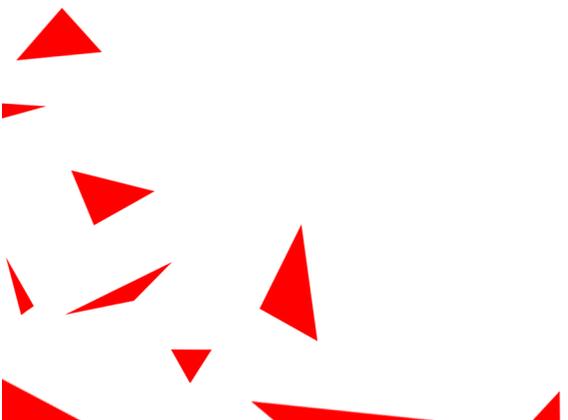
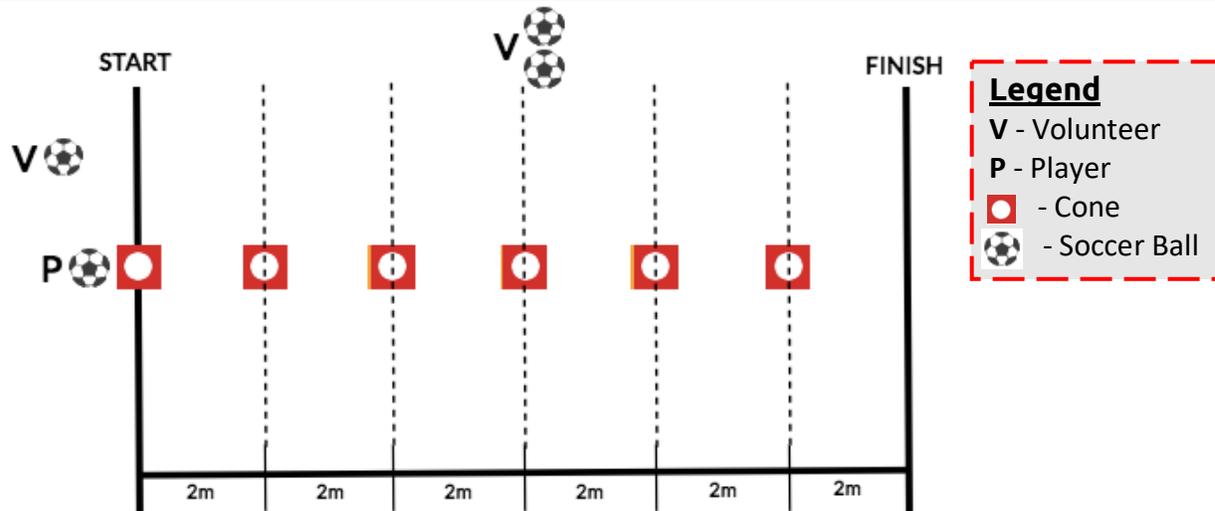




Soccer Skills Assessment Test



Dribbling



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: Three to four #5/#4 soccer ball, and six large cones.

Set-Up: Six cones are placed in a straight line from a starting point indicated by the first cone. Each cone is placed 2-meters apart, followed by a finish line that is 2-meters from the final cone for a total course distance of 12-meters.

TEST DESCRIPTION

Time: One-minute per trial

Beginning at the starting cone, a player is instructed to dribble the ball in a weaving motion alternately to the right and left of the six cones. The player may start to the right or left of the starting cone but must pass each obstacle alternately thereafter. When the last obstacle is passed, the player dribbles the soccer ball to the finish line, leaves the ball, and sprints back to the starting line for the next ball (placed by a volunteer) to repeat the course. The player continues until 60 seconds have elapsed. If a player loses control of the ball, the clock continues to run. The player must recover the ball or is passed a back-up ball by a volunteer and re-enters the course where the ball was initially lost control of.

