

U12 Assessment: Change of Direction

Description: This assessment drill focuses on dribbling and turning

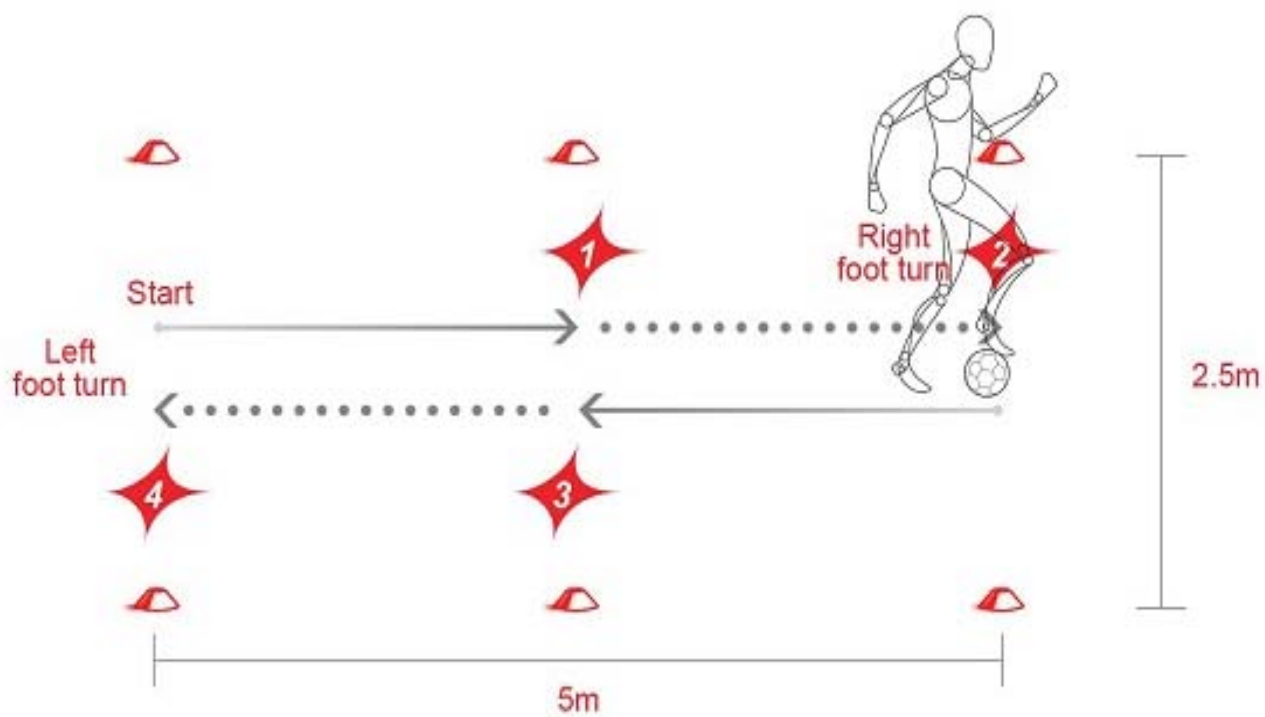
- Space needed: 20 meter square (for 2 stations)
- Grid Layout and equipment
 - o 6 cones are placed in pairs at 0, 2.5 & 5 meters apart to form a lane 2.5 meters wide
 - o One soccer ball
- Players are instructed to use both feet.
- On the 'Go' command, the player dribbles the ball down and back inside 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
- Players 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: Ideally 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 the 'Stop' command
 - o This person will record the Lead/Scorer score for the heat



