



2020 SKILL TESTING PROTOCOL

PREPARED BY:

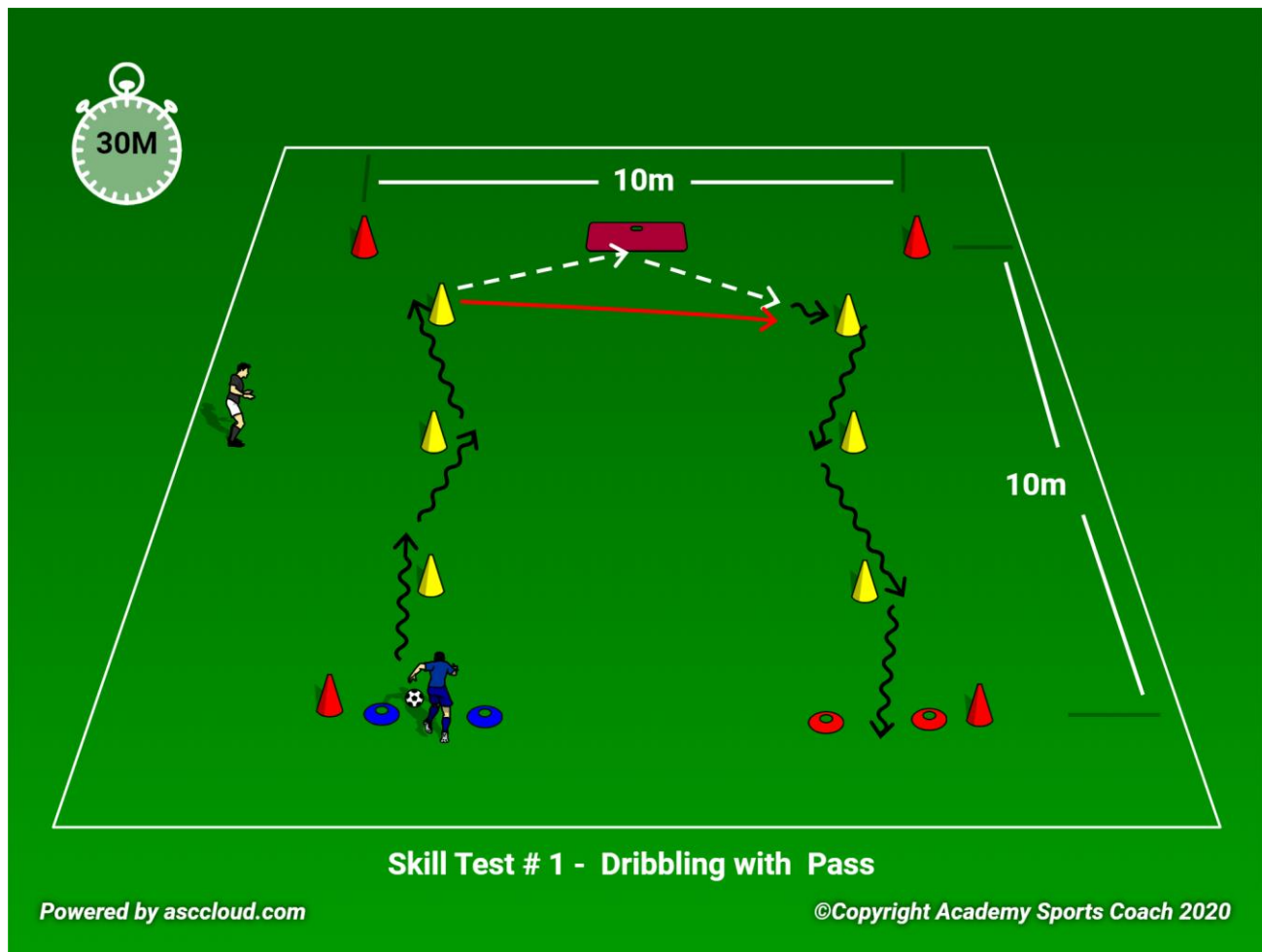


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Skill Test # 1 Dribbling with a pass

