

PLAYERS: \_\_\_\_\_ DATE: 2008  
 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

### Optional – Take a Video

Upload Videos to watch your Progress

MASTER DRIBBLING

### 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
<b>COMFORT</b>		
1. Toe Taps / FOOT SPEED		
2. Foundations / QUICK TOUCH		
<b>JUGGLING PRO JUGGLING</b>		
3. Juggling / PF STRONG FOOT		
4. Juggling / NPF WEAK FOOT		
5. Juggling / Head	n/a	n/a
<b>DRIBBLING MASTER DRIBBLING</b>		
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		
<b>FIRST TOUCH &amp; PASSING</b>		
10. First Touch / PF <span style="font-size: small;">TWO (2) TOUCH STRONG FOOT</span>		
11. First Touch / NPF <span style="font-size: small;">TWO (2) TOUCH WEAK FOOT</span>		
12. One Touch / PF <span style="font-size: small;">ONE (1) TOUCH STRONG FOOT</span>		
13. One Touch / NPF <span style="font-size: small;">ONE (1) TOUCH WEAK FOOT</span>		
<b>AERIAL CONTROL</b>		
14. Aerial Control / TOTAL CONTROL	n/a	n/a
<b>BALL STRIKING</b>		
15. Ball Striking / PURE STRIKE	n/a	n/a
<b>SPEED, STRENGTH &amp; FLEXIBILITY</b>		
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.  
 Please make sure your child understands the rules of each assessment they are required to complete.

RECORD SCORES AT: [www.isoccer.org](http://www.isoccer.org) • [www.football.org](http://www.football.org) • [www.ifutbol.org](http://www.ifutbol.org)