



Travel Soccer Evaluation Format

There will be four stations. Players will be scored at each station by independent evaluators. LSA board members and coaches will facilitate stations, but will not be involved in the scoring process. The stations were developed based on best practices by the National Soccer Coaches Association of America (NSCAA) and Mass Youth Soccer Association (MYSA). LSA coaches are asked to practice the following stations with their teams, so that the players are comfortable with the evaluation process. The stations were also presented at the August 2016 coaches meeting.

Station #1 - Technical Skills: Dribbling & Ball Control

- Coervers: <https://m.youtube.com/watch?v=6VikvER9hkg>
- Peles: receiving/trapping with feet, thighs, chest and passing in pairs

Station #2 - Individual Play: 1v1

- 1v1 to cone goals
- Emphasis on individual attacking and defending

Station #3 - Small Sided Play: 4v4

- 4v4 to pugg goals
- Emphasis on passing and playing in combination

Station #4 - Full Sided Play: 7v7, 8v8, 9v9 (based on age group)

- Larger field with modified goals
- Emphasis on tactical abilities and teamwork

Practice Ideas: http://www.mayouthsoccer.org/coaches/session_plans/