

U12 Assessment: Change of Pace

Description: This assessment drill focuses on dribbling

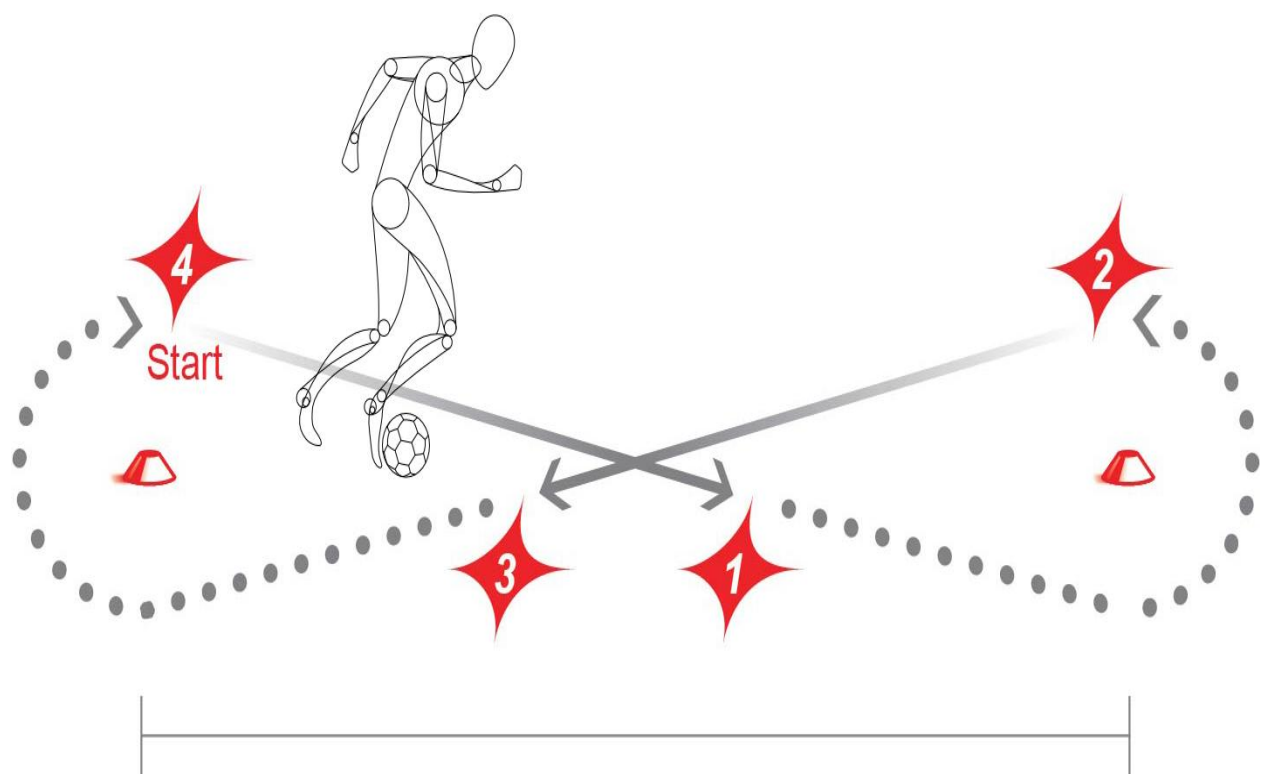
- Space needed
 - 20 meter square (for two stations)
- Grid Layout and equipment
 - 2 disks or cones are placed 5 meters apart
 - One soccer ball
- Players may use either foot or both feet
- The player assumes the ready position on the left side of the start cone/disk
- At the sound of the 'Go' command, 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



U12 Assessment: Passing and Receiving

Description: This assessment drill focuses on passing and receiving

- Space needed
 - 15 meter square (for one station)
- Grid Layout and equipment
 - 12 cones
 - 12 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 12 tries with the ball (6 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
- 6 attempts from either server (12 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)

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

