

Step 1: SAT Drills: Set up the dribble, control/pass and shooting drills. Divide up partners and athletes evenly at each station. Have each athlete and partner complete the tasks at each venue to the best of his/her ability. Keep score according to each station's instruction.

Step 2: Composite scores: After all of the athletes and partners have completed the three SATs, add the scores to obtain a total score for each individual.

Step 3: On a flip chart or large sheet of paper, write the names of all of the Special Olympics athletes and their corresponding individual composite skills scores on the top half. On the bottom half, write the names of all of the partners and their corresponding individual composite skills scores. Rank the scores in the group of Special Olympics athletes, from highest to lowest, by placing the appropriate rank order number next to the individual. For example, athlete # 1 has a score of 60, athlete # 2 has a score of 56, athlete # 3 has a score of 48, etc. Do the same ranking for the group of partners.

Step 4: Formation of Teams Based on Soccer Skills Assessment Test Scores

Using the SAT Scores, divide your players into preliminary teams. Put your higher-skilled partners and athletes on one team and lower-skilled athletes on the other. This will be a chance to determine if one team can move to a higher division

	Team 1	Team 2	Team 3
Athletes:	1 (highest)	4	7
	2	5	8
	3	6	9
Partners	1 (highest)	4	7
	2	5	8
	3	6	9

Remember, in five-on-five soccer, there must always be 2 Special Olympics athletes and 2 partners on the floor, the fifth player is preferred to be a Special Olympics athlete.

Step 5: Play 10-15 minute scrimmage games.

Using the Unified Soccer Evaluation Checklist, make notes on each player. Pay particular attention to athletes who have scored extremely low on the skills tests (more than 25% below the average partner score) and partners who scored extremely high (more than 25% above the average athlete score).

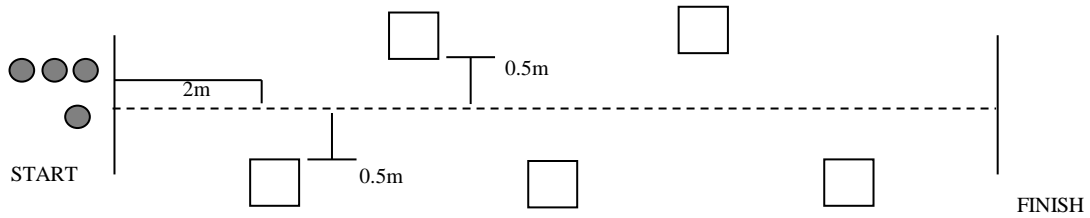
Note: Goalies need to be evaluated separately. Be sure the athlete/partner chosen is not afraid when balls are kicked at them with significant force.

Step 6: Make a decision about which level of divisioning is appropriate for your athletes and partners. Based upon observations and in-game skills and tactics assessments of players, move athletes and or partners to teams, if needed, to create better fit.

Step 7: Inform all participants about the decision of the Assessment Team.

Invite appropriate participants to the next practice. Discuss alternative participation options for participants who have been assessed as "inappropriate". Such options may include becoming a coach or training partner. Options may also include joining a different Unified Sports® team of more comparable skill, joining a traditional Special Olympics team, or trying out for a different Unified sport

5.1 Football (Soccer) Team Skills Assessment Test – Dribbling (12m Slalom)



SET UP

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 (weaving in and out of) 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.

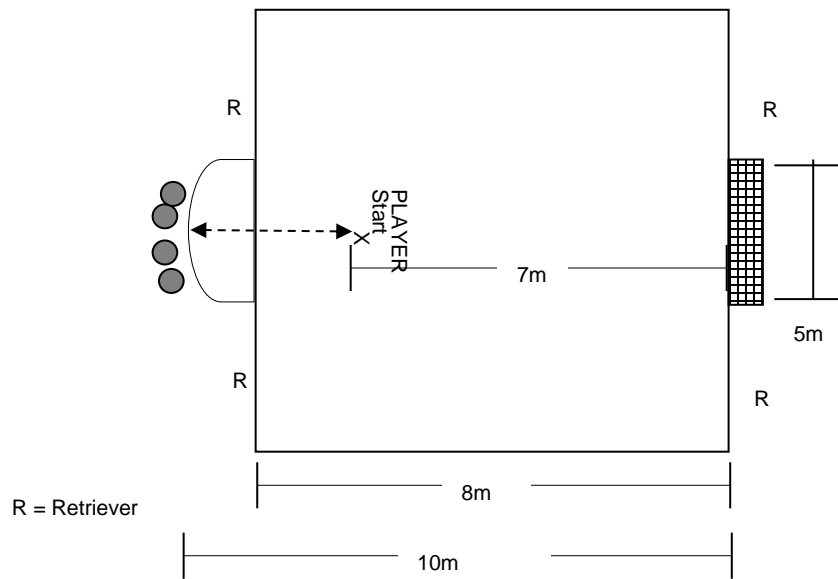
Player continues until one minute has elapsed.

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).

5.1 Football (Soccer) Team Skills Assessment Test – Shooting



SET UP

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 7m mark. Collects the ball from the top of the arc. 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.

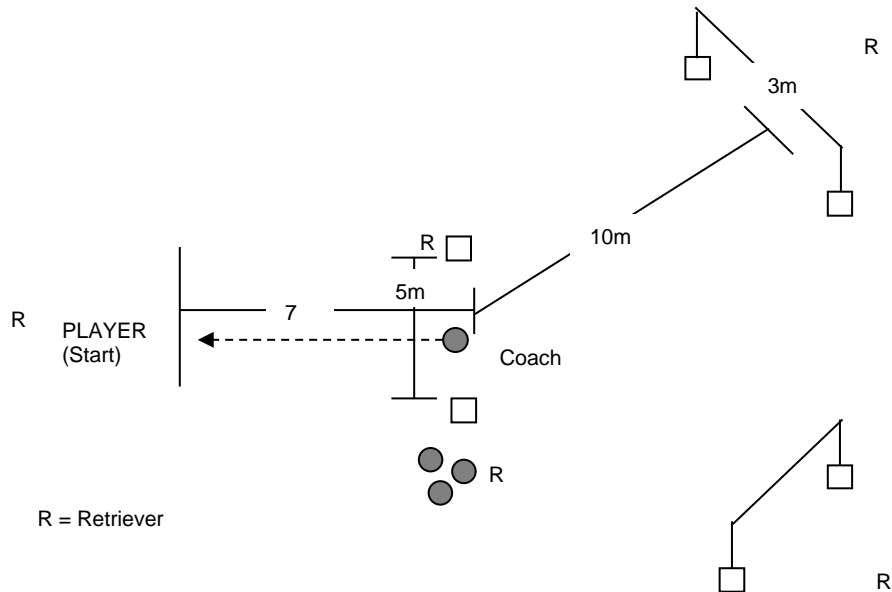
As soon as the player has shot, he/she returns and repeats with another ball.

A whistle will be blown after one minute to signify the end of the test.

SCORING

Player scores ten (10) points for each shot traveling from foot to goal in the air and five (5) points for each shot that touches the ground before entering the goal.

5.1 Football (Soccer) Team Skills Assessment Test – Control and Pass (Direction on Cue)



SET UP

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 alternately calls and physically indicates “left” or “right” to designate target.

Ball one – right / Ball two – left / Ball three – right, etc.

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.

