



SOCCERPLUS HIGH PERFORMANCE PROGRAM

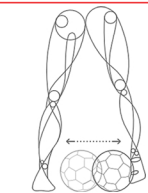
PLUS I PLAYER ASSESSMENT PROTOCOLS

ASSESSMENT ACTIVITIES FEATURING iSOCCER:

There are 2 versions of the assessment: 'Short' and 'long'. The 'Long' assessment includes 3 main areas of focus & 7 assessment activities (1-7) and the 'Short' assessment has 3 areas of focus & 5 activities (1, 2, 3, 5 & 6 only).



TOETAPS



FOUNDATIONS

ACTIVITIES 1 & 2: TOETAPS & FOUNDATIONS

Toe taps: Using alternate feet, touch the ball with the sole of the foot. Each touch counts as 1pt. Count the total number of touches in 20 seconds.

Foundations: Using alternate feet, knock the ball back and forth with the inside of your foot. Each touch counts as 1pt. Count the total number of touches in 20 seconds.

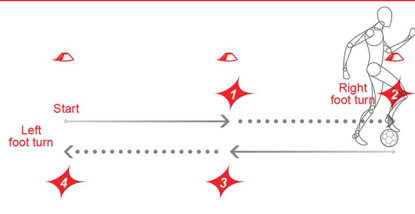


CHANGE OF PACE

ACTIVITIES 3 & 4: CHANGE OF PACE (PREFERRED & NON-PREFERRED FOOT)

Preferred foot: 2 cones are placed 5 meters (5.5 Yards) apart. Dribble the ball from the lefthand side of the start cone around the opposite cone in a figure of 8. 20 seconds duration. Each complete figure of 8 counts as 4 pts and partially completed segments counts as 1 point each. Restart if the player touches the ball with the non-preferred foot.

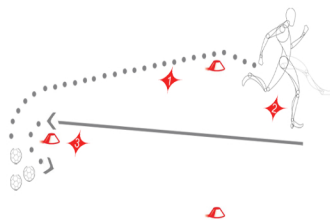
Non-preferred foot: Repeat the activity with the non-preferred foot only.



CHANGE OF DIRECTION

ACTIVITY 5: CHANGE OF DIRECTION

Preferred foot: 9 cones are placed in pairs at 0, 2.5 & 5 meters (0, 2.75 & 5.5 Yards) apart to form a lane 2.5 meters (2.75 yds) wide. Dribble the ball down and back in the designated lane using either foot. 20 seconds duration. Each complete down and back count as 4 pts, and partially completed segments count as 1 point each. Restart if the player turns with the wrong foot or does not cross the 'turn line'.



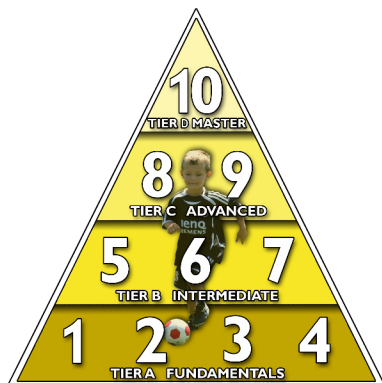
DRIBBLE & SHOOT

ACTIVITY 6: DRIBBLE & SHOOT

1 small sided goal approximately 2.5 meters (2.75 yards) wide is placed opposite a cone 10 meters away (5.5 yards). 2 additional cones are placed 5 meters (5.5 yards), equal distance from the goal and start cone, and in line with the goal posts. Player dribbles to the outside of one cone and once past the cone can shoot at goal (no restrictions how close to the goal). As soon as the shot is taken, the player runs back and collects another ball and repeats to the other side. 45 seconds duration. Each dribble past the shooting cone scores 1 pt and 1pt for a goal. No points are scored if the ball stops moving, the ball is dribbled inside the shooting cone or if the ball touches the cone.

ACTIVITY 7: SKILLS CHALLENGE PYRAMID

Up to 10 players in a square measuring 15 meters x 15 meters (16.5 x 16.5 yards) each with a ball. Set up a second square. The coach demonstrates the techniques starting with #1 and then the players perform for approximately 30 seconds. Before moving to the next activity, players performing below expectation are asked to move to the other square where another coach works on skill activities. The coach continues to progress until reaching #10 or all players are in the other square. Below expectation – movements are awkward and uneven, there is little consistency between two or more movements and the skill is performed below game speed. At expectation – At least 50% or more of the movements are completed in one smooth movement, are at game speed and appear to be natural (second nature and free flowing). Above expectation – At least 90% or more of the attempts are completed in one smooth movement, are at game speed and appear to be natural (second nature and free flowing).



SKILLS CHALLENGE PYRAMID



SoccerPlus is delighted to join the iSoccer National Standards Project - a long-term initiative to measure, benchmark and track the technical ability of the 18.2 million youth soccer players in the U.S. The iSoccer assessment activities will form part of our 'High Performance Program', a comprehensive approach to player development encouraging players to practice their technique at practice and in the yard at home.

To learn more about the National Standards Project, the player assessment activities, stages of development, competencies and scores, visit www.soccerplus.org/assessment