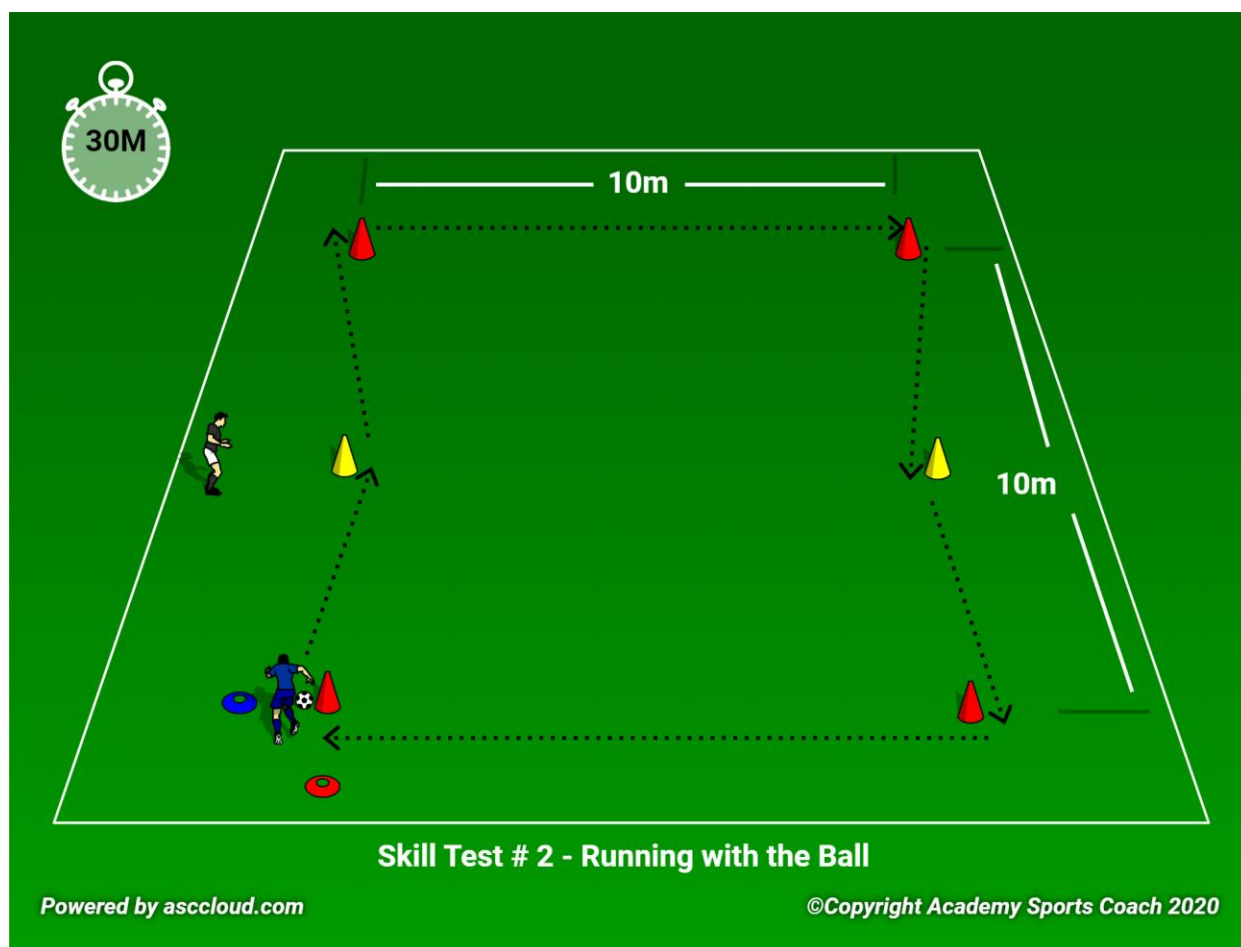
Four cones are placed within the 10m square, with 3 additional cones approximately 3m apart on each side **as shown**. A flat surface such as a bench 2m wide, is placed on the end line. The player is instructed to dribble the ball around the first 3 cones in slalom fashion, make a pass from the third cone and receive/control the ball on the run, and dribble around the 3 cones back to the starting line. The objective is to complete the drill in the fastest time possible without knocking down the cones and without stepping out of the square, controlling the ball only with the feet. If a cone is knocked over, the participant has to place it upright and continue the test.





