

Soccer Team Assessment Drills

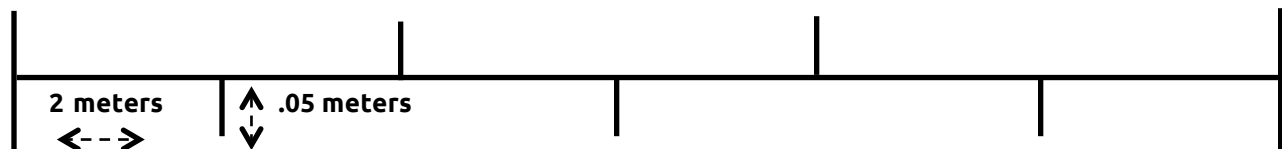


These assessment drills may be used during tryouts or an early practice session to evaluate the skills of your players. On a Unified Sports team it is important to field a team of players who will be able to practice and play with each other without modification from the official sport rules and without danger to his/herself or others. Please ensure that all players are able to contribute in a meaningful way to the team.

Best Practices

- Call out the scores as the player earns them. It will help you (coach) keep track of the score but may also encourage the player and teammates to do their best and stay engaged in the activity
- Be sure to have plenty of soccer balls ready for each activity so the player's score isn't affected by shagging balls.
- Ask other teammates to help retrieve balls – they may also function in a coach's role (rolling balls, etc.) but be sure to include both athletes and partners if players assist.

Skill One: Dribbling

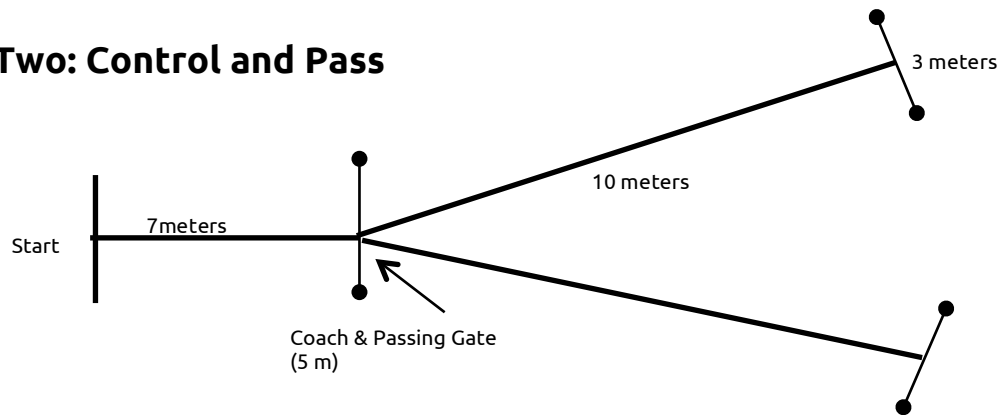


Setup: 12 m. dribbling slalom: 5 cones (min 18" high), 2 m. apart, staggered .5 m from the central line. 3-5 balls at start line.

Description: Player dribbles through slalom rounding all cones as quickly as possible for 1 minute. Player leaves ball stopped at finish line, sprints back to start line and begins again (time permitting).

Scoring: Player scores 5 points for each cone passed to the outside. Cones that are knocked down or missed do not count.

Skill Two: Control and Pass



Setup: Two cones to form a “passing gate” 5m wide, 7m from the starting line. Two 3 meter passing “target gates” (cones and 1m flags (if possible) as shown. 4-8 soccer balls.

Description: Coach rolls the ball at a moderate pace to the waiting player. The player may wait on the line or move once the ball has been rolled.

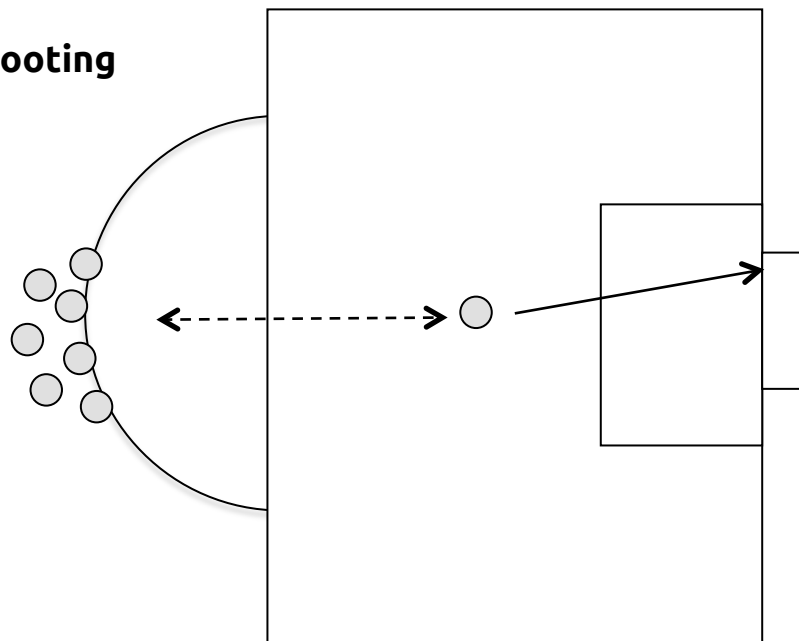
Player controls the ball and dribbles through the “passing gate”.

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

Player can dribble as close as they wish before passing through the target.

Scoring: Player scores 10 points for each successful pass through a “target gate”. A ball that hits the cone and goes through will count. Complete drill for 1 minute

Skill Three: Shooting



Setup: Penalty area with full-size goal with nets, on regulation field (may be adjusted to 5 v 5 field size (line up 12 yards from goal, ball at 6 yard line)

Description: Player begins at the penalty spot. Runs to first ball. Collects the ball. Dribbles into the penalty area and shoots. Attempting to shoot the ball in the air into the goal.

Scoring: Player scores 10 points for each shot traveling from foot into the goal in the air. Five points for each shot that touches the ground before entering the goal. Complete drill for 1 minute.

