**Athletic Skills Audit**

**CRAWL WALK RUN**

**CRAWL PHASE: 9-12 Years old**

**Name of the Child**…………………………………

If you have been given this audit, it’s because you are important, and we would like to hear what you have to say.

“Child centric” development requires everyone who is involved with raising active, healthy, and curious kids to connect and begin a conversation about the best way forward.

The Athletic Skills Audit is that tool. It looks at 10 Athletic Skills that kids should experience on a regular basis.

It is worth remembering that no one provider, no one coach, no one person can cover all 10 Athletic Skills competently, it’s an unrealistic position.

Instead, if you focus on an Athletic Skill for a fixed period > 3 weeks. For example, if you are teaching kids how to jump and land, and are focusing on improving their ability to take off, move in the air, and land safely, using a variety of drills. Then mark it down for the month in which it is your focus.

The results will be shared with you, as a valued contributor. And if anything surprised you when you completed this form, then share it with the others. That is after all the point.

Thank you for your time.

Data and privacy: I’m sure every country, club, and association has its own ideas about data and privacy and some may get bent out of shape with this format. Feel free to edit and amend, provided the spirit of it is not left broken in an office somewhere.

But most of all beware of people making obstacles and hiding.

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|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Description of skills** | **Jan** | **Feb** | **Mar** | **April** | **May** | **June** | **July** | **Aug** | **Sept** | **Oct** | **Nov** | **Dec** |
| Throw, catch, hit and aim |  |  |  |  |  |  |  |  |  |  |  |  |
| Jumping and landing |  |  |  |  |  |  |  |  |  |  |  |  |
| Run |  |  |  |  |  |  |  |  |  |  |  |  |
| Kick and shoot |  |  |  |  |  |  |  |  |  |  |  |  |
| Rolling, ducking and turning |  |  |  |  |  |  |  |  |  |  |  |  |
| Balance and falling |  |  |  |  |  |  |  |  |  |  |  |  |
| Move and make music |  |  |  |  |  |  |  |  |  |  |  |  |
| Wave and swing |  |  |  |  |  |  |  |  |  |  |  |  |
| Climbing and scramble |  |  |  |  |  |  |  |  |  |  |  |  |
| Pushing, shoving and fighting |  |  |  |  |  |  |  |  |  |  |  |  |

**Please add any additional comments below you feel would help in this process:**