



Make Skill Development Fun for All Players

The iSoccer Assessment

Step 1: **Measure** - Assess your Players

Step 2: **Improve** – Work on improving their scores

Step 3: **Reward** – Recognize their achievement

Hey Coach,

The following pages will guide you on how to administer the iSoccer Assessment, which is designed to be flexible. Different coaches use it in different ways. Below are 3 effective variations of the Assessment, but feel free to get creative with your team!

- **iSoccer Skill of the Week** – This is a great way to easily introduce your team to iSoccer and incorporate it into your current practice schedule. Each week, take one of the 16 Skills, and assess your players at successive practices. Be sure to recognize improvement!
- **The iSoccer Six** – These are the Assessment's core Skills (Toe Taps, Foundations, Juggling PF and NPF, Change of Pace PF and NPF), which offer coaches a condensed version that gets players familiar with the iSoccer Space and 20 second counting.
- **The Full iSoccer Assessment** – To get a complete understanding of your players' strengths and weaknesses, use all 16 Skills, which you can do over the course of several practices, or all at once!



Key Coaching Points

- One **timer** coordinates all groups and one **recorder** collects scores
- Players are **partnered** and the resting player counts for their partner
- 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** and **fun!**
- Remind players to **try their best** and if they mess up, to not worry and keep going

Together, We Can Raise the Level

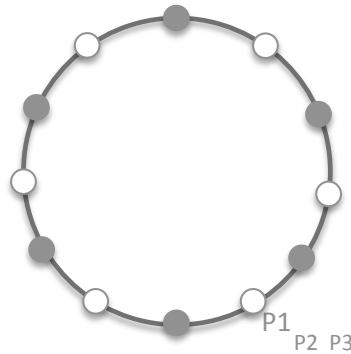
iSOCCER ASSESSMENT FIELD LAYOUT GUIDE

iSoccer Simple Layout

The iSoccer Simple layout requires fewer cones and has a shorter set up time than the iSoccer Space below. Have players in groups of two or three.

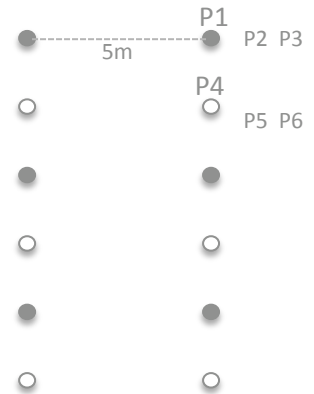
Circle

- Toe Taps
- Foundations
- Juggling (PF, NPF, Head)



Lines

- Toe Taps and Foundation
 - Juggling (PF, NPF, Head)
 - Change of Pace (PF & NPF)
 - Change of Direction
 - Moves | Scissors
 - Aerial Control
- For the skills below, add a cone at 2.5 meters

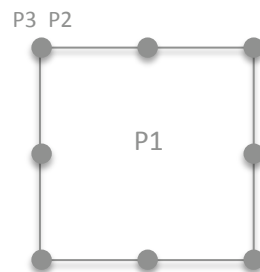


iSoccer Space (5m x 5m grids)

Set up one 5m x 5m grid for every three players. One player is being tested while the other two players are counting. *[The iSoccer Space can also be used as a great technical training space as well when you are not running your players through the assessment!]*

8 Cone Layout

- Toe Taps and Foundations
- Juggling (PF, NPF, Head)
- Change of Pace (PF, NPF)



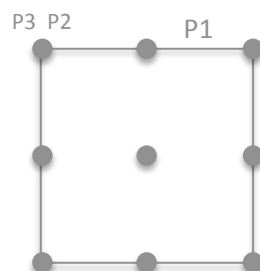
Rebounding Wall

- First Touch (PF & NPF)
 - One Touch (PF & NPF)
- Players being tested are in between like colored cones.



