

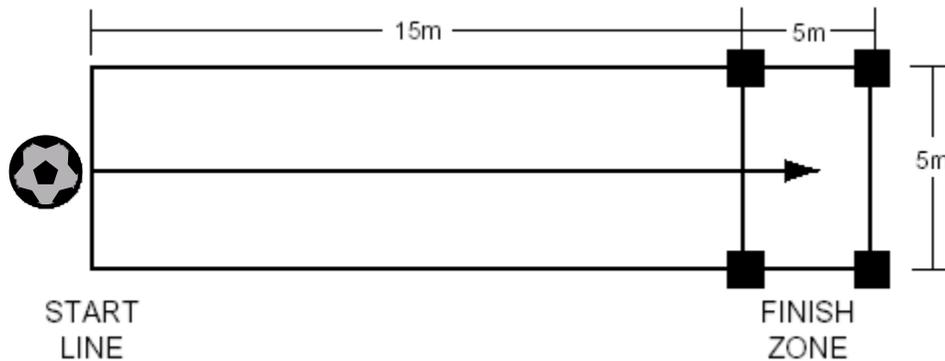
SOCCER SKILLS SCORECARD

Local: _____
Coach Name: _____

	ATHLETE NAME	DRIBLLING*	CONTROL & PASS	SHOOTING	ATHLETE TOTAL POINTS
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
Additional Athletes					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					

See scoring conversion chart provided below
Use additional pages as needed

DRIBBLING



Equipment

- Size 5 ball - not more than 70 cm (28 in) and not less than 68 cm (27 in).
- Tape or chalk
- 4 large cones to mark the finish zone

Description

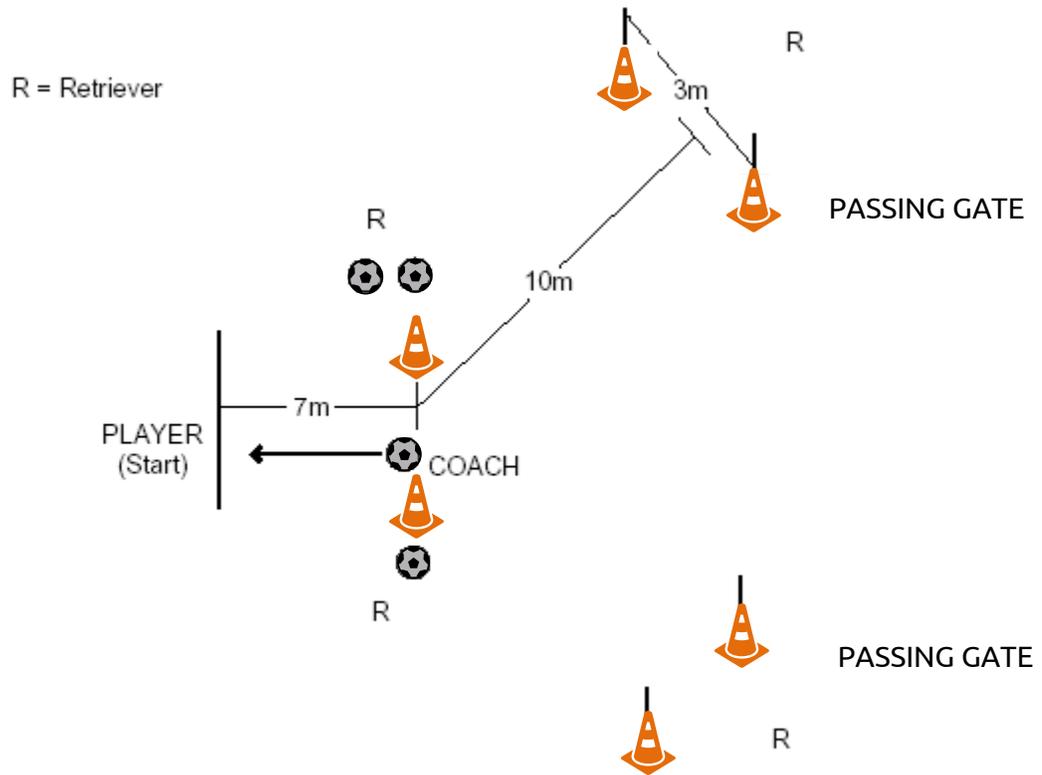
The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones and/or chalk. The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player overshoots the finish zone, he/she must dribble it back in to finish.

