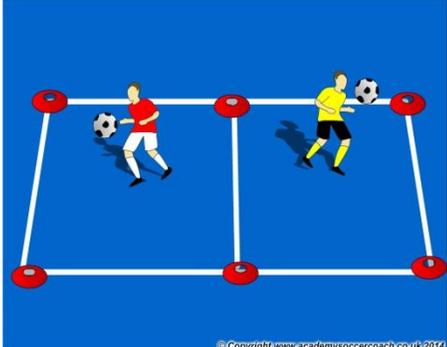
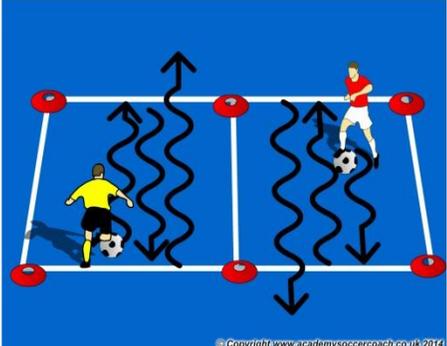
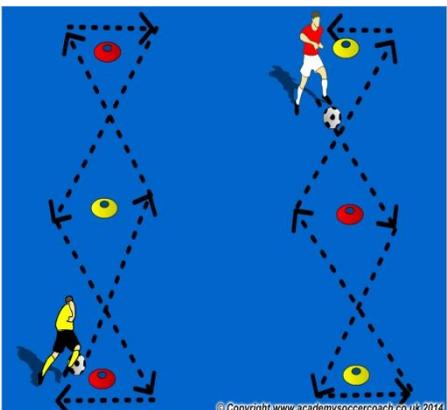
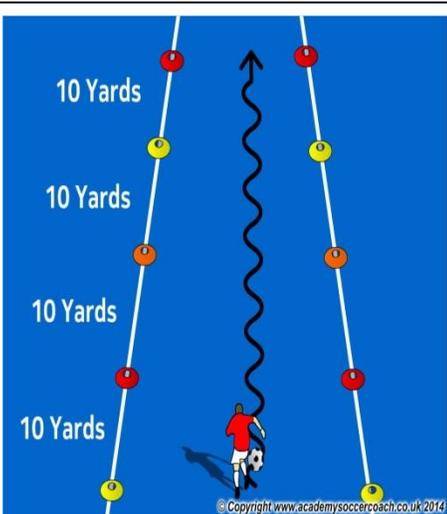
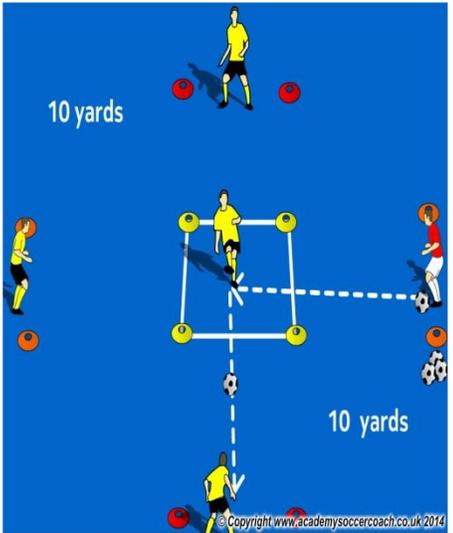