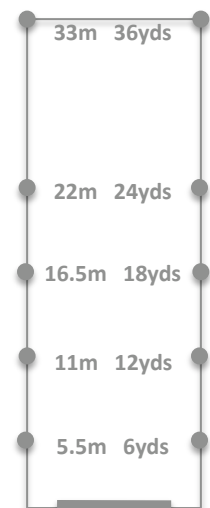
9 Cone Layout

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



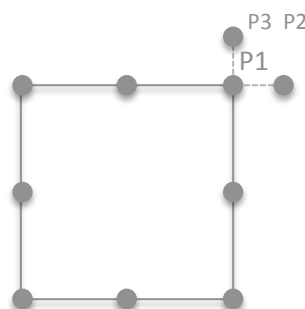
Full Size Goal

- Ball Striking



10 Cone Layout

- Speed



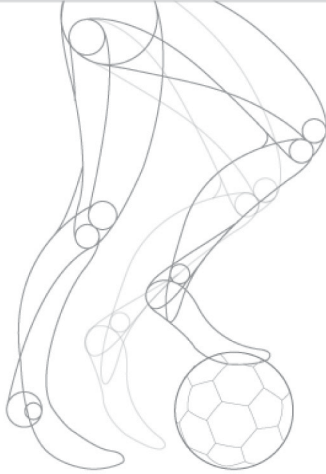
iSOCCER ASSESSMENT GUIDE



COMFORT

1

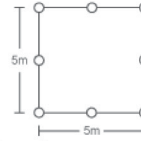
1 Toe Taps



Duration: 20 seconds

Layout: 8 cones

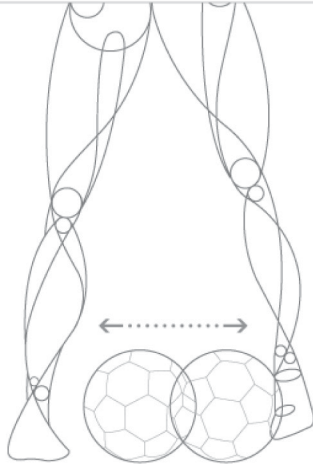
Space: 5m x 5m



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.



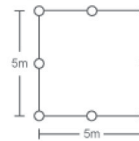
2 Foundations



Duration: 20 seconds

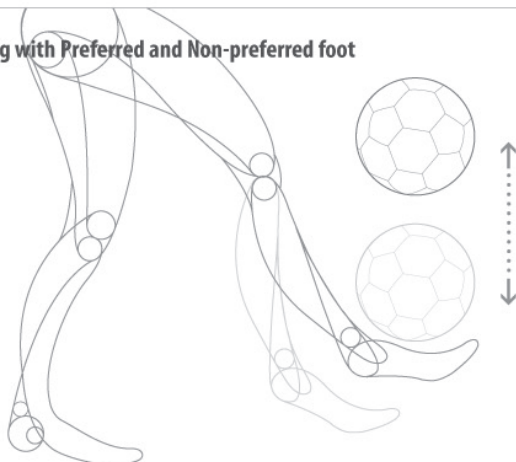
Layout: 8 cones

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.

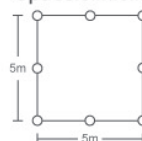


3 4 Juggling with Preferred and Non-preferred foot


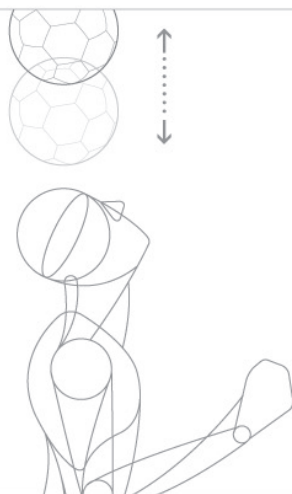
Duration: 20 seconds

Layout: 8 cones

Space: 5m x 5m



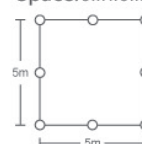
Instruction: Arrange cones as shown. Juggle the ball with your preferred foot and stay within the grid. Each touch counts as one point. Do not count touches with your other foot or other body parts. If the ball touches the ground, pick it up and restart counting at one. Record your highest score. Repeat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

5 Juggling with head


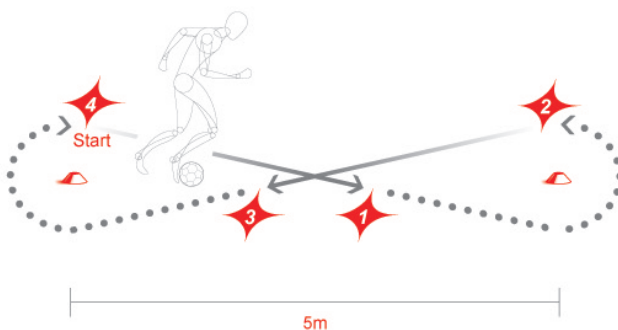
Duration: 20 seconds

Layout: 8 cones

Space: 5m x 5m



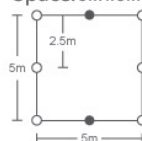
Instruction: Arrange cones as shown. Juggle the ball with your head and stay within the grid. Each touch counts as one point. Do not count touches with any other body part. If the ball touches the ground, pick it up and restart counting at one. Record your highest score.