Skill Test # 2 – Running with the Ball (speed)

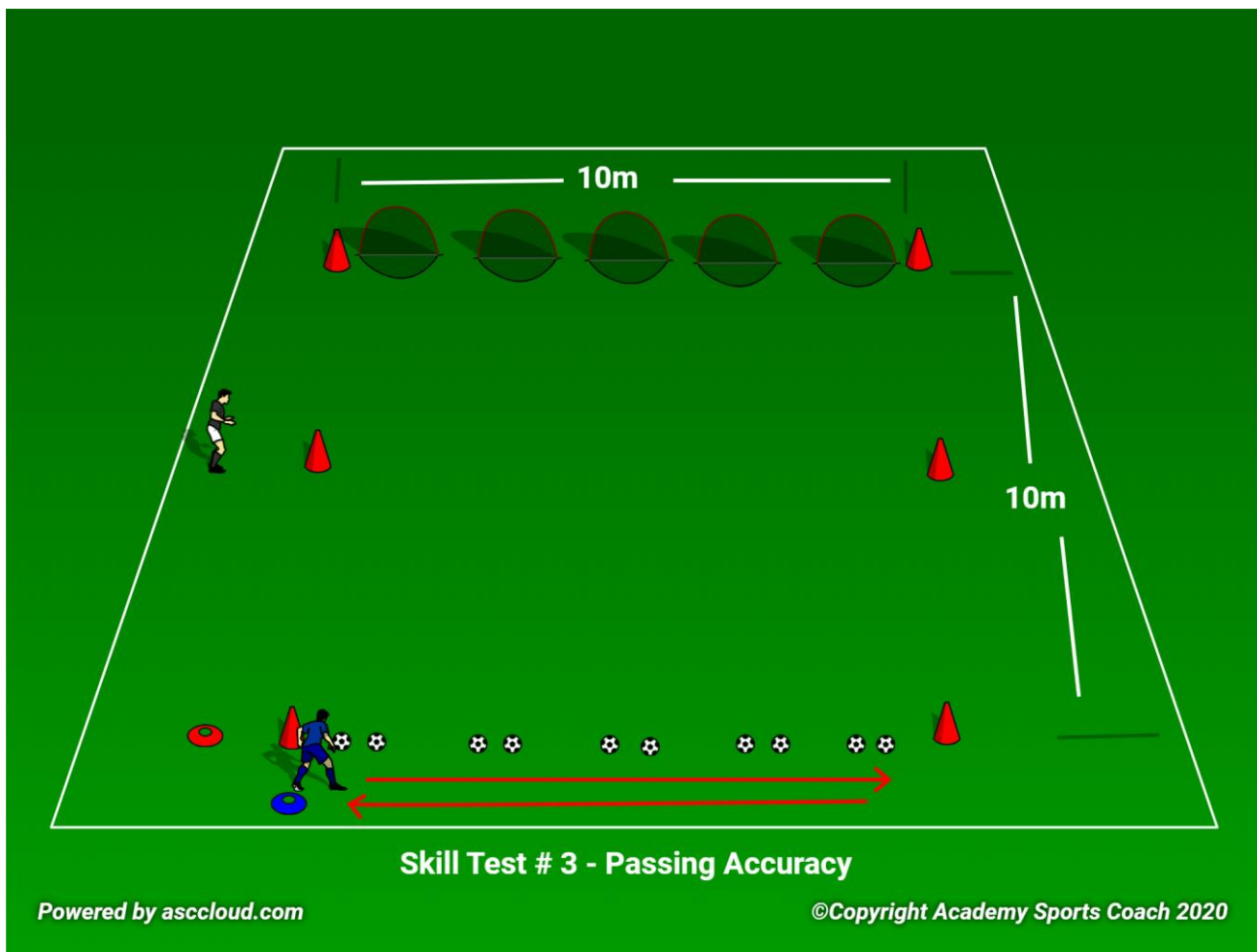
A cone was placed on each corner of the 10m square (four cones). A cone is placed midway (5m) on the line of the square where the test begins **as shown**. Beginning at one corner, the player has to run with the ball at his/her feet (dribble) around the three cones (corner directly opposite the starting cone, the cone placed midway, and the cone diagonally opposite the starting cone) in slalom fashion, and then run with the ball around the fifth & 6th cone back to the start. The objective is to complete the drill in the fastest time possible by controlling the ball only with the feet without knocking down the cones. If a cone was knocked over, the player has to place it upright and continue the test.



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Skill Test # 3 – Passing Accuracy

Five targets were placed along the end line of the 10m square. The player is standing outside of the square at the opposite line from the targets. The player has two attempts at each target, 5 right foot and 5 left foot, allowed for a total of 10 attempts. The objective is to hit the targets with the right foot in succession from one to five; turn, then hit the targets with the left foot five back to one. The score is the total number of successful target hits; the maximum score being 10 point's.



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Skill Test # 4 – Shooting Accuracy

A 3x5 m goal is set up at the end line of a 10x10m square. The target is divided by ropes into six sections. One rope was placed horizontally between the posts at a height of 2m. Two ropes were dropped from the crossbar, 0.5 m from each post. Five points are allocated for the upper right and left sections, and two points for the upper middle section. Three points are allocated for the lower right and left sections, and one point for the lower middle section. While standing outside of the square at the opposite line of the goal, the player had five attempts at kicking the ball into the goal. The maximum score is 25 points.