SCORING

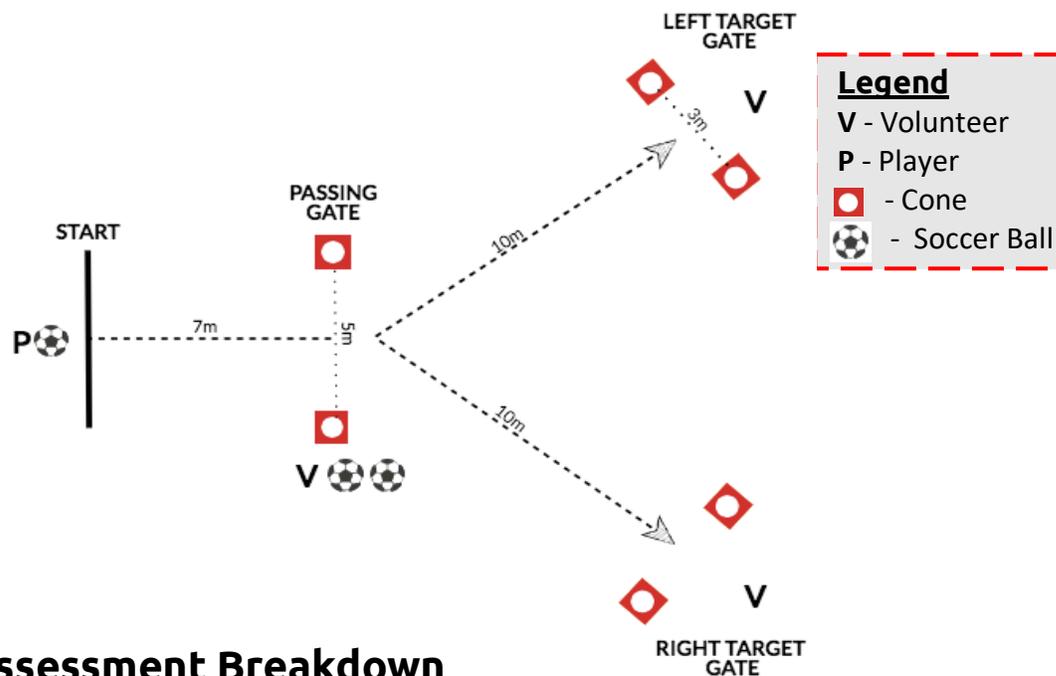
One point is awarded each time a cone is crossed. Therefore, one successful completion of the course is worth five points. The player must have control of the ball between cones in order to get credit for that cone being successfully passed. Passing the first cone marking the start of the course is not worth a point. The player's score is how many cones he/she successfully passes in 60 seconds.

VOLUNTEER REQUIREMENTS

- One volunteer with a stopwatch to indicate when to start and when 60 seconds elapses.
- One to two volunteers ready to pass the player a new ball if the first ball is lost control of.
- The above two volunteers may keep score or assign a new volunteer to do so.



Control and Passing



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: Three to six #4/#5 soccer balls, chalk or tape, and six cones.

Set-Up: Two cones are placed to form a "passing gate" 5-meters wide, 7-meters from a starting line indicated by chalk or tape. Two 3-meter wide "target gates" made with cones are then set up at approximately 45-degree angles, 10-meters from the passing gate.

TEST DESCRIPTION

Time: One-minute per trial

A volunteer rolls the ball from the passing gate at a moderate pace to the player, who is waiting at the starting line. Once the ball is rolled, the player may wait on the line or move towards the ball. Upon receiving the ball, the player must dribble through the passing gate in a controlled fashion. After dribbling through the passing gate, the player must then pass the ball through one of the target gates, alternating target gates for the remainder of the drill. Players may dribble as close as they like before passing the ball through the target gate. Upon making a pass, the player returns to the starting point and repeats the drill. The coach at the passing gate will roll the next ball as soon as the player returns to the starting line.

