

# Soccer Skills Assessment 8th 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					
2	Keep the ball close					
3	Run					
4	Eyes up					
<b>Passing</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Strike ball with sides of feet					
2	Step next to ball					
3	Aim plant foot towards target					
4	Pass while moving					
<b>Throw-In</b>		<b>1</b>	<b>2</b>	<b>3</b>		
1	Two hands on the ball (form W)					
2	Ball starts behind head					
3	Step and drag toe while releasing ball					
4	Both feet stay on the ground					