

Foundation Skill Development Checklist						
Skill	Competency Statement	Not Observed	Below required standard	Working towards competence	Competent	Highly Competent
Movement Skills						
Running – Sprinting	Controlled, smooth, coordinated, balanced, arms used					
Running - Backwards	Controlled, smooth, coordinated, balanced, arms used					
Running - With ball	Excellent acceleration, footwork and ball control					
Side to Side Shuffle	Controlled, smooth, coordinated, balanced					
Swerving	Controlled, smooth, coordinated, balanced					
Side Stepping	Controlled, smooth, coordinated, balanced					
Ball Skills						
Ball Grip	Gripped correctly at centre, good control					
Passing Stationary	Completes skill correctly (points below)					
• <i>Swing</i>	Swing controlled, smooth, coordinated					
• <i>Body position</i>	Side on and balanced					
• <i>Trajectory</i>	Direct to target					
Half Pass	Stays low, passes from ground, listens for calls					
Catching	Completes skill correctly					
• <i>Hands</i>	Outstretched, fingers apart					
• <i>Vision</i>	Eyes on ball anticipates, focussed					
Rollball						
Static Rollball	Completes skill correctly (points below)					
• <i>Initiate Touch</i>	Identifies defender, initiates contact with hand					
• <i>Balance</i>	Coordinated, feet apart					
• <i>Body Height</i>	Low					
• <i>Ball Grip</i>	Correct ball grip					
Dynamic Rollball	Completes basic components of skill correctly					
Rucking						
Half Role	Is in position at appropriate time					
First Receiver Role	Position, timing, communication, catching, running					
Attack Skills						
Running into Space	Identifies space and runs between defenders					
Effecting the Touch	Anticipates, makes touch with one hand					
Supports Ball Carrier	Correct alignment, communication					
Progress Ball Toward Scoreline	Runs forward, makes correct decisions when passing					
Scoring Touchdown	Places ball on ground in controlled manner					
The Tap	Completes skill correctly					
Defence Skills						
Returning Onside	Runs backwards in line with referee, identifies opposition player to defend					
Effecting the Touch	Moves forwards, anticipates and makes touch					
Foundation Team Defence	Understands and correctly demonstrates role in defensive line					
Game Concepts & Strategies						
Communication	Confident, focussed, contributes, uses non verbal					
Understanding of Rules	Demonstrates application of basic rules					
Basic Positional Understanding	Is aware of the three positions, and demonstrates correct field / player special awareness.					