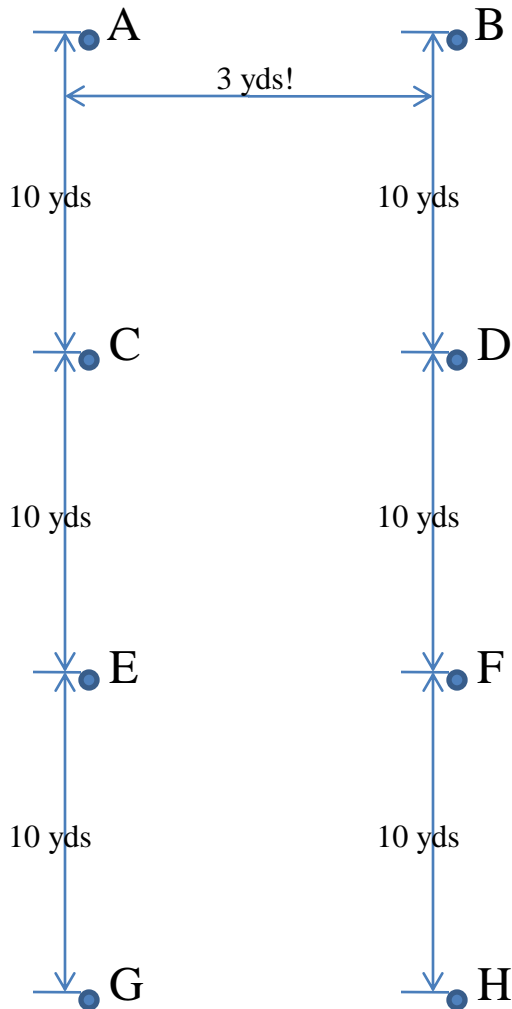


# Evaluation Tests

- Each player performs 6 different skill stations
  - Each player receives a rating at each station
  - FA Soccer Star Challenges (<http://www.fa-soccerstar.com/>)
  - 4 stations are timed (speed, dribbling, run with the ball, and turning)
  - 2 stations are scored (passing and shooting)
  - Use the same judge at each station for each age group
  - Each judge records player's name and number plus their score on their score sheet.

# (1) Running With the Ball

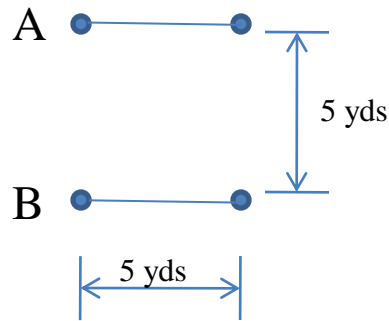


1. Begin timer when player or ball crosses line AB.
2. Player must touch the ball in square EFGH and then can pass it across GH to stop time.
  - a) If not touched in square EFGH, give 1 retry.
3. Ball must cross line at most 2 feet above line GH.
  - a) If it crosses at more than 2 feet, give 1 retry.
4. 2 attempts per player – use best time.

## Tips:

- Few long touches
- Get head up on b/w touches
- Run straight
- Pass with laces in stride

