

SET-UP

- Two cones to form a “passing gate” 5m wide, 7m from the starting line.
- Two passing “target gates” (cones & 1m 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

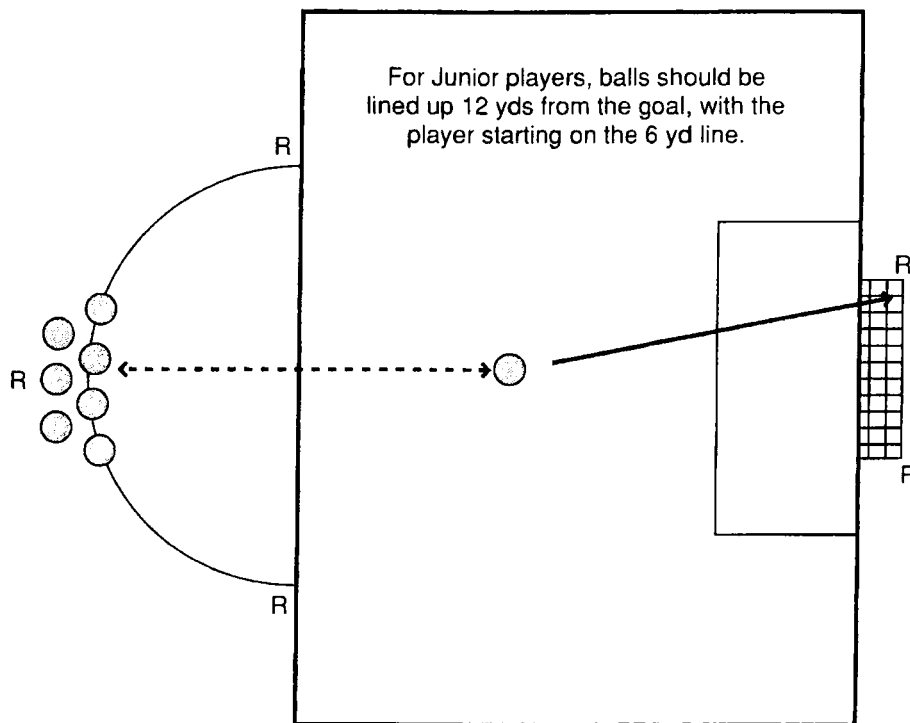
- Time: One minute.
- Coach rolls the ball at moderate pace to the waiting player.
- The player may wait on the line or move towards the ball once it has been rolled.
- Player controls the ball and dribbles through the passing gate.
- Coach alternately calls and physically indicates “left” or “right” 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.
- At 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.

3. 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



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

