

iSOCCER ASSESSMENT GUIDE

The iSoccer Assessment gives you valuable information to be a better coach by measuring and promoting the technical development of your players. To assess your entire team in one day takes an estimated time of 75 to 90 minutes. Or you can also break-up the assessment over multiple days. If you have additional coaches or volunteers, have them assist in counting and ensuring proper execution of the skill. Younger teams will take less time.

Key Coaching Points

- One **timer** coordinates all groups
- One **recorder** collects scores from counters (can be same person as timer)
- Both partners **count** and provide the score (younger players may require assistance)
- Bring all players around one grid to **demonstrate** and have players count **out loud**
- Prior to starting the clock, allow a 10 to 20 second **practice period**
- Keep the environment **competitive yet enjoyable**
- Remind players to **try their best** and if they mess up, to not worry and keep going

Items Needed

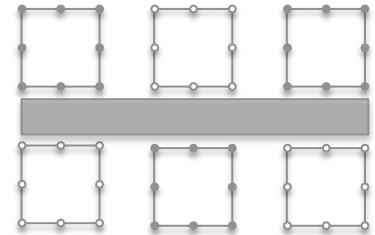
- 10 Regulation Size Balls
- 50 Markers (min of 10)
- Measuring Tape
- Stop Watch
- Regulation Size Goal
- Rebounding Wall

iSoccer Space (field layout)

Set up one 5m x 5m (5.5yds x 5.5yds) grid for every three players. Add or subtract grids dependant on the number of players being assessed. Apply additions to all grids. See the initial layout for 18 players to the right.

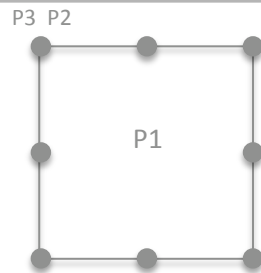
18 Player Layout:

- Each Grid 5m x 5m
- Number of Grids (6)
- Total number of cones (48)
- Players per Grid (3)
- Rotate color of cones per Grid
- Coaching Area (in grey)



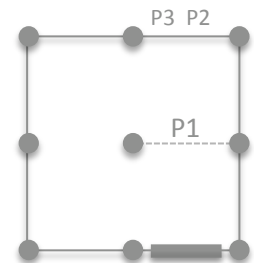
8 Cone Layout

Toe Taps and Foundations
Juggling (PF, NPF, Head)
Change of Pace (NP and NPF)
- start on end line for Change of Pace



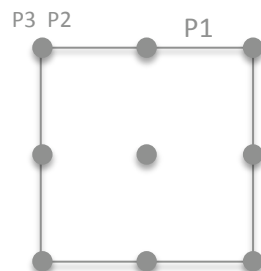
Rebounding Wall

First Touch (PF and NPF)
One Touch (PF and NPF)



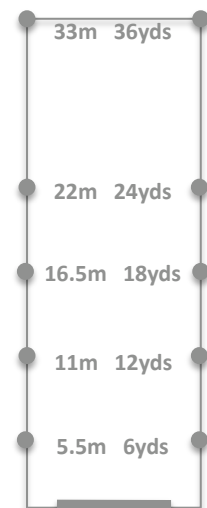
9 Cone Layout

Change of Direction
Moves | Scissors
Aerial Control (requires partner)



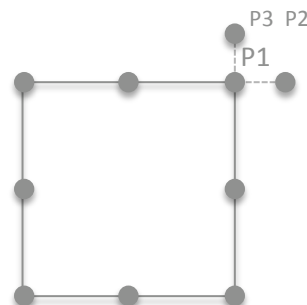
Full Size Goal

Ball Striking

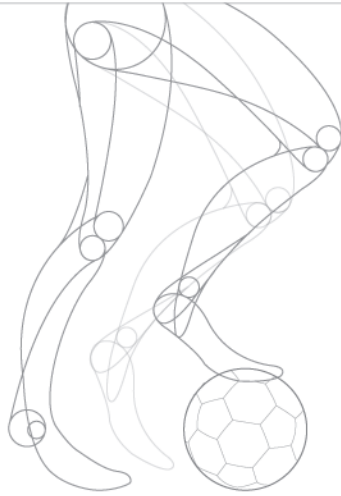


10 Cone Layout

Speed



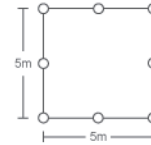
1 Toe Taps



Duration: 20 seconds

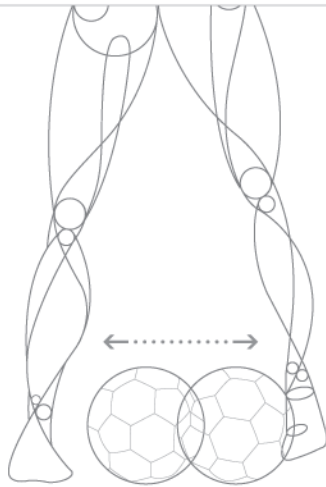
Layout: 8 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. Using alternating feet, touch the ball with the sole of your foot. Each touch counts as one point. Count the total number of touches to determine your score.

