



# **Skills Development Testing**

## **House League Program**





This Skills Testing Program has been specifically designed to measure and monitor the technical development of our young players.

These gradings are intended to be simple but also to motivate players in soccer-related skills. It will give players the opportunity to practice and perfect the key basic skills that are intrinsic to the game of soccer and help improve their performance and enjoyment of the game. We, therefore, encourage each player to practice these skills on their own, at home and/or with their friends.

Under the guidance of the Technical Director, a selected technical staff and our House League coaches we will begin to monitor soccer-specific skills, such as skill level, awareness and various other skills related to the game.

Results from these categories will now be used to help determine which level each player achieves and offers a more accurate and consistent measurement for Player Grading in our House League Program.

From regular practice comes improvement, which in turn leads to one of the most important factors in the game of soccer.....To have fun!

Yours in soccer,

*Theo Zagar*

East York Soccer Club - Technical Director

# Evaluation Sheet

Coach's Name \_\_\_\_\_ Girls/Boys \_\_\_\_\_ Age- Under \_\_\_\_\_ Team Name: \_\_\_\_\_

	Alphabetical List of Players Names	Skill Level	Athleticism	Aggressive-ness	Awareness	Commitment	Total	Player Grading (Total ÷ 5)
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								

TOTAL ALL SKILLS TOGETHER AND DIVIDE BY 5 FOR PLAYER GRADING. USE RUBRIC TO DETERMINE SKILL GRADING.

## Skills Testing Rubric

<b>Points</b> <b>Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>Skill Level</b> (includes passing, dribbling & shooting)	Player shows no or very little technical skills with the ball	Player show little technical skills with the ball	Player shows average technical skills with the ball	Player shows good technical skills with the ball	Player shows excellent technical skills with the ball
<b>Athleticism</b>	Player shows no or very little speed, strength, agility, or stamina	Player shows little speed, strength, agility, or stamina	Player shows average speed, strength, agility, or stamina	Player shows good speed, strength, agility, or stamina	Player shows excellent strength, agility, or stamina
<b>Aggressiveness</b>	Player shows no readiness to engage in activity	Player shows little readiness to engage in activity	Player shows average readiness to engage in activity	Player shows good readiness to engage in activity	Player shows excellent readiness to engage in activity
<b>Awareness</b>	Player never plays the correct position on offence or defence and never follows the rules	Player rarely plays the correct position on offence or defence and rarely follows the rules; always needs reminders	Player occasionally plays the correct position on offence or defence and occasionally follows the rules; needs frequent reminders	Player usually maintains positioning on offence and defence and usually follows the rules; very little reminders	Player consistently maintains positioning on offence and defence and consistently follows the rules
<b>Commitment</b>	Player has not been dedicated & committed in team events which includes practices & games. Attended less than 10% of events.	Player has rarely dedicated & committed in team events which includes practices & games. Attended 25% of the events.	Player has somewhat been dedicated & committed in team events which includes practices & games. Attended 50% of the events.	Player has consistently been dedicated & committed in team events which includes practices & games. Attended 75% of the events.	Player has been extremely dedicated & committed in team events which includes practices & games. Attended 90-100% of the events.