Stage	Activity Description	Diagram	Scoring
<p>Test 1 Instep Juggling Test</p>	<p>Equipment and Organization:</p> <ul style="list-style-type: none"> •1 ball; stopwatch in a 5 x 5 yard grid <p>Instructions:</p> <ul style="list-style-type: none"> •Players may start from their hands •Player juggles the ball with the instep only, •If the ball touches the ground, or is played with another surface, the player may pick up the ball and start juggling and re-counting again. •2 Tests (combined for one score) are: •Right Foot / Left Foot – 60 seconds each 		<ul style="list-style-type: none"> •The player has 60 seconds to achieve her maximum consecutive juggles on each test. •Each juggle counts as one point. •Use of another body part stops the count. •The player's maximum consecutive number of instep juggles is recorded (for each of the tests) and is then combined to create one overall instep score
<p>Test 2 Dribbling and Turning</p>	<p>Equipment and Organization:</p> <ul style="list-style-type: none"> •1 ball; stopwatch (this is a timed activity) in a 5 x 5 yard grid <p>Instructions:</p> <ul style="list-style-type: none"> •The player starts on one side of the square. •Player must dribble to the opposite side and perform any turn, then dribble to the other side and perform a turn. •After the second turn the player dribbles out of the grid. The clock stops when the players stops the ball out of the grid 		<ul style="list-style-type: none"> •The player has 3 attempts and only record the fastest score
<p>Test 3 Figure 8 Dribbling Test</p>	<p>Equipment and Organization:</p> <ul style="list-style-type: none"> •1 ball; 3 cones; stopwatch and tape measure •10 yard line marked with three cones, each 5 yards apart <p>Instructions:</p> <ul style="list-style-type: none"> •The player starts on one side of the first cone. •Player must dribble around each cone in a figure-8 pattern, without touching the cone, using both feet and trying to use both the inside and outside of her feet; she may also use the sole of her feet. 		<ul style="list-style-type: none"> •The player has 45 seconds to score as many points as possible. •Each time the player passes a cone, the player scores a point; a full 'figure 8' counts as 4 points. •1 point is taken away for every cone touched. •The player's total score is recorded.
<p>Test 4 Controlled Speed Dribbling Test</p>	<p>Equipment and Field Organization:</p> <ul style="list-style-type: none"> •1 ball; 10 cones; stopwatch and tape measure •4 consecutive 5 x 10 yard grids (to create one long 5 x 40 yard channel). <p>Instructions:</p> <ul style="list-style-type: none"> •The player starts on one end of the channel. •Time starts when the player starts the dribble. •The player must take a minimum of four touches in each 5 x 10 yard grid. •The total time is recorded once both the player and the ball cross the finish line. •The player takes the test three times. 		<ul style="list-style-type: none"> • Player must dribble using both feet from one end to the other, taking a minimum of 4 touches in each grid and finish within 8.0-8.5 seconds to successfully accomplish this test. • Each player will be given 3 attempts. •The player's lowest time on a successful 8.0-8.5 seconds or less dribble is recorded. ❖ Inside a gym make it 30 yards long

Season: Winter 2015/16 Program: TDC 3, 4 & 5 Graders Week: 9

Topic: US Soccer Technical Test

Stage	Activity Description	Diagram	Scoring
<p>Test 5 Passing & Receiving Test</p>	<p>Equipment and Organization:</p> <ul style="list-style-type: none"> •10+balls; 12 cones; stopwatch and tape measure •One 3 x 3 yards receiving box (Yellow cones) Four two-yard wide target gates (Red or Orange cones) are placed 10 yards from the front of the receiving box. •1 coach (in red) to pass balls into the testing player. •Extra players act as targets behind each gate and/or to help circulate balls back to coach for fast service. <p>Instructions:</p> <ul style="list-style-type: none"> •The test starts with a pass from the coach. •The player must control the ball within the receiving box, then prepare and pass it through any of the target gates to score a point. •Player must use each target gate twice, and, may not use the same gate consecutively. Encourage players to use the furthest gate frequently. 		<ul style="list-style-type: none"> •Player has 45 seconds to complete as many passes as possible. •Every pass received in the box, prepared successfully in the box and played through a target gate successfully is a point. •The total number of passes through the target gates from within the receiving box are recorded. <p>Passing sequence:</p> <ol style="list-style-type: none"> 1. Receive – pass right 2. Receive – pass left 3. Receive – pass behind

This is an adaptation of the U.S. Women's Youth National Team Program Technical Test, the Link is below:

<http://www.ussoccer.com/stories/2014/03/17/11/14/womens-youth-national-team-program-technical-tests>