

Football Ability Bands

Championship (Novice)

- Little mobility & coordination (walking, running, jumping, etc)
- Little experience of playing football & team sports
- Limited teamwork & technical ability (passing, control, shooting, tackling, catching, dribbling, etc)

Premier League (Intermediate)

- Average mobility & coordination
- Some experience of playing football & team sports
- Some teamwork & technical ability

Champions League (Advanced)

- Good mobility & coordination
- Experience of playing football & team sports
- Effective teamwork & technical ability

Bandiau Gallu Pêl-droed

Pencampwriaeth (Dechreuwr)

- Dim llawer o sgiliau symud a chyd-symud (cerdded, rhedeg, neidio ac ati)
- Dim llawer o brofiad o chwarae pêl-droed a chwaraeon fîm
- Dim llawer o allu technegol na phrofiad o weithio mewn fîm (pasio, rheoli, saethu, taclo, dal, driblo ac ati)

Uwch-gynghrair (Canolradd)

- Sgiliau symud a chyd-symud cyffredin (average)
- Ychydig o brofiad o chwarae pêl-droed a chwaraeon fîm
- Ychydig o allu technegol a phrofiad o weithio mewn fîm

Cynghrair y Pencampwyr (Uwch)

- Symud a chyd-symud yn dda
- Profiad o chwarae pêl-droed a chwaraeon fîm
- Gallu technegol a gwaith fîm effeithiol