

## SOCCER SKILLS SCORECARD

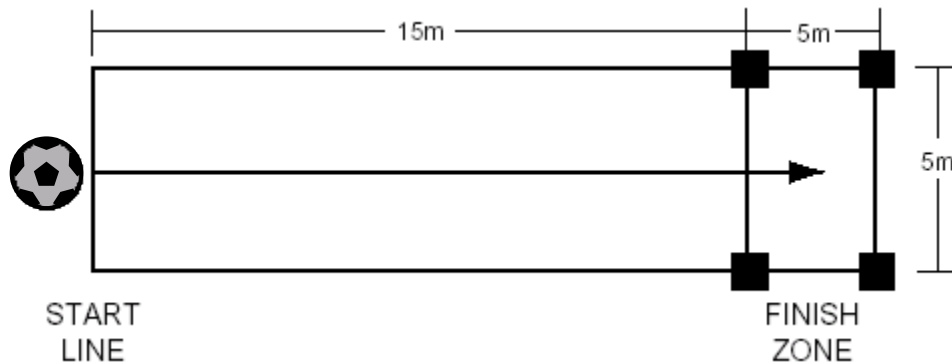
Local: \_\_\_\_\_

Coach Name: \_\_\_\_\_

	ATHLETE NAME	DRIBLLING*	CONTROL & PASS	SHOOTING	ATHLETE TOTAL POINTS
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
11.					
12.					
<b>Additional Athletes</b>					
1.					
2.					
3.					
4.					
5.					
6.					
7.					
8.					

\*See scoring conversion chart provided below\*  
Use additional pages as needed

## DRIBBLING



### Equipment

- Size 5 ball - not more than 70 cm (28 in) and not less than 68 cm (27 in).
- Tape or chalk
- 4 large cones to mark the finish zone

### Description

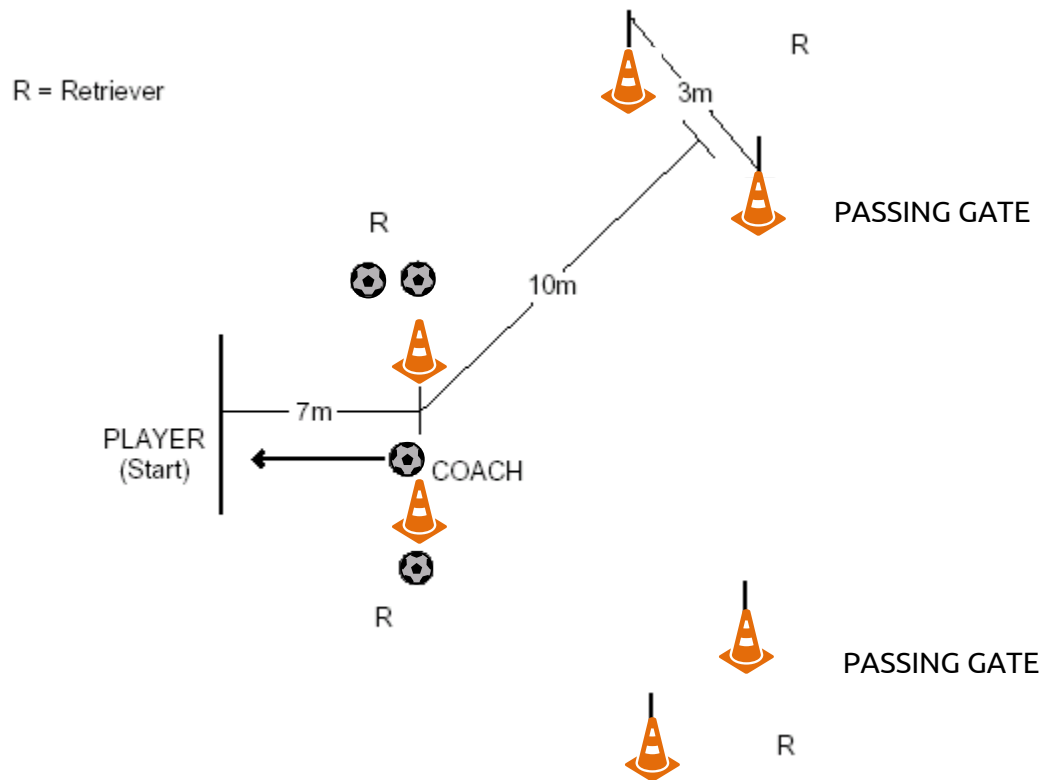
The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones and/or chalk. The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player overshoots the finish zone, he/she must dribble it back in to finish.

