

SETUP

1. Two cones to form a “passing gate” 5 meters wide, 7 meters from the starting line.
2. Two passing “target gates” (cones and 1-meter flags if possible) as shown.
3. Four to eight soccer balls. (If balls are in short supply, use four balls but have an efficient retrieval system for returning balls to the coach).

TEST

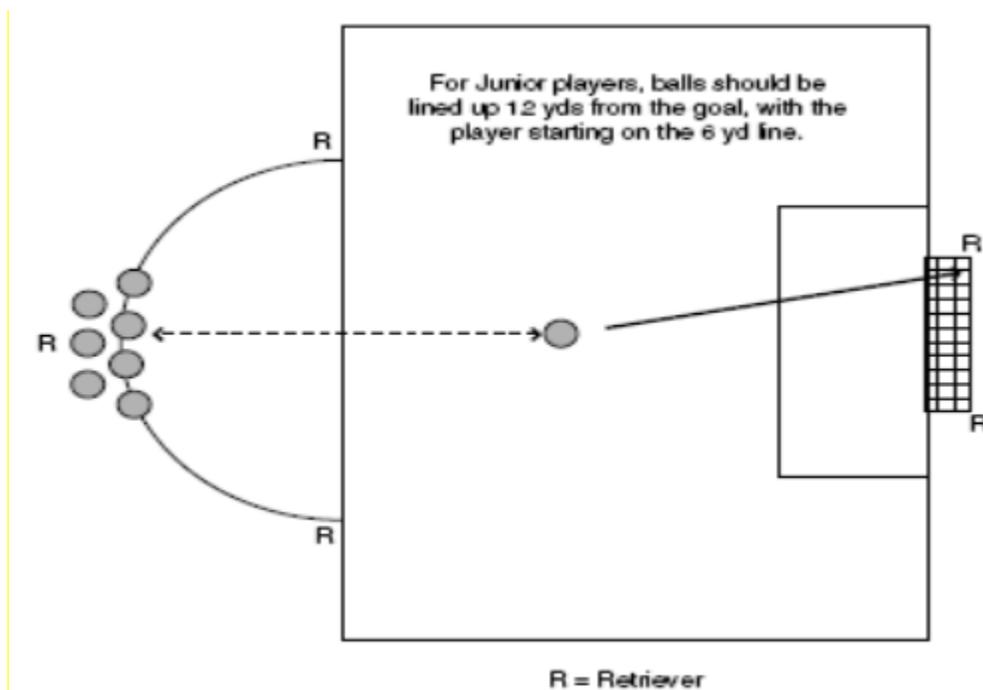
Time: One minute

1. Coach rolls the ball at moderate pace to the waiting player.
2. The player may wait on the line or move toward the ball once it has been rolled.
3. Player controls the ball and dribbles through the passing gate.
4. Coach alternately calls and physically indicates “left” or “right” to designate target.
5. Ball one—right /Ball two—left /Ball three—right, etc.
6. Players can dribble as close as they like before passing the ball through the target.
7. The coach will roll the next ball as soon as the player returns to the starting line.
8. After one minute, a whistle will be blown to signify the end of the test.

SCORING

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

3. Soccer Team Skills Assessment Test—Shooting



SETUP

1. Penalty area and full-size goal with nets, on a regulation field.
2. Four to eight balls at the top of the penalty arc. (If balls are in short supply, the test can be run with four to five balls with a good retrieval and return system).

TEST

1. 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.
2. Players can shoot from whatever distance they choose once they are inside the penalty area.
3. As soon as the player has shot, he/she returns and repeats with another ball.
4. A whistle will be blown after one minute to signify the end of the test.

SCORING

1. 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.

Soccer Skills Assessment Score Sheet

FOOTBALL (Soccer) SKILLS ASSESSMENT SCORE SHEET

	Name	Dribbling	Control & Pass	Shooting	Final TOTAL
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Sum of the top five athletes' total scores: _____ divided by 5 = _____ (Team Score)