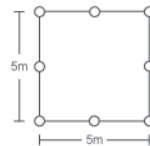
2 Foundations



Duration: 20 seconds

Layout: 8 cones

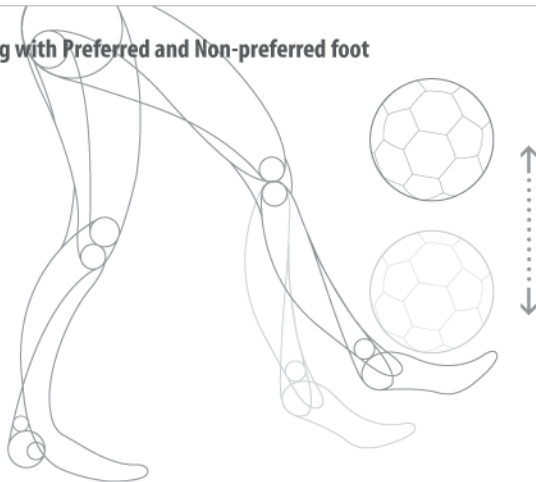
Space: 5m x 5m



Instruction: Arrange cones as shown. Using alternating feet, knock the ball back and forth with the inside of your foot. Each touch counts as one point. Count the total number of touches to determine your score.

NOTES: _____

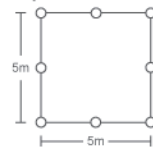
3 4 Juggling with Preferred and Non-preferred foot



Duration: 20 seconds

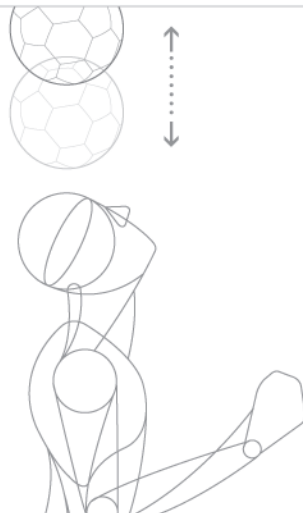
Layout: 8 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. Juggle the ball with your preferred foot and stay within the grid. Each touch counts as one point. Do not count touches with your other foot or other body parts. If the ball touches the ground, pick it up and restart counting at one. Record your highest score. Repeat this exercise juggling with your non-preferred foot only.

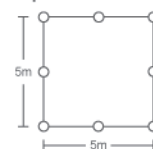
5 Juggling with head



Duration: 20 seconds

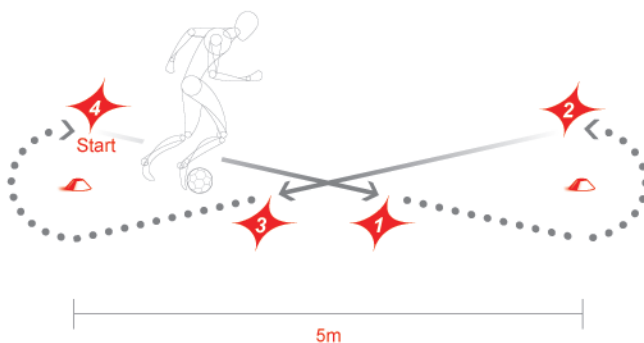
Layout: 8 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. Juggle the ball with your head and stay within the grid. Each touch counts as one point. Do not count touches with any other body part. If the ball touches the ground, pick it up and restart counting at one. Record your highest score.

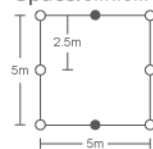
6 7 Change of Pace with Preferred and Non-preferred Foot



Duration: 20 seconds

Layout: 8 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. Start to the left of the cone. Dribble the ball with your preferred foot in a Figure 8. Each completed Figure 8 counts as four points. Partially completed sections are counted as one point each. Restart if you touch the ball with the opposite foot or if the ball does not go around the cone. Repeat this exercise dribbling with your non-preferred foot only.