



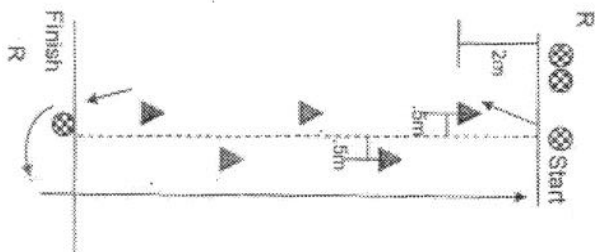
Special Olympics Idaho

Soccer Team Skills Assessment Form

Player Name: _____ Gender: M F

Dribbling:

Dribbling Score: _____

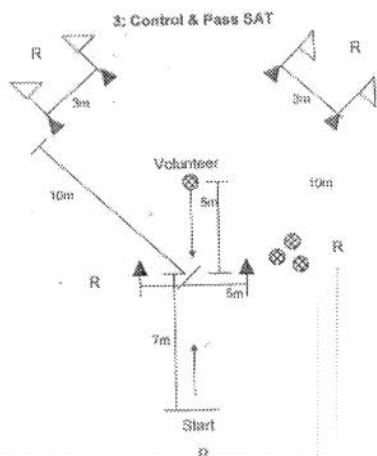


1: Dribbling SAT
(12m Station)

- Player has one minute to dribble/weave around the cones as many times as possible.
- Player must stop the ball over the finish line, return to the start, and begin with a new ball.
- 5 points for every cone passed. If a player does not weave around a cone, they must go back and attempt that cone again before continuing.

Control and Pass:

Control and Pass Score: _____

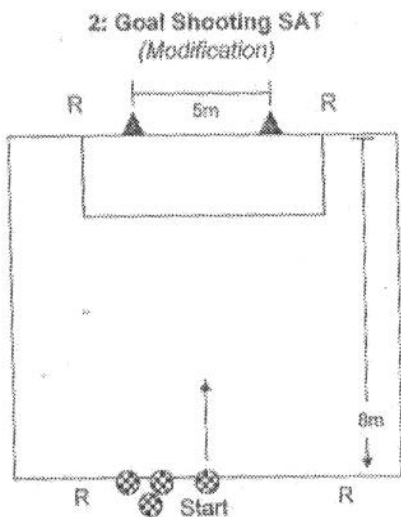


3: Control & Pass SAT

- Player has one minute
- Volunteer rolls the ball to player waiting at the start line. Player may approach the ball once it has been rolled.
- Player dribbles the ball through the first set of cones. Once the player passes the cones, the coach calls out and signals "left" or "right," notifying the player of which set of cones they must attempt.
- Player can get as close as they like to the cones before shooting.
- Once a pass is attempted, player must sprint back to the starting line and begin another attempt.
- Player scores 10 points for every successful pass through a set of cones.

Goal Shooting:

Goal Shooting Score: _____



2: Goal Shooting SAT
(Modification)

- Player has one minute.
- Player starts at a line marked 8 meters from the goal.
- Player may shoot at the goal from whatever distance they like.
- As soon as player shoots, they return to the start line for their next attempt.
- Players receive 10 points for each goal that is scored in the air, 5 points for a goal that is scored, but the ball touches the ground before passing the goal line.

*To determine your team's qualifying score for registration, add your 7 highest individual scores and divide by 7

Player's Total Score: _____