

U10 Assessment: Change of Direction

Description: This assessment drill focuses on dribbling and turning

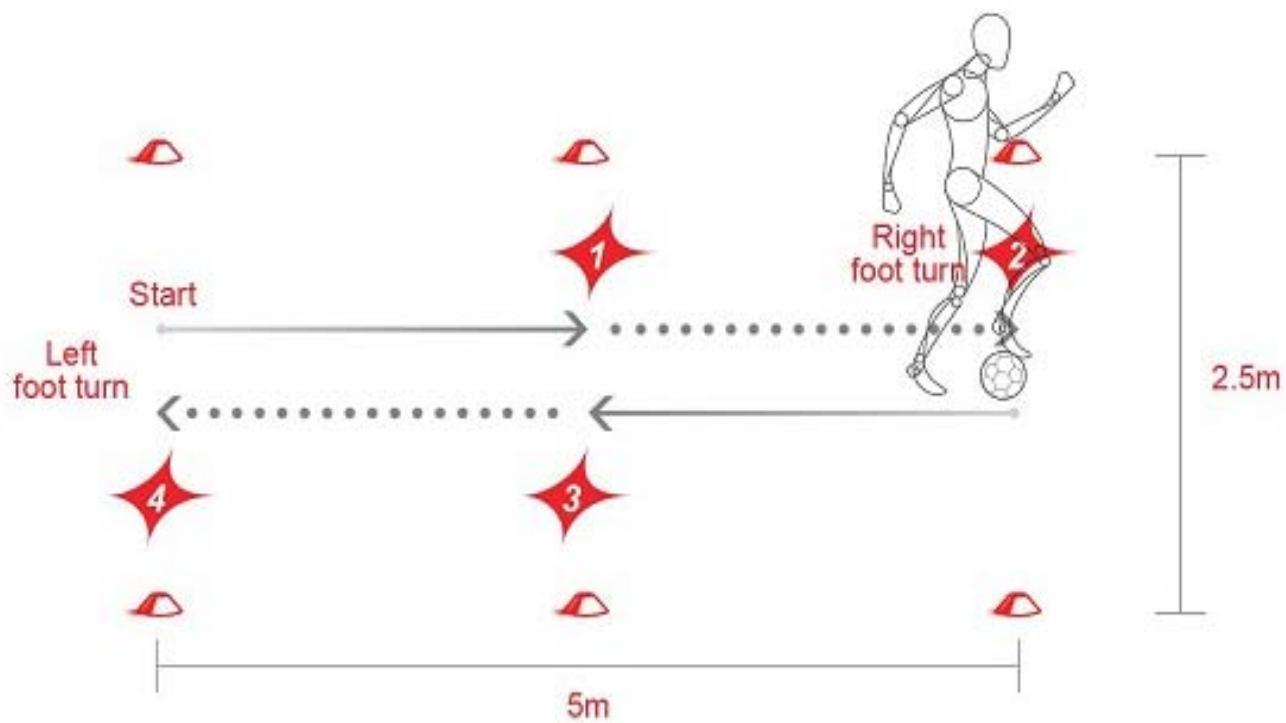
- Space needed: 20 meter square (for 2 stations)
- Grid Layout and equipment
 - o 6 cones are placed in pairs at 0, 2.5 & 5 meters apart to form a lane 2.5 meters wide
 - o One soccer ball
- At the sound of the 'Go' command, the player dribbles the ball down and back inside the designated lane
- Each heat is 20 seconds in duration
- Each complete down and back count as 4 points
- Partially completed segments count as 1 point each
- See diagram for specifications
- Can use both feet at all times (no specifics like diagram suggests)

Terminology

- Drill – the action that is being assessed
- Heat – the individual attempt at the drill
- Grid – the area in which the drill is being performed

Roles: Two adults will run this assessment station

- Lead/Scorer
 - o This person will explain/demonstrate the drill to the players
 - o This person will score the heat
 - o This person will communicate the score to the recorder
- Timer/Recorder
 - o This person will enter the players ID number on the scoring sheet
 - o This person will announce and confirm player ID at the start of each heat
 - o This person will start each heat with the 'Go' command
 - o This person will time the heat (20 seconds)
 - o This person will end the heat with a 'Stop' command
 - o This person will record the Lead/Scorer score for the heat