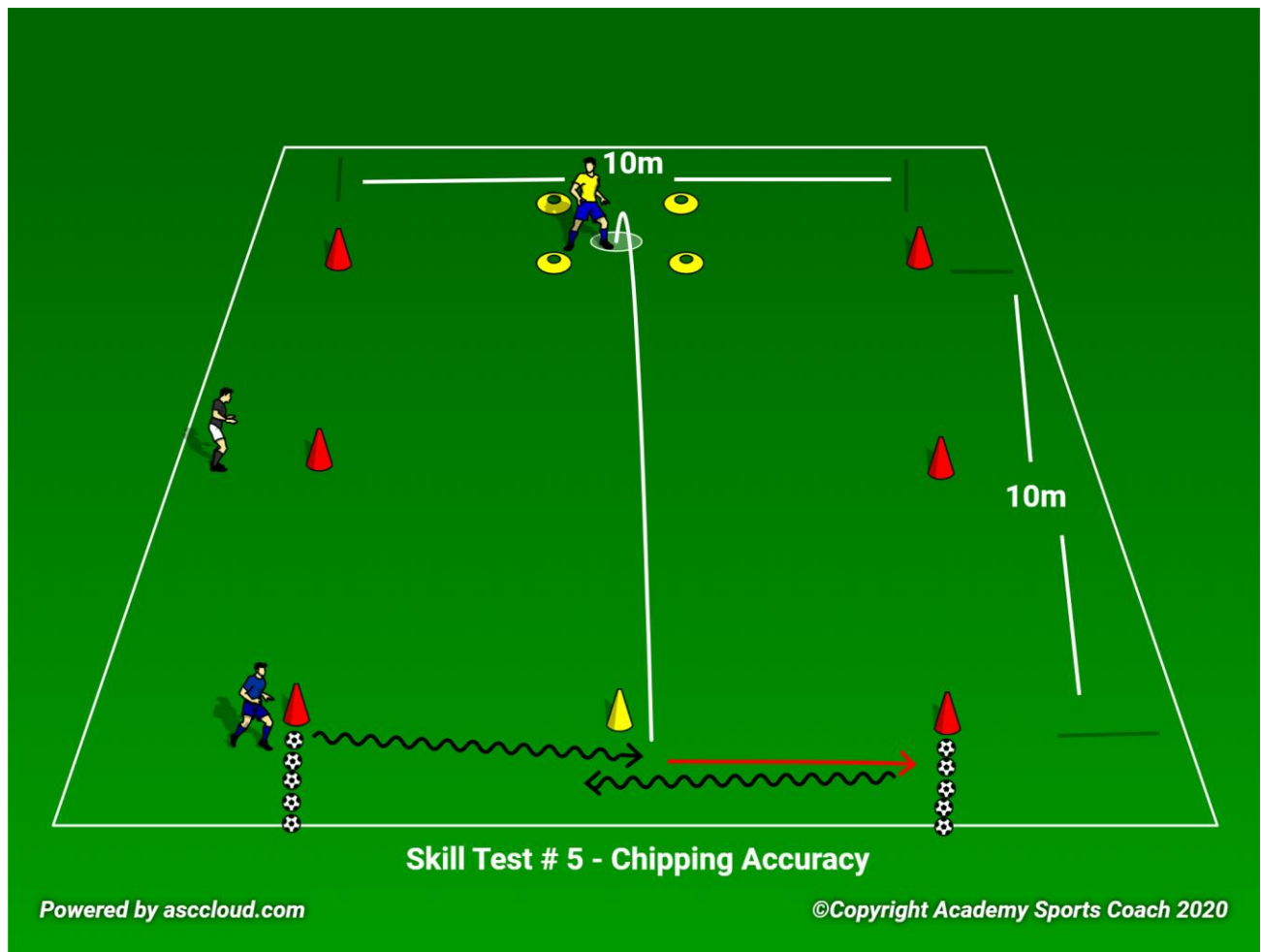




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Skill Test # 5 – Chipping Accuracy

