

SKILL TESTING SOCCER

JUGGLING

Juggling the ball is a skill that tests a player's touch with the ball. Player begins with the ball in their hand and drops it on to his foot. Player then attempts to keep ball in the air as long as possible using the laces of their shoe, knee, chest or head. Player's turn is over when the ball hits the ground. Total is then recorded.

DRIBBLING

Dribbling the ball tests a player's speed and agility while keeping the ball under control and in close proximity. Player begins by tossing the ball over their head and bringing it under control with her foot. Time starts when the ball is touched with the foot. The players then proceeds to run in a diagonal pattern around five pylons and then turning and heading back to the finish line where they began. The time stops when the player brings the ball across the line and stops the ball under control. Time is then recorded. Focus is on keeping the ball close while moving from pylon to pylon.

HEADING

Heading tests a player's ability to head the ball accurately while running onto the ball. The test begins with a player running away from the person with the ball, running around a pylon approximately seven yards away and coming back to the person with the ball. A ball is then thrown into the air and the player running heads the ball at a net ten yards away from them. Player receives 1 point for heading the ball into the net above 1 meter and below the bar which is 1.45 meters. Player receives 12 points for heading down below the 1 meter mark. Player runs back around the pylon before returning to head the ball after each attempt. Each player is given 5 balls. Total is then recorded.

PASSING

Passing the ball tests a player's ability to pass the ball accurately from 12 yards between posts each one representing either 3, 2, or 1 point. The ball must be hit with alternating feet and hit with pace on the ball for it to count. Player has 30 seconds to pass as many balls as he can between the posts. The posts are spaced 1 yard apart. The two outside spaces are worth 1 point the two inner spaces are worth 2 points and the center space is worth 3 points. If a ball hits a post the player is awarded the lower point. Time begins on go and player must get a ball, which is a yard outside a small box designated by four pylons. The player turns and brings the ball into the box and passes the ball between the posts. Each time he gets a ball and brings it back he must shoot with the other foot. A player's turn is over when the 30 seconds is over. Total is then recorded.

SHOOTING

Shooting tests a player's ability to shoot accurately and quickly while making the player think about alternating feet each shot. The player has 30 seconds to shoot as many balls at the net from 12 yards away. The same format is used as in the passing drill. A player receives 1 point for hitting the net between 1 meter and 1.45 meters and two points for keeping the ball below 1 meter. A shot is not counted if it is not struck with force or it was hit with the same foot twice. The total is then recorded.

40 METER/100M RUN

This tests a player's speed and power. For the 100 meter spring a player runs 50 meters in a straight line to a pylon and then turns and sprints back. For the 40 meter spring a player runs in a straight line from one pylon to another. Times are then recorded.

BOX RUN

This run tests a player's speed and agility. Pylons are situated in a box 12 yards apart. Players must run in a straight line to the first pylon. When they reach the pylon they must shuffle sideways to the next pylon and then run backwards to the third pylon. When they reach this pylon they reverse the direction running forwards, sideways and the backwards to where they started. Time stops when the player crosses the line. Time is then recorded.

RUNNING WITH BALL

This tests a player's ability to run as quick as they can while keeping the ball under control. The test begins on go. The player runs forward with the ball (12 yards) stops the ball and runs back to the start. The player then repeats the run again, all the time keeping the ball close to their feet. The turn ends when the player brings the ball under control at the finish. Time is then recorded.