U10 Assessment: Change of Pace

Description: This assessment drill focuses on dribbling

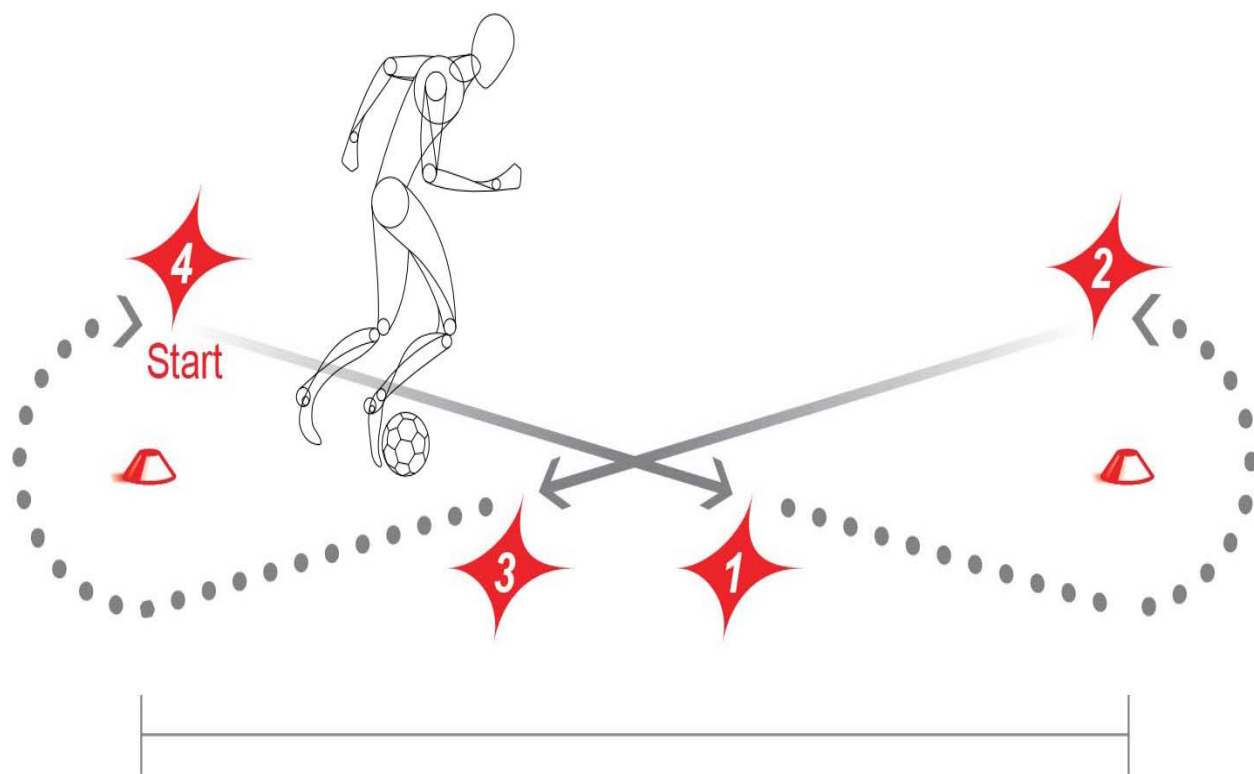
- Space needed
 - 20 meter square (for two stations)
- Grid Layout and equipment
 - 2 disks or cones are placed 5 meters apart
 - One soccer ball
- Players are instructed to use their preferred foot
- The player assumes the ready position on the left side of the start cone/disk
- At the sound of the 'Go' command, the player dribbles the ball from the left side of the cone around the right side of the second cone and back in a figure eight pattern
- Each heat is 20 seconds in duration
- Each complete down and back count as 4 points
- Partially completed segments count as 1 point each
- See diagram for specifications

Terminology

- Drill – the action that is being assessed
- Heat – the individual attempt at the drill
- Grid – the area in which the drill is being performed

Roles: Two adults will run this assessment station

- Lead/Scorer
 - This person will explain/demonstrate the drill to the players
 - This person will score the heat
 - This person will communicate the score to the recorder
- Timer/Recorder
 - This person will enter the players ID number on the scoring sheet
 - This person will announce and confirm player ID at the start of each heat
 - This person will start each heat with the 'Go' command
 - This person will time the heat (20 seconds)
 - This person will end the heat with a 'Stop' command
 - This person will record the Lead/Scorer score for the heat



U10 Assessment: Dribble and Shoot

Description: This assessment drill focuses on dribbling and shooting

- Space needed
 - o 20 meter square (for one station maybe two)
- Grid Layout and equipment
 - o 3 cones
 - o 8 soccer balls (size 4)
 - o 1 small games goal (2.5 meters wide)
- 1 small sided goal approximately 2.5 meters wide is placed opposite a cone 10 meters away
- Eight soccer balls are placed next to this cone
- 2 additional cones are placed 5 meters, equal distance from the goal and start cone and in line with the goal posts.
- The player assumes the ready position with a soccer ball at the first cone and at the 'Go' command, dribbles to the outside of one cone and once past the cone shoots toward the 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 cone
- Each heat is 45 seconds in duration
- Each dribble past the shooting cone scores 1 point and 1 point 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.
- See diagram for specifications

Terminology

- Drill – the action that is being assessed
- Heat – the individual attempt at the drill
- Grid – the area in which the drill is being performed

Roles: Two adults will run this assessment station

- Lead/Scorer
 - o This person will explain/demonstrate the drill to the players
 - o This person will score the heat
 - o This person will communicate the score to the recorder
- Timer/Recorder
 - o This person will enter the players ID number on the scoring sheet
 - o This person will announce and confirm player ID at the start of each heat
 - o This person will start each heat with the 'Go' command
 - o This person will time the heat (45 seconds)
 - o This person will end the heat with a 'Stop' command
 - o This person will record the Lead/Scorer score for the heat