# (2) Turning

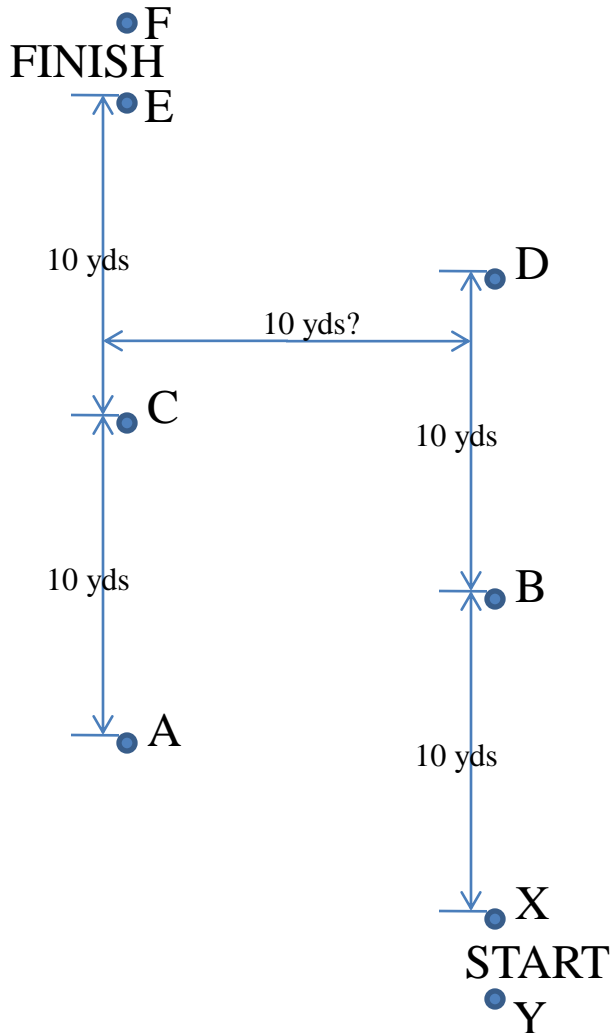


1. Begin clock when player crosses line A dribbling ball.
2. Player must cross line B, turn, dribble back across A, turn, dribble across line B, turn, and dribble across A.
3. After crossing A, player must stop ball and put foot on top of ball and clock stops.
4. Let player retry once if they fall down or fail to cross a line when they should have.
5. Players do it 3 times. Use best time.

## Tips:

- Keep ball close
- Don't overrun line too far
- Cut or flick turn, Cruyff turn (behind other leg), Step Over. Inside of other foot, Pullback, Stop/turn

# (3) Speed

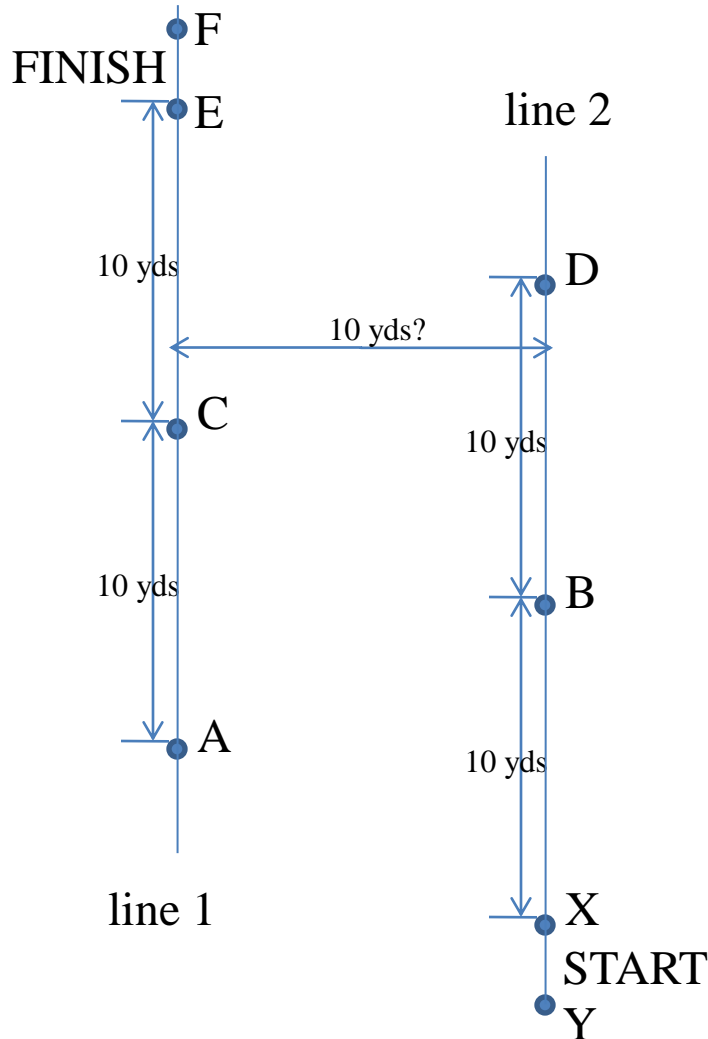


1. No ball. Player starts behind line XY.
2. Coach tells them to go.
3. As soon as they cross line XY, coach starts the timer.
4. Player runs around cone A then around cone B then around cone C then around cone D and then crosses line EF.
5. As soon as the player crosses line EF, coach stops the timer.
  - a) Give the player 1 retry if they miss a cone or fall.
6. 2 attempts per player. Use best time.