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


Duration: 20 seconds

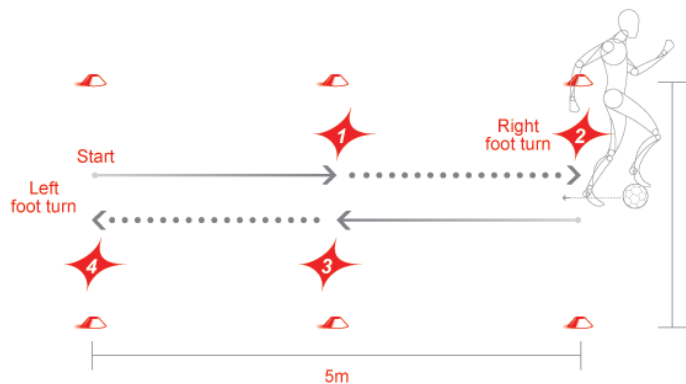
Layout: 8 cones

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.

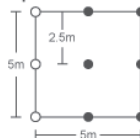
8 Change of Direction



Duration: 20 seconds

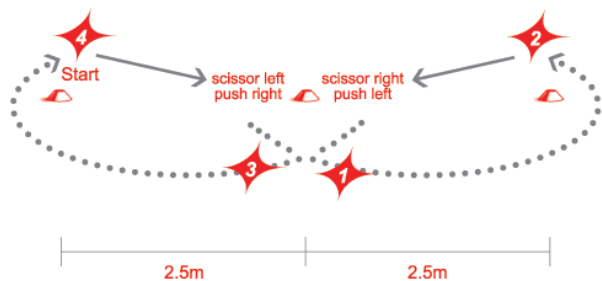
Layout: 9 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. Dribble the ball down and back in the designated lane using either foot. Use only your right foot to turn the ball at the far line and your left foot to turn the ball at the start line. Use any turn. Each completed down and back counts as four points. Partially completed sections are counted as one point each. Restart if you turn the ball with the wrong foot or if the ball does not cross the line before you turn.

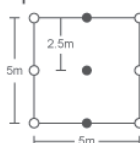
9 Move / Scissors



Duration: 20 seconds

Layout: 9 cones

Space: 5m x 5m

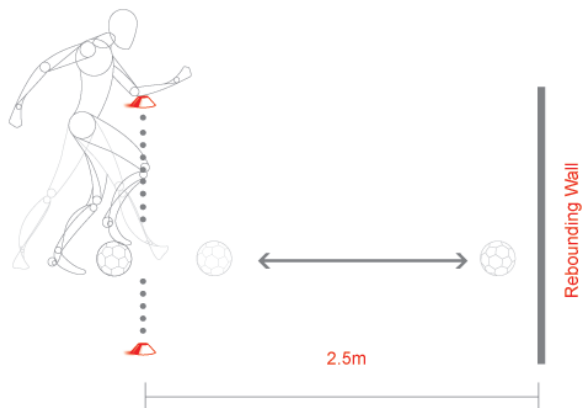


Instruction: Arrange cones as shown, treating the middle cone as a defender. Start to the left of the first cone and dribble towards the defender. Scissor around the ball with your left foot and push the ball past the defender with the outside of your right foot. Dribble around the far cone and repeat the scissor move in the opposite direction. Each completed loop counts as four points. Partially completed sections are counted as one point. Restart if you do not perform the scissors properly, or if the ball does not go around either of the outside cones.



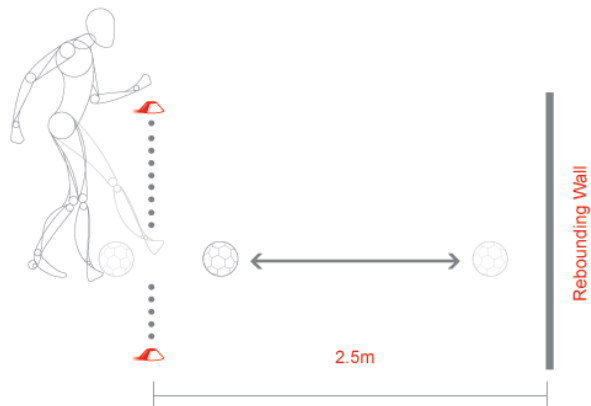
Scissor left, push right

NOTES: _____



Instruction: Arrange cones as shown. Start by passing the ball into the wall. Control the returning ball and pass it back into the wall, staying behind the cones at all times. Each time you successfully control the ball with your first touch and pass it to the wall counts as one point. Do not count if you touch the ball with your opposite foot or if you touch the ball in front of the cones. Repeat this exercise passing with your non-preferred foot only.