SCORING

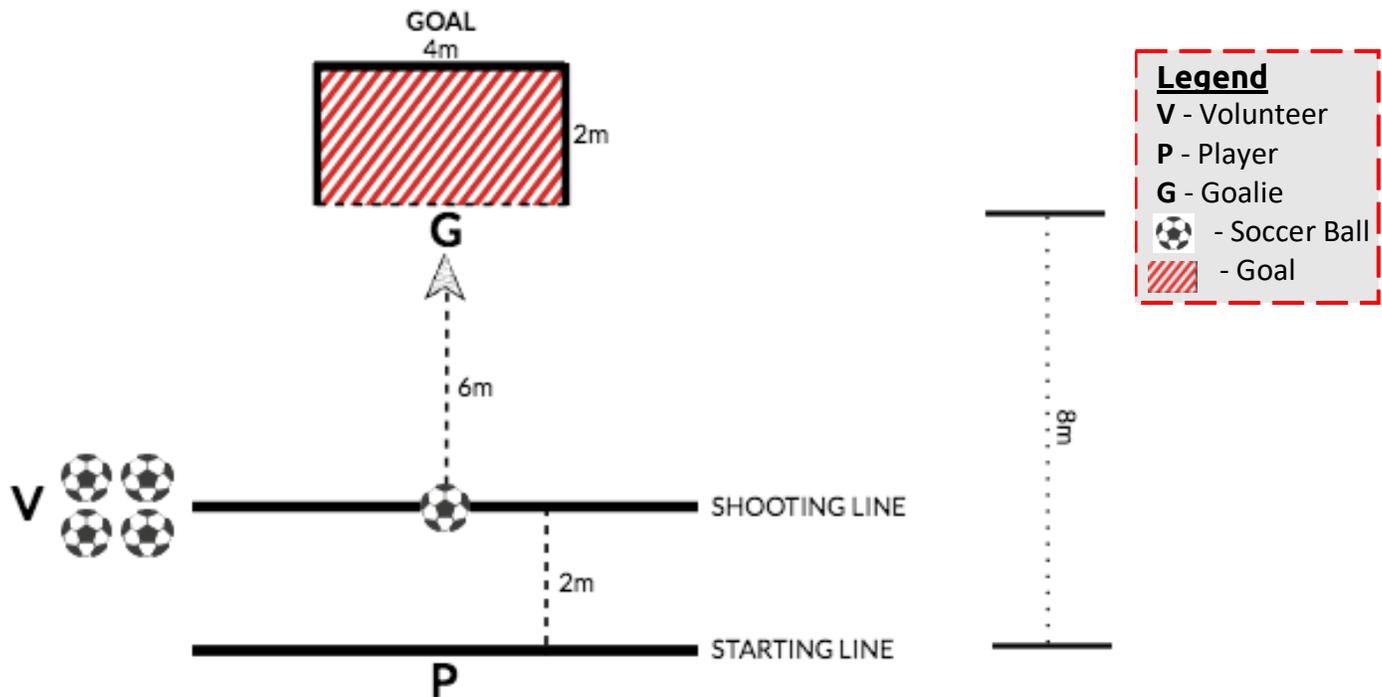
Each successful pass through a target gate awards the player 1 point.

VOLUNTEER REQUIREMENTS

- One volunteer with a stopwatch to indicate when to start and when 60 seconds elapses.
- One volunteer to roll a ball to the player when returning to the starting line.
- Two volunteers to retrieve balls after being passed through the target gate and returning them to the volunteer rolling the balls.



Shooting



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: Five to ten #5/#4 balls, chalk or tape, and a 4-meter x 2-meter 5 a-side goal.

Set-Up: With tape or chalk, a starting line is placed 8-meters from the goal line, as well as shooting line 6-meters from the goal-line.

TEST DESCRIPTION

Time: No time limit

With a goalie in net, the player begins at the starting line and walks or runs to shoot the ball, which is placed at the shooting line 2-meters in front. After shooting, the player returns to the starting line and repeats the same action of shooting the ball placed on the shooting line. After the player takes a shot, a designated volunteer places the next ball on the shooting line. The player will take a total of 10 shots.

