

Planning a Soccer Training and Competition Season Daily Performance Record

Soccer Skills Assessment Card/Checklist

Athlete's Name/Date

Instructions:

1. Use tool at the beginning of the training/competition season to establish a basis of the athlete's starting skill level.
2. Have the athlete perform the skill several times.
3. If the athlete performs the skill correctly three out of five times, check the box next to the skill to indicate that the skill has been accomplished.
4. Program assessment sessions into your program.
5. Athletes may accomplish skills in any order. Athletes have accomplished this list when all possible items have been achieved.

Control-Receiving

- ◇ Controls ball using inside of foot
- ◇ Controls ball using chest
- ◇ Controls ball using thigh
- ◇ Cushions ball with chest or thigh
- ◇ Distributes body weight, so that they are able to move backward, forward or sideways
- ◇ Judges ball flight speed appropriately
- ◇ Chooses the right technique and body surface to control ball

Dribbling

- ◇ Dribbles forward, using the top of foot
- ◇ Uses inside of foot to quickly change direction
- ◇ Uses outside of foot to shield ball from opponents
- ◇ Uses sole of foot to change ball direction
- ◇ Dribbles up field with ball while walking
- ◇ Dribbles up field with ball while running

Passing

- ◇ Squares up ball, player and target in a straight line
- ◇ Makes eye contact with intended receiver
- ◇ Follows through in direction of intended receiver kicking foot
- ◇ Places kicking foot flat against back of ball
- ◇ Contacts ball with the toes pulled up, foot parallel to ground and ankle locked

Shooting

- ◇ Approaches ball from side
- ◇ Places nonkicking foot by side of ball
- ◇ Controls ball before shooting

Tackling

- ◇ Leans upper body into front-block tackle
- ◇ Maintains good balance with outstretched leg in side-block tackle
- ◇ Tracks and closes down on opponents dribbling the ball
- ◇ Knows when to use appropriate tackle technique
- ◇ Moves quickly to close distance to opponent with ball
- ◇ Focuses attention on ball, not opponent's body

Heading

- ◇ Attempts to head the ball
- ◇ Looks at ball as it comes toward the head
- ◇ Rocks onto back foot before ball arrives
- ◇ Attacks through ball for power
- ◇ Directs ball in correct, general direction
- ◇ Directs ball with accuracy
- ◇ Heads ball while standing
- ◇ Heads ball while jumping

Goalkeeping

- ◇ Maintains concentration when ball is away from the goal
- ◇ Gets behind the line of the ball
- ◇ Scoops low balls up with legs straight and together
- ◇ Goes down on one knee and scoops up low balls
- ◇ Secures high ball with both hands working together as one unit
- ◇ Dives on side of body
- ◇ Distributes the ball using appropriate technique