12 13 One Touch with Preferred and Non-preferred Foot

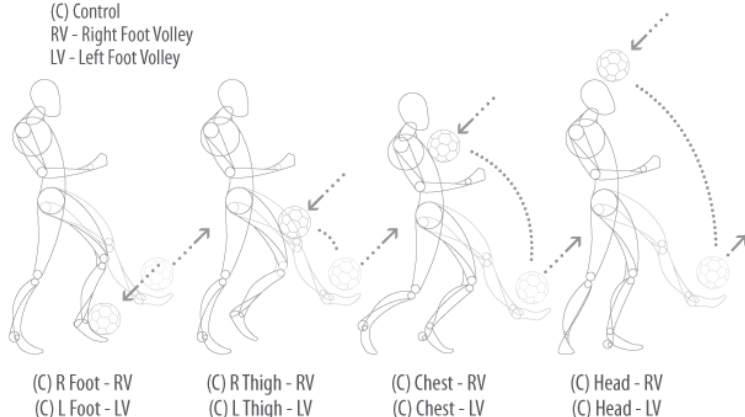


Instruction: Arrange cones as shown. Start by passing the ball into the wall. Use only one touch to pass the returning ball back into the wall. Stay behind the cones at all times. Each one touch pass that touches the wall counts as one point. Do not count passes made using your opposite foot or requiring multiple touches. Repeat this exercise passing with your non-preferred foot only.

NOTES:

14 Aerial Control

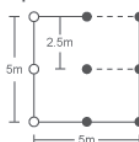
(C) Control
RV - Right Foot Volley
LV - Left Foot Volley



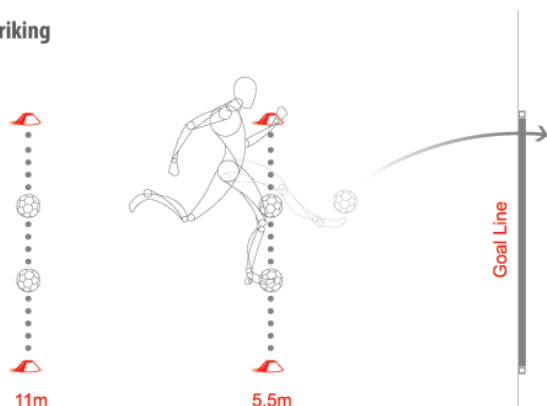
Duration: N/A

Layout: 9 cones

Space: 5m x 5m



Instruction: Arrange cones as shown. This skill uses a partner to toss the ball to you. Control the tossed ball using eight different body parts (foot, thigh, chest, head), and return the ball to your partner by volleying it with the designated foot (RV or LV). Attempt the complete set of eight control/volleys from 2.5 meters. Each successful aerial control and volley back to your partner counts as one point. If you score 6 or more points, back up to the 5 meter line and go through the complete set again. There are 16 possible points for this exercise. Do not count if the ball hits the ground, or if your partners must lift one of his feet to attempt catching the ball. You must stay behind the 2.5 meter and 5 meter line at all times.

15 Ball Striking


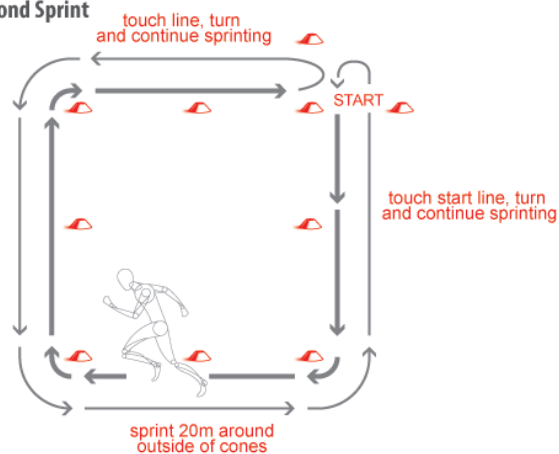
Duration: N/A

Layout: Full size goal

Space: 5.5, 11m, 16.5m, 22m, 33m



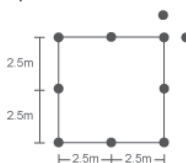
Instruction: Arrange cones as shown. Starting from the 5.5 meter line, strike a ball with each foot. You are only allowed one attempt with each foot. The ball must cross the goal line in the air in order to count as one point. Do not count balls that miss the goal or bounce before the goal line. This exercise must be completed in succession for a total of 10 possible points. Conversion of meters to yards: 6, 12, 18, 24, 36 yard lines.

16 20 Second Sprint


Duration: 20 seconds

Layout: 10 Cones

Space: 5m x 5m



Instruction: Arrange cones as shown. From the start line, sprint clockwise around the outside of the cones. Touch the line, turn and sprint counter-clockwise back to the start line. Continue sprinting in this pattern for 20 seconds. Each 2.5 meter segment counts as one point, making each time you run around the grid worth 8 points. Count the total number of completed segments to determine your score.