



Individual Skill Testing

Bored? Need more practice time? Have extra room at home and a soccer ball? Here are some excellent examples of basic skills to improve on your own or compete with team mates or a training partner.

Juggling

Description: keeping the ball in the air using any part of the body except the hands. Player is allowed to record the better of two attempts.

Scoring: Total contacts in the air.

Juggling											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	3	3	4	5	6	7	9	12	15	20	25
Silver	4	4	5	6	7	9	12	16	21	26	30
Gold	6	6	7	8	10	13	15	25	35	45	50

Heading

Description: keeping the ball in the air using the head only. Player is allowed to record the better of two attempts.

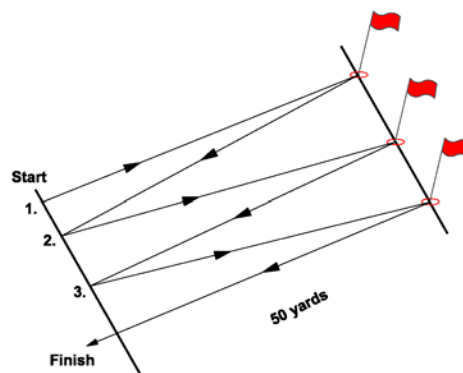
Scoring: Total contacts in the air.

Heading											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	3	3	4	5	6	7	9	12	15	20	25
Silver	4	4	5	6	7	9	12	16	21	26	30
Gold	6	6	7	8	10	13	15	25	35	45	50

Fitness

Description: Run a 100 yard course from the start to 50 yards marker and return, three times.

Scoring: use a stopwatch to time from the start signal until the runner crosses the finish line.

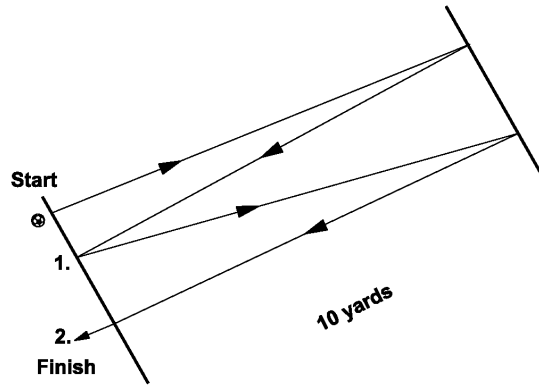


Fitness (seconds)											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	75.0	70.0	65.0	63.0	61.0	59.0	56.0	52.0	49.0	48.0	46.0
Silver	70.0	65.0	60.0	59.0	58.0	57.0	53.0	50.0	47.0	46.0	44.0
Gold	65.0	60.0	58.0	58.0	55.0	52.0	50.0	48.0	45.0	44.0	42.0

Shuttle Run – Running with the ball

Description: With the ball under control he runs ten yards to the line, turns with the ball and runs back to the start line, turns and repeats the run once more.

Scoring: use a stopwatch to time from the start signal until the runner stops the ball with their foot on the finish line.

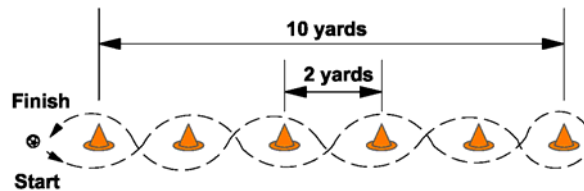


Shuttle Run (seconds)											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	20	18	16	15	14	14	13	13	12	12	12
Silver	17	16	15	14	13	13	12	12	11	11	11
Gold	16	15	14	13	12	12	11.5	11	10.5	10	10

Dribbling

Description: Set up six cones two yards apart over a distance of 10 yards. The player begins with the ball at their feet at the first cone and dribble in and out the cones in a zig-zag fashion, around the end marker and zig-zag back to the starting point.

Scoring: using a stopwatch to time from the start signal until the runner stops at the last cone with their foot on the ball.



Dribbling (seconds)											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	22	20	18	16	14	14	13	13	12	12	12
Silver	20	18	16	15	13	13	12	12	11	11	11
Gold	18	16	14	13	12	12	11.5	11	10.5	10	10

Passing and Shooting

Description:

1. On command "GO" start test immediately. Drop the ball; it need not bounce before you play it against the target area. Continue to play ball against the target area until the command stop.
2. You may use any skills but must play the ball from behind the restraining line.
3. You may cross the line to retrieve the ball but hits won't count. Use spare balls, if necessary, to save time.
4. Each ball striking the wall in the marked area and returning over the restraining line before time expire count as a hit and score one point.
5. Three trials – total score.

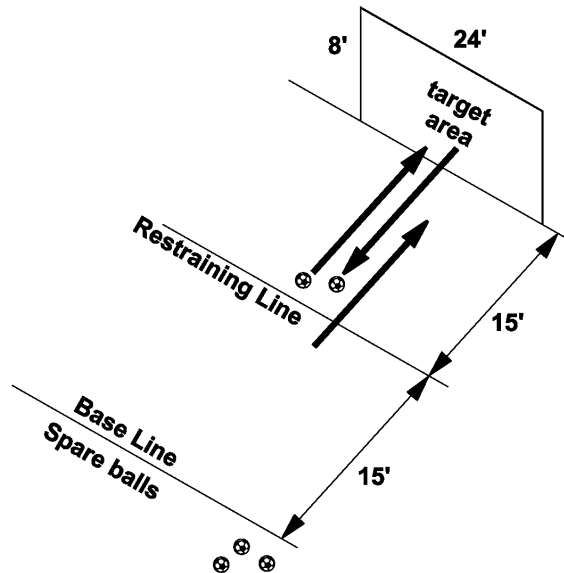
Scoring:

Three 30 second trials – total score.

Target Area: 8' high x 24' wide

Restraining Line: 15' away from target

Base line: 30' away from target



Passing & Shooting											
Level/Age	7	8	9	10	11	12	13	14	15	16	17
Bronze	21	21	22	24	30	32	33	34	36	38	40
Silver	24	24	25	29	35	37	38	39	40	42	44
Gold	27	27	28	32	40	42	43	44	45	46	48