

Soccer Skills Assessment Team Sports

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	
Dribbling		1	2	3		
1	Contact ball with sides of feet					
2	Keep the ball close					
3	Run full speed					
4	Eyes up					
5	Control ball with both feet					
Passing		1	2	3		
1	Strike ball with sides of feet without trapping it first					
2	Step next to ball					
3	Aim plant foot towards target					
4	Pass while moving and use 3 soccer moves					
5	Pass reaches target					
Throw-In		1	2	3		
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					
5	Throw-in reaches target at least 10 yards away					