## Tips:

- Keep body low – knees bent, lean forward on direction changes
- Accelerate out of turn by keeping head still, lift knees, swing arms parallel to body

# (4) Dribbling

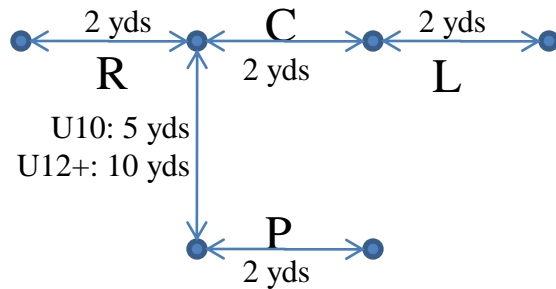


1. Player starts behind line XY with a ball.
2. Coach tells them to go.
3. As soon as they cross line XY, coach starts the timer.
4. Player runs across line 1 below cone A then across line 2 below cone B then across line 1 below cone C then across line 2 below cone D and then crosses line EF.
5. As soon as the player crosses line EF, stops ball, and puts 1 foot on it, coach stops the timer.
  - a) Give the player 1 retry if they don't cross a line, dribble behind a cone, don't stop ball after crossing EF, or fall.
6. 2 attempts per player. Use best time.

## Tips:

- Imagine markers are defenders
- Fake outside, go inside
- Accelerate away to right using outside of right foot

# (5a) Passing (U10/U12+)

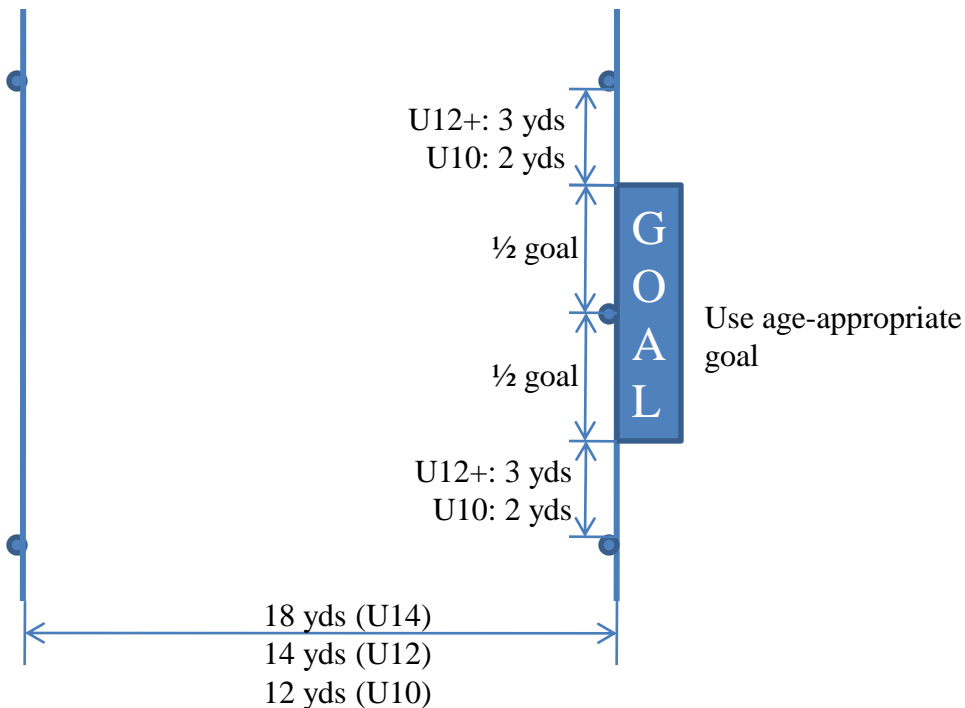


1. Coach stands at C between cone pair L and cone pair R.
2. Player stands at P.
3. Coach passes ball to player P who must receive the ball with either foot and then pass the ball with their right foot and put it through the R cone pair. Give them 3 for R.
4. Next do 3 for left foot through L cone pair.
5. Each pass (of the 6 total) that goes through the proper cone pair is 0.5 points.
6. If the coach provides a poor service, coach can redo it.

## Tips:

- Inside of foot
- Plant foot pointing at target
- Sweep foot through middle of ball (vertically and horizontally) and towards target

# (6) Shooting



## Tips:

- Keep ball low
- Plant foot beside ball. Head still over ball
- Angle extended and hit with laces
- Make contact through middle of ball
- Aim far post
- Point opposite shoulder & plant foot at target
- Follow through toward target

1. Player stands 18/14/12 yards (U14/U12/U10) from goal and level w/ cone @ near post.
2. NO POWER LINES for TYSA but shot must reach back of net to count
3. Player touches ball forward no more than 3 yards (paint line to mark) and strikes ball with laces while the ball is in motion.
  - a) Judge can give 1 retry if above is not followed – be consistent.
4. Scoring is as follows:
  - a) If shot goes between near post outside marker and near post → 0 points
  - b) If shot goes between near post and middle of goal → 2 points
  - c) If shot goes between middle of goal and far post → 3 points
  - d) If shot goes between far post and far post marker → 1 point
5. Do 3 outside left marker with left foot and 3 outside right marker with right foot.