

U14 Assessment: Shooting Drill

Description: This assessment drill focuses on dribbling and shooting

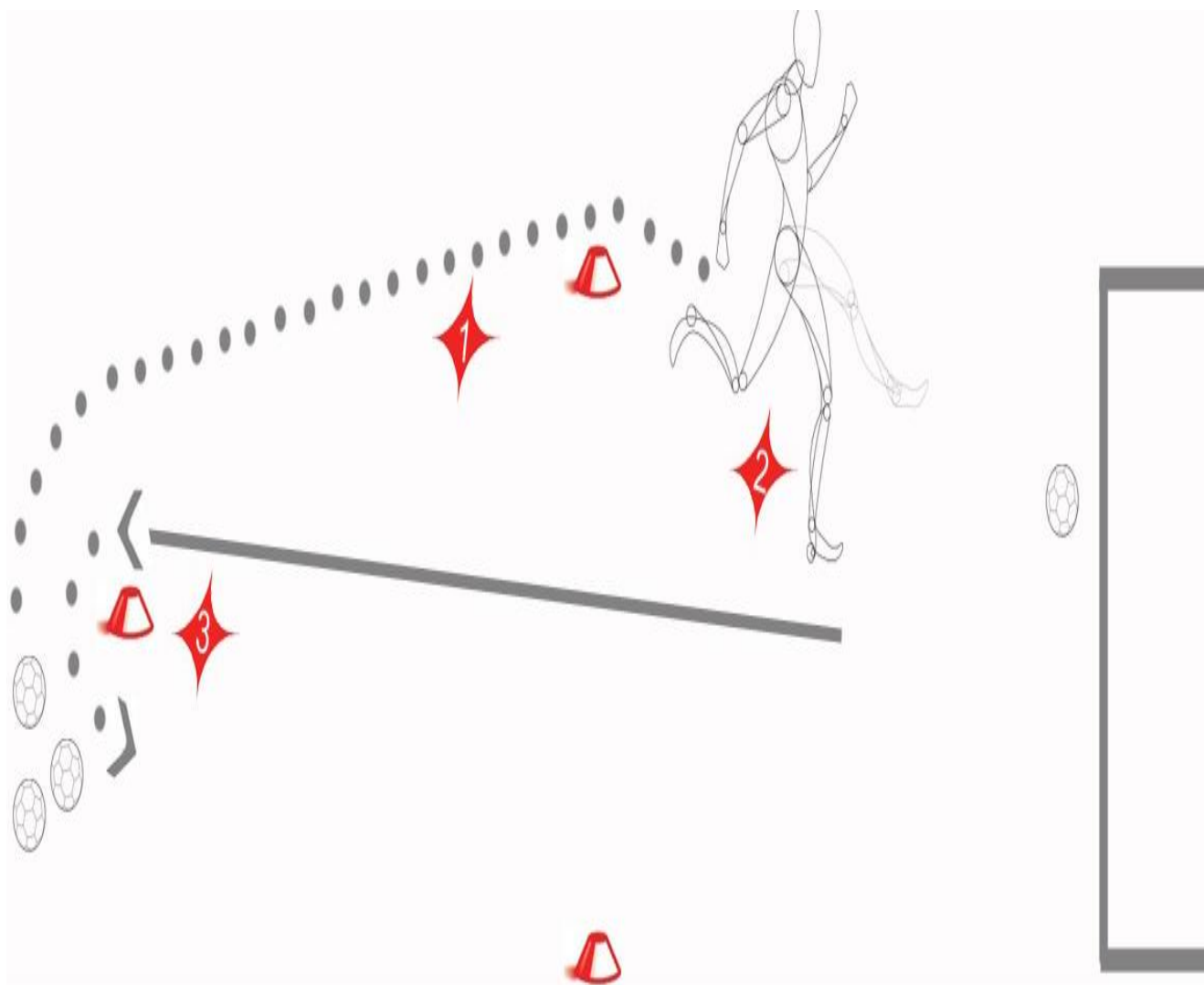
- Space needed
 - 40 meter square (for one station maybe two)
- Grid Layout and equipment
 - 3 cones
 - 12 soccer balls (size 5)
 - 1 U14 Goal (7.3 meters wide)
- 1 U14 goal approximately 7.3 meters wide is placed opposite a cone 32.9 meters away
- Eight soccer balls are placed next to this cone
- 2 additional cones are placed 16.45 meters, equal distance from the goal and start cone and 7.3 meters wide of each other, 3.65 meters apart from the center point.
- 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
- 2 Points awarded for balls placed to the designated corners of the net.
- 1 Point awarded for balls placed to the designated center area of the net
- 1 Bonus point for ball which crossed the goal line in the air
- Each ball worth: 3 points maximum score.
- Zero points is the player fails to round the cone, or shoots prior to 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
 - 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 (45 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
 - 15 meter square (for one station)
- Grid Layout and equipment
 - 14 cones
 - 12 soccer balls (size 5)
 - 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)
- 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 6 balls (2 underarm role, 2 bounce throws & 2 underarm throw)
- 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 the '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