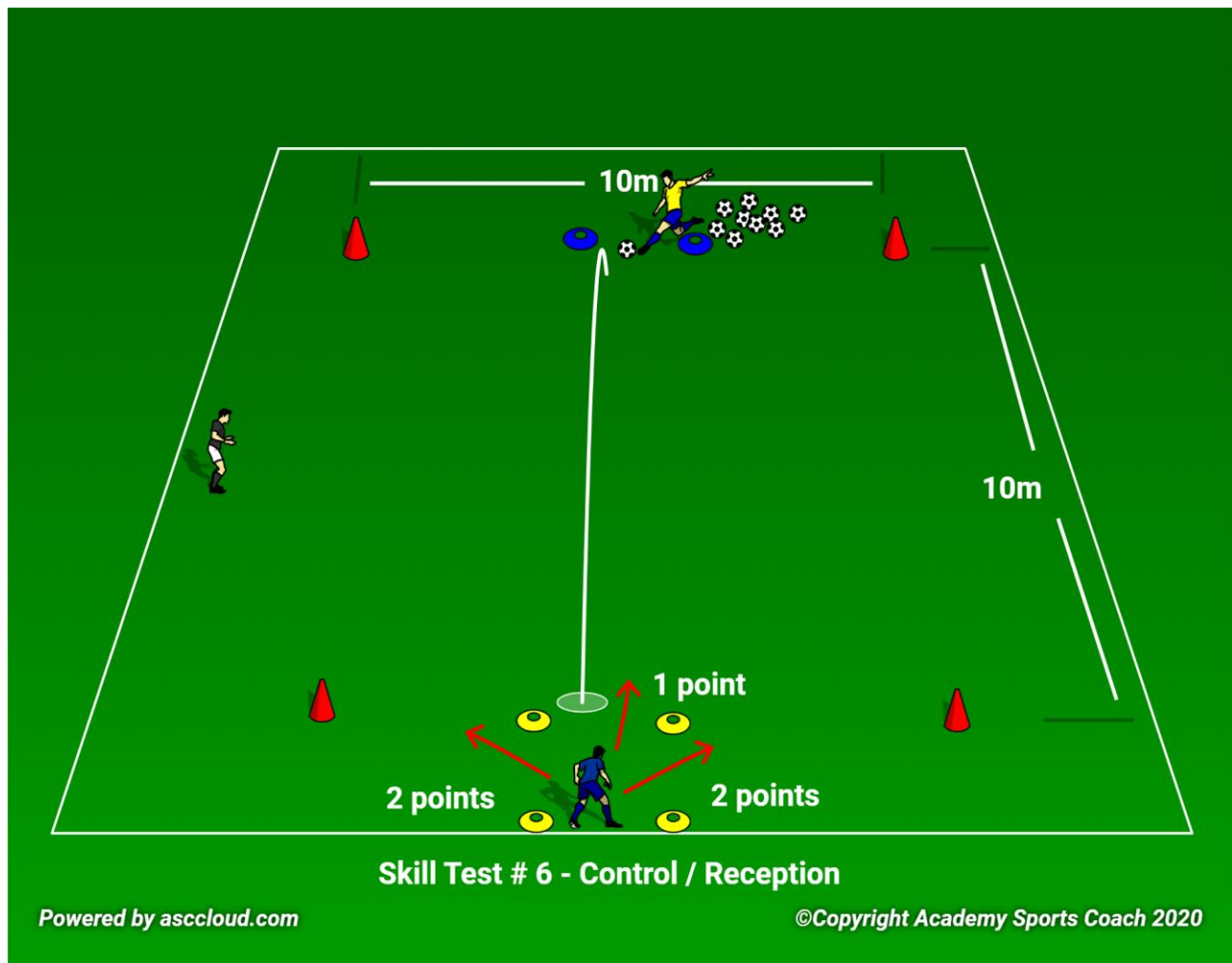
A 2x2m box is set up at the end line of a 10m square. A receiver is inside the box to control the chipped passes. 1 cones is set out 5m from each end cone (**as shown**) opposite from the box. The working player dribbles the ball from one cone along the line of the square and chips/crosses the ball at the central cone to the receiver. The receiver must be able to control the ball for the chip/cross to count. The ball must bounce before reaching the box. The player is awarded **1 point** for each successful **chip/cross into the box**. The test is continues and should alternate between right and left foot.



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Skill Test # 6 – Control / Reception

A 2x2 m box is set up on the end line in the center of a 10m square. The player controlling the ball is set up inside the box. (player's starting point should be at the back of the box) A feeding player is set up directly across from the receiving player, and is responsible for accurately playing the ball into the box. (service should be on the ground in the beginning) The receiving player needs to take his/her first touch outside the box into a direction. ie. left, right or forward, then pass back to the feeder. **2 points** are given for taking the first touch **left or right** and **1 point** for taking the first touch **forward**.



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