Scoring

The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.)

SCORING CONVERSION CHART	
Dribble Time (Seconds)	Point Score
0-4	65 points
5-7	60 points
8-10	55 points
11-13	50 points
14-15	45 points
16-20	40 points
21-25	35 points
26-30	30 points
31-35	25 points
36-40	20 points
41-45	15 points
46-50	10 points
51 or more	5 points

CONTROL AND PASS



Equipment

- Four (4) to eight (8) #5 soccer balls
- Six (6) cones
- Four (4) 1m flags (if possible)

Set up

- Place two (2) cones to form a “passing gate” 5m wide, 7m from the starting line.
- Set-up two passing “target gates” (cones and 1m flags if possible) as shown.
- Coach retrieves four (4) to eight (8) balls (if balls are in short supply, use four (4) balls but have an efficient retrieval system for returning balls to the coach).

CONTROL & PASS CONTINUED..

Test

Time: 1 minute

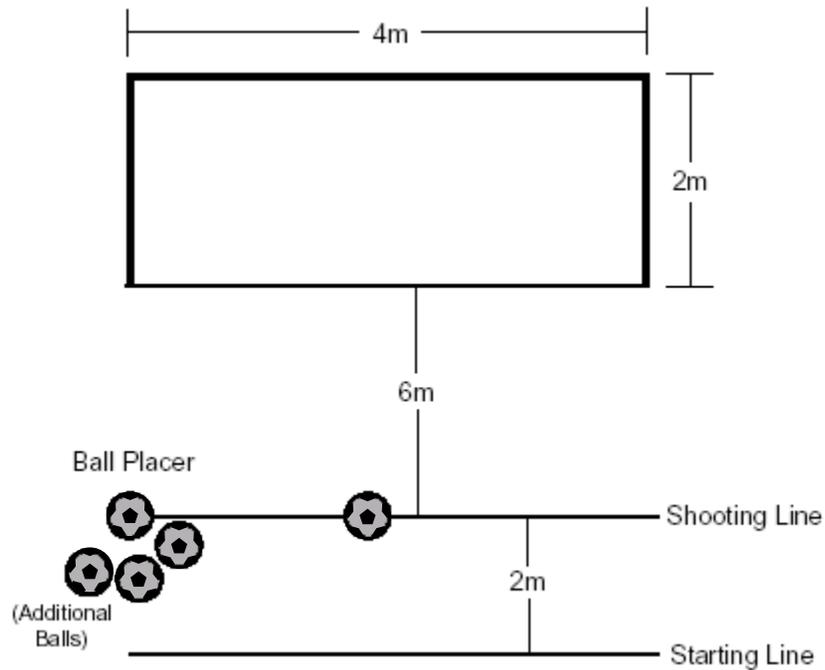
- Coach rolls the ball at a moderate pace to the waiting player.
- The player may wait on the line or move towards the ball once it has been rolled.
- Player controls the ball and dribbles or passes through the passing gate.
 - Players can dribble as close as they like before passing the ball through the target.
- Coach alternately calls and physically indicates “left” or “right” to designate target.
 - Ball 1: Right / Ball 2: Left / Ball 3 : Right etc.
- The coach will roll the next ball as soon as the player **returns to the starting line.**
- At 1 minute, a whistle will be blown to signify the end of the test

Scoring

- Player scores ten (10) points for each successful pass through a target gate. A ball that hits the cone and goes through will count.



Shooting



Equipment

- Five (5) #5 balls
- Tape or chalk
- 4m x 2m 5 a-side goal with net

Description

Player begins at the start line and walks or runs to shoot the ball into the goal from a distance of 6m. The player returns to the line. Ball placer (official) places the next ball to be shot. Player repeats. **Total of 5 shots.**

Scoring

Each successful goal scores 10 points. Maximum 50 points.