

**FOOTBALL (SOCCER)****SECTION D — FOOTBALL (SOCCER) TEAM SKILLS ASSESSMENT TEST**

The following tests may be used to determine player and team ability levels for initial divisioning only. They are not to be confused with Individual Skills Competitions found in Section C.5.

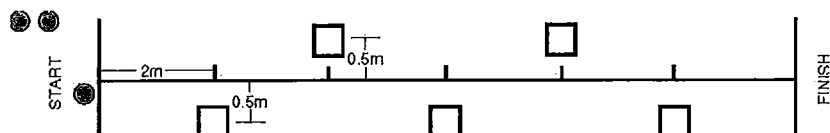
1. Football (Soccer) Team Skills Assessment Test — Dribbling**SETUP**

12-meter dribbling slalom: five cones (minimum 18 inches high), 2 meters apart, staggered 0.5 meters from central line. Three to five balls at the start line.

TEST

Time: One minute

Player dribbles through slalom as quickly as possible, rounding all cones.



Player leaves 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

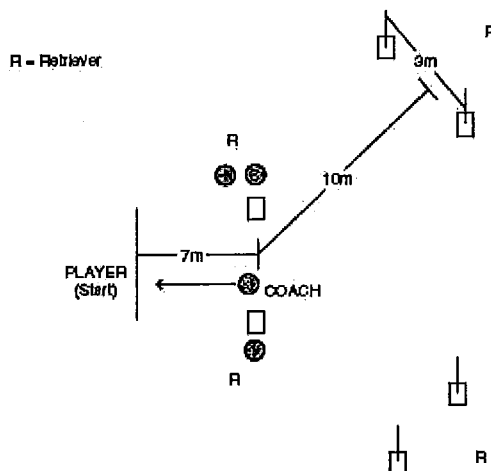
Player scores five points for each cone passed (to the outside) (i.e., 25 points per successful run).

Cones that are knocked down do not count.



FOOTBALL (SOCCER)

2. Football (Soccer) Team Skills Assessment Test—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. (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

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.

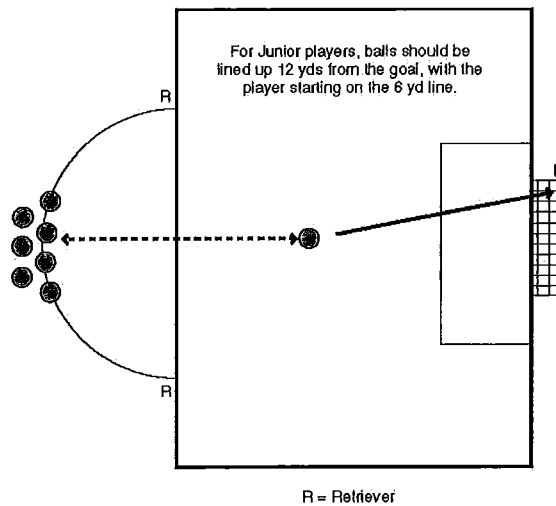
The coach will roll the next ball as soon as the player returns to the starting line.

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.

**FOOTBALL (SOCCER)****3. Football (Soccer) Team Skills Assessment Test — Shooting****SETUP**

Penalty area and full-size goal with nets, on a regulation field.

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

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.