.
<b>ENDURANCE</b>	Show improved physical performance and development by being able to work over longer distances, at a higher intensity and with an increasing number of episodes or repetitions
<b>POWER</b>	Demonstrate the correct movement patterns and show evidence of learning which would indicate a move towards competence at a range of low intensity plyometric exercises and the eventual development of explosive power.