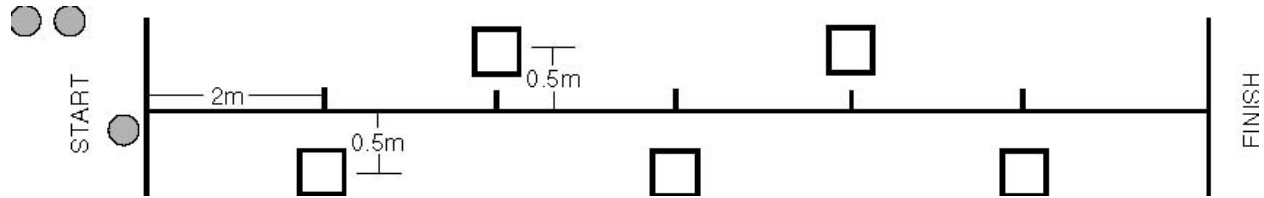




## Soccer- Team Skills Assessment Test

### Skill 1- Dribbling

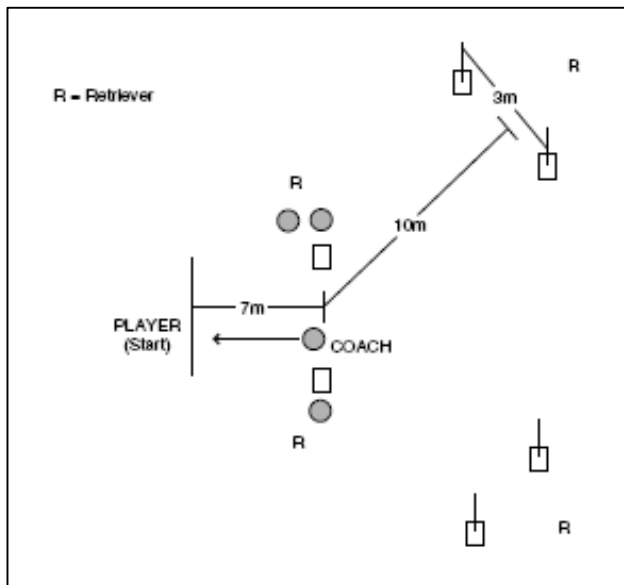
**Setup:** 12-meter dribbling slalom; five cones, 2 meters apart, staggered 0.5 meters from central line. 3-5 balls at the start line.



**Test:** Player dribbles from the starting line to the finish zone, through slalom as quickly as possible, rounding all cones and staying inside the marked lane. The player leaves the ball over the finish line (ball must be stopped) and sprints back to the start. If there is time remaining, player starts with the second ball and repeats. Player continues to repeat until one minute has elapsed. A whistle will be blown when one minute has elapsed to signify the end of the test.

**Scoring:** Player scores 5 points for each cone passed (to the outside); scoring 25 points max. Cones that are knocked down do not count.

### Skill 2- Control and Pass

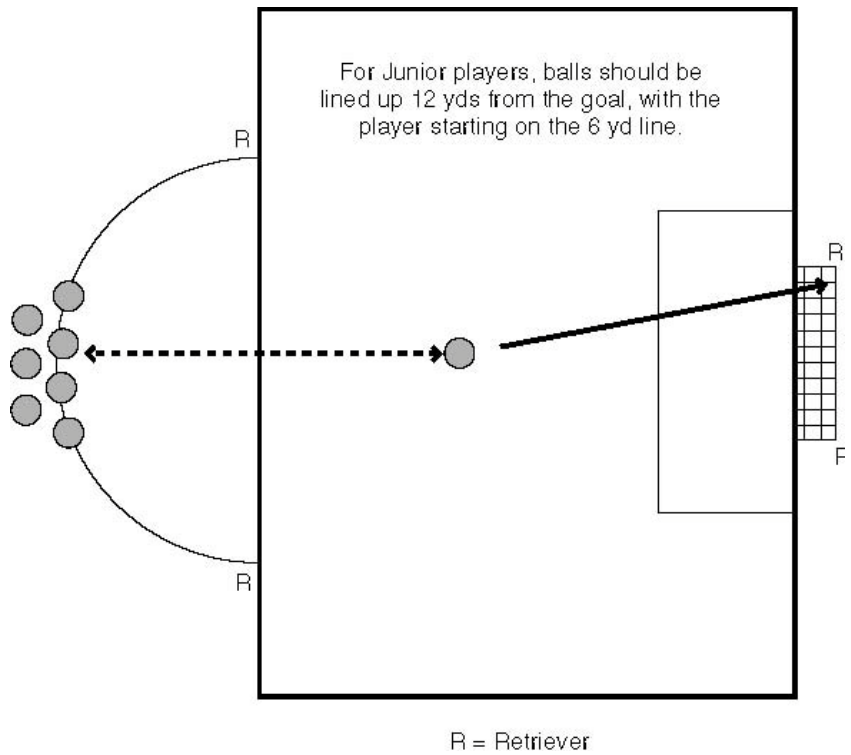


**Setup:** Two cones to form a “passing gate” 5 meters wide, 7 meters from the starting line. Two passing “target gates” (cones and 1-meter flags if possible) as shown. Four to eight soccer balls.

**Test:** Coach rolls the ball at moderate pace to the waiting player. The player may wait on the line or move toward the ball once it has been rolled. Player controls the ball and dribbles through the passing gate. Coach randomly calls and physically indicates “left” or “right” to designate target. Players can dribble as close as they like before passing the ball through the target. The coach will roll the next ball as soon as the player returns to the starting line. After one minute, a whistle will be blown to signify the end of the test.

**Scoring:** Player scores 10 points for each successful pass through a target gate. A ball that hits the cone and goes through will count.

### Skill 3- Shooting



**Setup:** Penalty area and full-size goals with nets, on a regulation field. Four to eight balls at the top of the penalty arc.

**Test:** Player starts at the penalty spot. Runs to the first ball. Collects the ball. Dribbles into the penalty area and shoots. Attempting to shoot the ball in the air into the goal. Players can shoot from whatever distance they choose once they are inside the penalty area. As soon as the player has shot, he/she returns and repeats with another ball. A whistle will be blown after one minute to signify the end of the test.

**Scoring:** Player scores ten points for each shot traveling from foot to goal in the air. Five points for each shot that touches the ground before entering the goal. Zero points for a missed goal.

