

PLAYERS: _____ DATE: _____
 YEAR OF BIRTH _____



ASSESSMENT GUIDE & RECORDING SHEET For Individual Players

Step 1 – Watch and Download Level System

Step 2 – Perform Each Exercise

- Layout Field for exercise
- Count as Accurately as Possible
- Repeat exercise if necessary

Step 3 – Record Your Score

Step 4 – Upload Scores Online

MASTER DRIBBLING

MASTER DRIBBLING

Optional – Take a Video

Upload Videos to watch your Progress

Items Needed

- One Regulation Size Soccer Ball CONTROL PASSING
- 10 Markers CONTROL PASSING
- Stopwatch or Assessment Videos PERFECT PASSING
- Tape Measure PERFECT PASSING
- Rebounding Wall (First Touch and Passing Only)
- Partner (Aerial Control Only)
- Soccer Goal (Ball Striking Only)

	1	2
COMFORT		
1. Toe Taps / FOOT SPEED		
2. Foundations / QUICK TOUCH		
JUGGLING PRO JUGGLING		
3. Juggling / PF STRONG FOOT		
4. Juggling / NPF WEAK FOOT		
5. Juggling / Head		
DRIBBLING MASTER DRIBBLING		
6. Change of Pace / PF STRONG FOOT		
7. Change of Pace / NPF WEAK FOOT		
8. Change of Direction SHARP TURNS		
9. Move / Scissors ATTACK DRIBBLING		
FIRST TOUCH & PASSING		
10. First Touch / PF TWO (2) TOUCH STRONG FOOT		
11. First Touch / NPF TWO (2) TOUCH WEAK FOOT		
12. One Touch / PF ONE (1) TOUCH STRONG FOOT		
13. One Touch / NPF ONE (1) TOUCH WEAK FOOT		
AERIAL CONTROL		
14. Aerial Control / TOTAL CONTROL		
BALL STRIKING		
15. Ball Striking / PURE STRIKE		
SPEED, STRENGTH & FLEXIBILITY		
16. 20 Second Sprint POWER SPRINT		

Key:

PF=Preferred Foot

NPF=Non Preferred Foot

Distance Conversions: (Meter to Yards, Yards to Feet)

5 meters = 5.5 yards = 16.5 feet

2.5 meters = 2.7 yards = 8.1 feet

NOTES: Players should be working on these assessments during the seasonal year and in-between seasons.

Players are required to understand the rules of each assessment.

RECORD SCORES AT: www.isoccer.org • www.football.org • www.ifutbol.org