U12 Assessment: Running with the Ball

Description: This assessment drill focuses on running with the ball

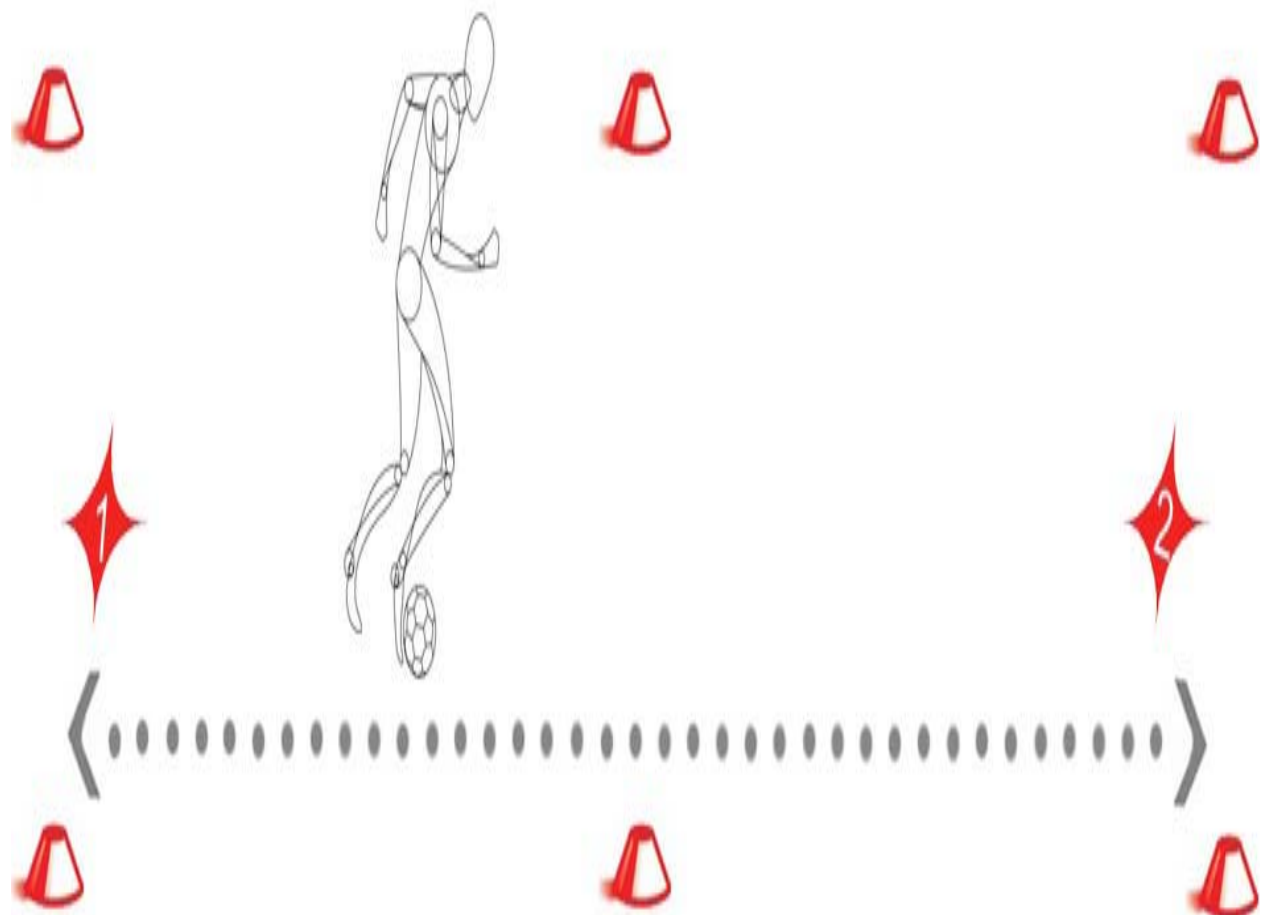
- Space needed
 - 30 meter by 10 meter (for one station)
- Grid Layout and equipment
 - One soccer ball
 - Lane is 20 meters in length and 5 meters wide
 - Turning area is 5 meters by 5 meters (one turning area at each end of the lane)
- The player assumes the ready position with the ball between the start cones
- At the 'Go' command, the player pushes the ball forward and attempts to cover the distance as quickly as possible within the lane to the end cone, executes a change of direction or turn with the ball within the turning area and proceeds back to the start cone
- Each heat is 60 seconds in duration
- Each entrance into the turning areas is one point (+1)
- Ball outside of the grid or turning area deducts one point (-1)
- 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: Ideally 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 (60 seconds)
 - This person will end the heat with the 'Stop' command
 - This person will record the Lead/Scorer score for the heat



U12 Assessment: Passing and Receiving

Description: This assessment drill focuses on passing and receiving

- Space needed
 - 20 meter square (for one station)
- Grid Layout and equipment
 - 12 cones
 - 16 soccer balls (size 4)
 - 4 small games goal (2.5 meters wide)
 - 15 meter square grid
 - 5 meter square receiving area in the center of the grid
 - 5 meter serving area on opposite sides of the large grid (parallel with the goals)
- 4 small sided goals approximately 2.5 meters wide are placed in each corner of the grid facing the center square
- Eight soccer balls are placed in each serving area
- Each heat consists of 16 tries with the ball (8 from each serving area)
- At the 'Go' command Server 1 rolls the ball along the ground to the player
- The player attempts to receive the first ball with the inside of either foot and then with the second touch play the ball into either goal
- The player then spins around 180 degrees and Server 2 rolls the ball along the ground to the player who repeats the activity
- 8 attempts from either server (16 total)
- Two-touch only and the ball must remain in the square before passing
- One point for a successful two-touch receive and pass combination
- One point for scoring a goal
- Bad serve – repeat
- 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
- Receiving Area – 5 meter square area in the middle of the grid where the players are stationed

Roles: Ideally four 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
 - This person will start each heat with a whistle or 'Go' command
- 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 record the Lead/Scorer score for the heat
- Servers (2)

- o Two servers per station
- o These people will alternately roll the balls (eight each) towards the players in the receiving area

