## 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		A	ttemp	ots	Instructional Cues	
Dribbling		1	2	3		
1	Contact ball with sides of feet				Inside of feet	Ball stays close
2	Keep the ball close					
3	Run					
4	Eyes up					
Pas	sing	1	2	3		
1	Strike ball with sides of feet				Kick with inside of foot  Step next to ball	Pass while moving
2	Step next to ball					
3	Aim plant foot towards target					
4	Pass while moving					
Throw-In		1	2	3		
1	Two hands on the ball (form W)				Step and drag foot	Ball starts behind head Both feet stay on ground
2	Ball starts behind head					
3	Step and drag toe while releasing ball					
4	Both feet stay on the ground					