### Scoring

The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.)

SCORING CONVERSION CHART	
Dribble Time (Seconds)	Point Score
0-4	65 points
5-7	60 points
8-10	55 points
11-13	50 points
14-15	45 points
16-20	40 points
21-25	35 points
26-30	30 points
31-35	25 points
36-40	20 points
41-45	15 points
46-50	10 points
51 or more	5 points

## CONTROL AND PASS



### Equipment

- Four (4) to eight (8) #5 soccer balls
- Six (6) cones
- Four (4) 1m flags (if possible)

### Set up

- Place two (2) cones to form a “passing gate” 5m wide, 7m from the starting line.
- Set-up two passing “target gates” (cones and 1m flags if possible) as shown.
- Coach retrieves four (4) to eight (8) balls (if balls are in short supply, use four (4) balls but have an efficient retrieval system for returning balls to the coach).

## CONTROL & PASS CONTINUED..

### Test

**Time:** 1 minute

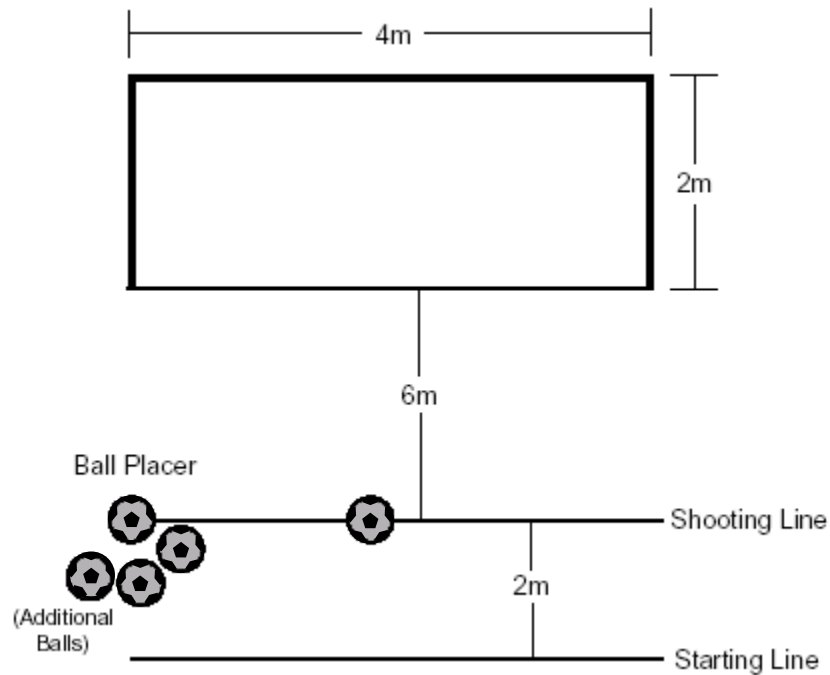
- Coach rolls the ball at a moderate pace to the waiting player.
- The player may wait on the line or move towards the ball once it has been rolled.
- Player controls the ball and dribbles or passes through the passing gate.
  - Players can dribble as close as they like before passing the ball through the target.
- Coach alternately calls and physically indicates “left” or “right” to designate target.
  - Ball 1: Right / Ball 2: Left / Ball 3 : Right etc.
- The coach will roll the next ball as soon as the player **returns to the starting line.**
- At 1 minute, a whistle will be blown to signify the end of the test

### Scoring

- Player scores ten (10) points for each successful pass through a target gate. A ball that hits the cone and goes through will count.



## Shooting



### Equipment

- Five (5) #5 balls
- Tape or chalk
- 4m x 2m 5 a-side goal with net

### Description

Player begins at the start line and walks or runs to shoot the ball into the goal from a distance of 6m. The player returns to the line. Ball placer (official) places the next ball to be shot. Player repeats. **Total of 5 shots.**

### Scoring

Each successful goal scores 10 points. Maximum 50 points.