

# Soccer Skills Assessment 7th Grade

**Soccer Skills Assessment:**

- All skills are assessed based on a **Kinetic Chain** – *Using multiple muscle groups in one fluid movement pattern.*

Soccer Skill		Attempts			Instructional Cues	
<b>Dribbling</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Contact ball with sides of feet				 <p>Inside of feet</p>	 <p>Ball stays close</p>
2	Keep the ball close					
3	Run					
<b>Passing</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Strike ball with sides of feet				 <p>Kick with inside of foot</p> <p>Step next to ball</p>	 <p>Pass while moving</p>
2	Step next to ball					
3	Aim plant foot towards target					
<b>Throw-In</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Two hands on the ball (form W)				 <p>Two hands on the ball</p> <p>Step and drag foot</p>	 <p>Ball starts behind head</p> <p>Both feet stay on ground</p>
2	Ball starts behind head					
3	Step and drag toe while releasing ball					