

U14 Assessment: Shooting

Description: This assessment drill focuses on shooting

- Space needed: Penalty area and goal (for one station)
- Grid Layout and equipment
 - Eight (8) cones
 - Eight (8) soccer balls (size 5)
 - One regulation goal
 - Receiving area 5 meters square situated on the inside of the penalty area and center to the goal
 - Four server stations
 - Station #1 - 2.5 meters from the top of the penalty area square to the center of the receiving area and goal
 - Station #2 – inline and to one side of the receiving area
 - Station #3 – on the goal line center to the receiving area and goal
 - Station #4 – inline and to the other side of the receiving area
- On the 'Go' command, Server #1 plays a firm pass along the ground to the player in the receiving area
- Inside the receiving area the player receives the ball with first touch and shoots to the goal with second touch
- After the shot the player turns to Server #2 and repeats the activity
- The activity is repeated with Server #3
- The activity is repeated with Server #4
- This sequence is repeated for two attempts from each server (eight balls total)
- All attempts must be two-touch (receive and shoot)
- One point is awarded for a successful receive and shot within the receiving area
- One point is awarded for a goal
- Perfect score is sixteen (16)
- 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 – the area in which the player will perform the assessment drill

Roles: Ideally six 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
- 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 (4)
 - This person will deliver the firm pass to the player within the receiving area

U14 Assessment: Running with the Ball

Description: This assessment drill focuses on running with the ball

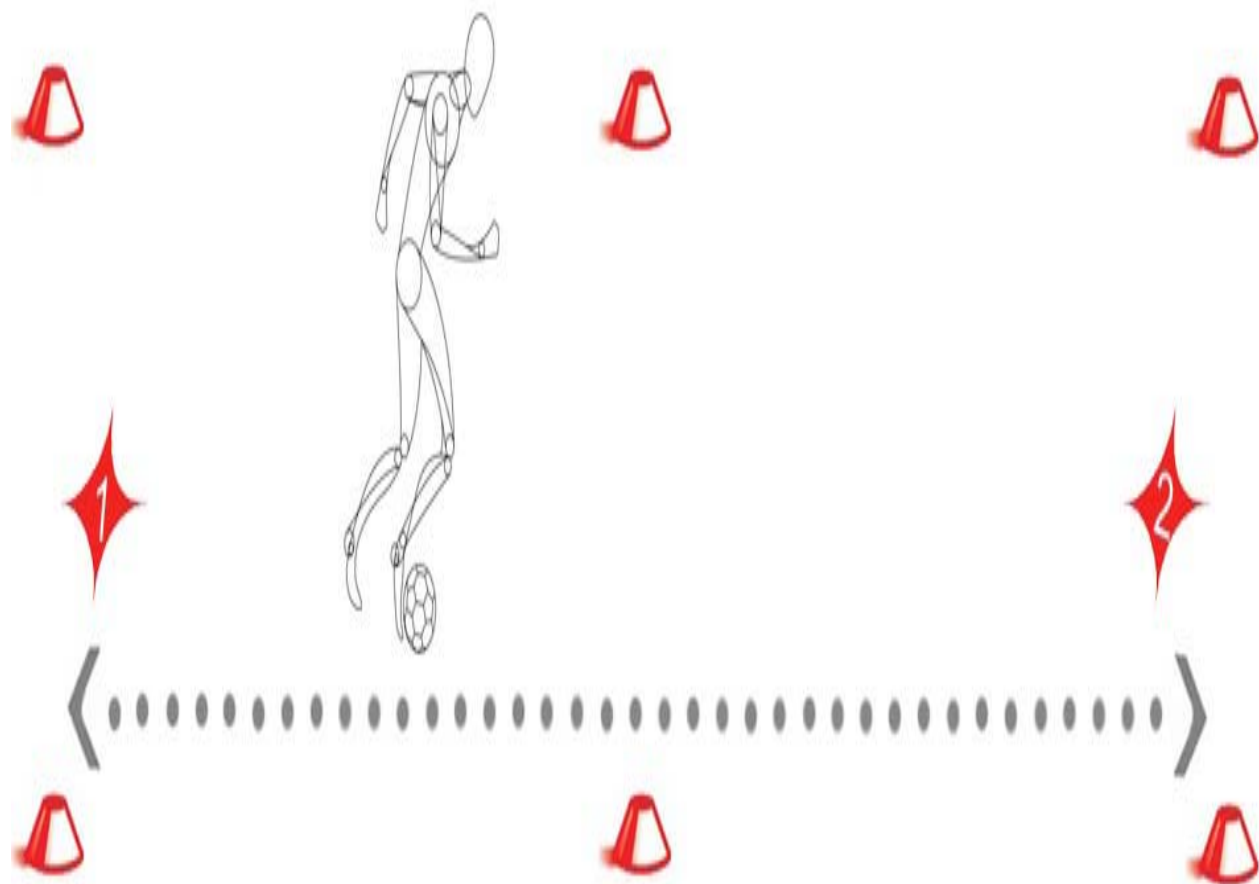
- Space needed
 - 30 meter by 10 meter (for one station)
- Grid Layout and equipment
 - One soccer ball (size 5)
 - Lane is 20 meters in length and 5 meters wide
 - Turning area is 5 meters by 5 meters (one turning area at each end of the lane)
- The player assumes the ready position with the ball between the start cones
- On 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: 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 a 'Stop' command
 - This person will record the Lead/Scorer score for the heat



U14 Assessment: Passing and Receiving

Description: This assessment drill focuses on passing and receiving

- Space needed
 - o 20 meter square (for one station)
- Grid Layout and equipment
 - o 14 cones
 - o 16 soccer balls (size 5)
 - o 4 small games goal (2.5 meters wide)
 - o 15 meter square grid
 - o 5 meter square receiving area in the center of the grid
 - o 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)
- On 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
- This role happens four times, two for each server.
- The server will now move half way between the center area and their area.
- Here they will deliver the next set of throws, bounce throw (with 1 arm) & underarm throw for air control.
- Each server throws 8 balls (2 underarm role, 2 bounce throws & 2 underarm throw)
- 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

- 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
- o This person will start each heat with the 'Go' command
- 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 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