SCORING

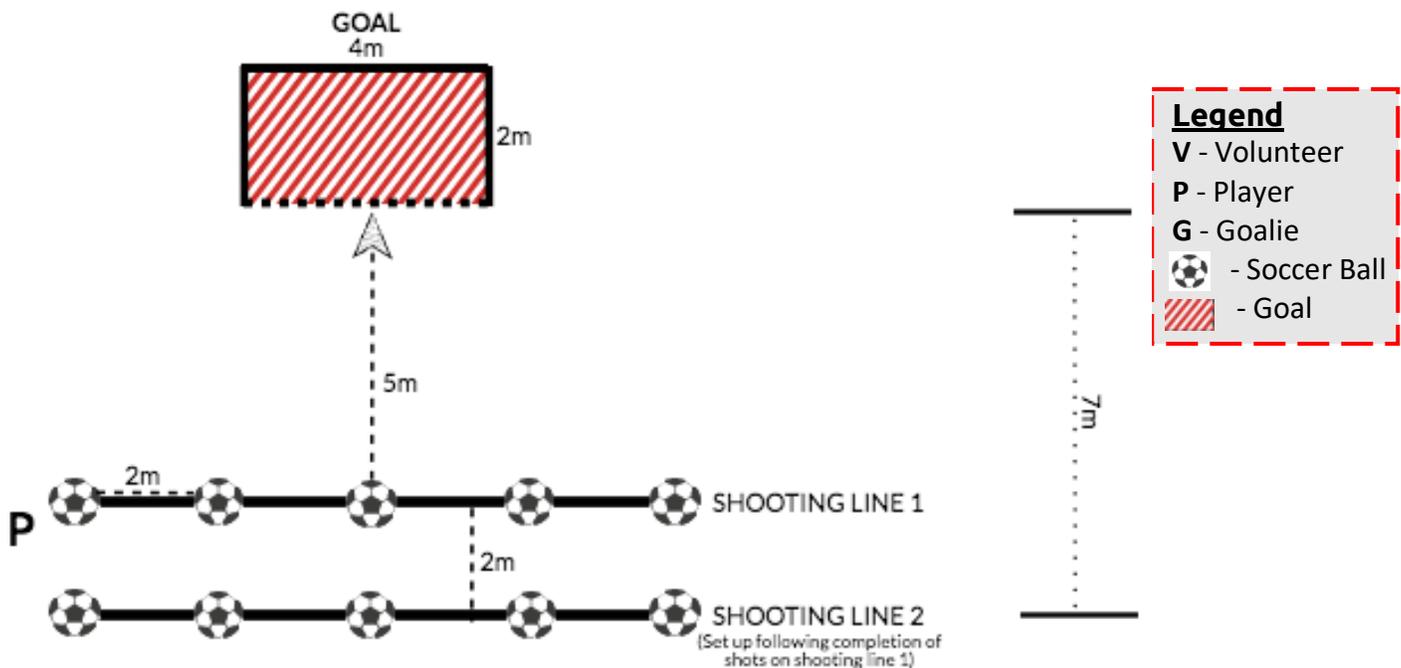
Each successful goal scores 1 point, for a maximum of 10 points.

VOLUNTEER REQUIREMENTS

- One volunteer with soccer balls ready to replace the ball that has been shot.
- One volunteer to serve as a goalie, preferably with considerable experience.
- An above volunteer may keep score or assign a new volunteer to do so.



Shooting (Advanced)



Assessment Breakdown

SET-UP REQUIREMENTS

Equipment: Five #5/#4 balls, chalk or tape, and a 4-meter x 2-meter 5 a-side goal.

Set-Up: With tape or chalk, a shooting line is placed 5-meters from the goal line. A second shooting line is also placed 7-meters from the goal line. Following this, 5 balls are placed approximately 2-meters apart along the first shooting line, with one ball directly in the middle-line of the goal. Upon completing the first round of shots, the same ball set-up is repeated on the second shooting line.

TEST DESCRIPTION

Time: No time limit

The player shoots all balls placed on the first shooting line one-by-one. The player is allowed to run or walk up to the ball prior to shooting based on preference, but the chosen approach should not exceed a 2-meter distance. He/she must begin at the ball on either the far left or right side and continue in succession. After shooting all five balls on the first shooting line, five more balls are set up in the same fashion on the second shooting line. The player then shoots the next five balls with the same rules applying. **No goalie is to be in net.**

SCORING

Each successful goal scores 1 point for a maximum of 10 points.

VOLUNTEER REQUIREMENTS

- One volunteer to keep score and set up the soccer balls on the first/second shooting line.
- One volunteer to serve as a goalie, preferably with considerable experience.
- An above volunteer may keep score or assign a new volunteer to do so.

