

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



**ASSESSMENT GUIDE & RECORDING SHEET**  
 For Individual Players

YEAR OF BIRTH

1 2

**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)

COMFORT			1	2
1. Toe Taps / FOOT SPEED				
2. Foundations / QUICK TOUCH				
JUGGLING PRO JUGGLING				
3. Juggling / PF STRONG FOOT	n/a	n/a		
4. Juggling / NPF WEAK FOOT	n/a	n/a		
5. Juggling / Head	n/a	n/a		
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	n/a	n/a		
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	n/a	n/a		
BALL STRIKING				
15. Ball Striking / PURE STRIKE	n/a	n/a		
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.

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)