



Running Skills Progression

Y1	To be able to run from point A-B in a straight line
	To be able to run from point A-B in a straight line at a given consistent speed
	To be able to run from point A-B in a straight line changing speed
Y2	To be able to run from point A-B in a straight line changing speed
	To be able to run from point A-B in a straight/curved/zig zag line at a given consistent speed
	To be able to run from point A-B in a straight/curved/zig zag line changing speed
Y3	To be able to run from point A-B in a straight/curved/zig zag line changing speed
	To be able to run from point A-B in a straight line at a given consistent speed considering arm movement in a straight line backwards and forwards
	To be able to run from point A-B in a straight line at a changing speed considering arm movement in a straight line backwards and forwards
Y4	To be able to run from point A-B in a straight line at a changing speed considering arm movement in a straight line backwards and forwards
	To be able to run to planned points in a straight line at a changing speed considering arm movement in a straight line backwards and forwards
	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards
Y5	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards
	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards and knee height
	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards and knee height in game/routine situations
Y6	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards and knee height in game/routine situations
	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards and knee height and head movement
	To be able to run to planned points in a straight/zig zag/curved line at a changing speed considering arm movement in a straight line backwards and forwards and knee height and head movement in game/routine/competitive situations