

## Blaine High School Boys Soccer Skills and Conditioning Tests

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<p><b>Test 1: Figure 8's</b></p> <p>Player starts behind the line. Dribble the ball in a figure eight around two cones. The cones are ten yards apart. Each player will take 3 one-minute runs with different dribbling surface restrictions: just inside of the feet, then just outside of the feet, and lastly both inside and outside of the feet. Players are timed to see how many laps they can do in 1 minute with each surface restriction. If they use the wrong surface there is a 1/4 point penalty.</p>								
<p><b>Test 2: Passing Gates</b></p> <p>Player will be tested for one minute on their passing skills. The player will start by dribbling to a cone that is ten yards away from the starting spot where she picks up a ball placed there for her. The player must dribble to within 10 yards of the target and try to pass a ball through either of the two one-yard gates that are ten yards apart and ten yards from the second cone. These one-yard gate "goals" are set up to the left and right side of the second cone so the player is alternating using the right and then left foot to pass. She repeats this process for one minute getting as many goals as possible.</p>								
<p><b>Test 3: Long Service</b></p> <p>Lines of cones are placed across the field at 5 to 10 yard intervals from the end line. Players serve five balls with their right foot as far as they can while the coach records where they land. Players then serve five balls with their left foot as far as they can. Players get an "average" and a "farthest" score for each foot.</p>	<table><tr><td>60 yards</td></tr><tr><td>50 yards</td></tr><tr><td>40 yards</td></tr><tr><td>30 yards</td></tr><tr><td>20 yards</td></tr><tr><td>10 yards</td></tr><tr><td>Player 1</td></tr></table>	60 yards	50 yards	40 yards	30 yards	20 yards	10 yards	Player 1
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#### Test 4: Body Part Juggling

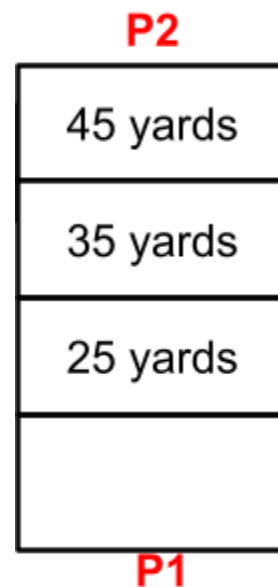
Players will be timed for two minutes. In that time frame the player is trying to hit as many of the fourteen body parts and ideally repeat as often as possible. The fourteen parts are: four parts of each foot (instep, inside, outside, and heel;), each thigh, top of each shoulder, chest, and head. It is not a collection of total attempts but the best number of body parts in the single best attempt.

Once a player finishes all fourteen points in any order and with no restriction on the number of times with any surface she can start over and keep adding on as long as the ball does not hit the ground. Obviously each body part only counts once in the sequence even if they select to use that part multiple times.

#### Test 5: Long Service / Long Reception

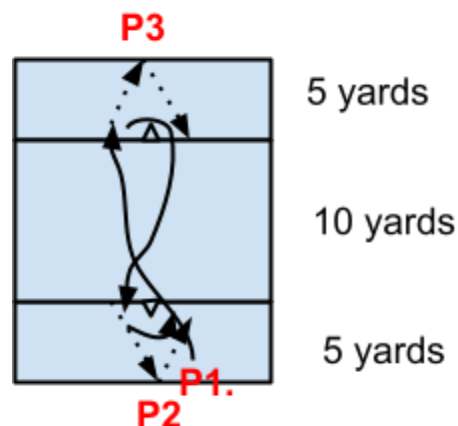
This is done in pairs at three distances: 25 yards, 35 yards, and 45 yards. One minute at each level.

1. Server plays their partner a ball in the air with perfect backspin if they can. Pair gets a point if it is served well enough for partner to take out of air and control.
2. Player receiving the ball must control it out of the air, get it efficiently on the ground, and serve it back quickly at game speed for a point. (If the return serve takes too long then obviously they have not received it well and it will not count)
3. If the ball is mis-trapped or the serve does not clear the line . . . no point. There is no issue serving from in front of the line as long as it is served quickly (at game speed).
4. Points are kept for the pair (one score for both players), and all levels points are added up for a total at the end.



#### Test 6: Swedish Test

The players are in groups of three. One of the players is working; the other two are “walls”. The person working in the middle is trying to get as many turns with the ball in the minute time limit as possible while dribbling in a figure 8 pattern between the two players 20 yards apart and passing to these players inside two cones (on a line) 5 yards from each “wall”. The “wall” player receives a pass inside her 5 yard line and returns the ball to the player working in the middle one-touch who turns efficiently, dribbles, and then passes to the other “wall” player inside the opposite side 5 yard line where the “wall” player is also one- touching the ball back to her. Players are tested on the number of turns they complete in a minute.

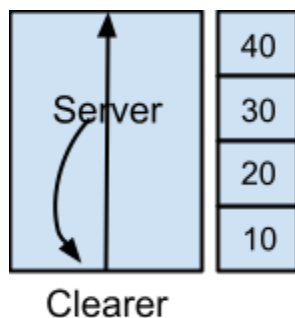


**Test 7: Clearing For Distance**

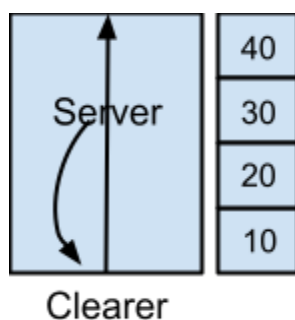
Lines of cones are placed across the field at 5 to 10 yard intervals from the end line. A player serves balls to the clearer on the end line. Player clears five "clearable" balls with each foot, getting a grade from the coach based on the scale below. All five grades are averaged for a final numerical grade.

**Grading Scale:**

- 0 = Does not go forward (whiff, shank, sky rocket)
- 1 = has no height no distance
- 2 = has height OR distance, but not both
- 3 = has height and distance but not past 40 yards
- 4 = Past 40 yards in the air

**Test 8: Heading For Distance**

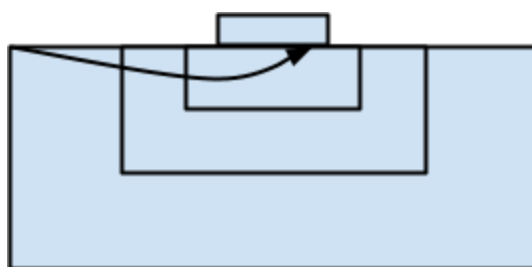
Power Heading: Lines of cones are placed across the field at 5 to 10 yard intervals. A ball is served in the air from thirty yards away to the header who tries to head it as far as she can. The header gets five "headable balls" to attempt this. The coach records where each ball hits the ground. All five scores are averaged at the end...

**Test 9: Shooting Power**

Players take turns shooting at a goal from 18 yards away. The velocity of the shot is measured with a radar gun. Each player gets four shots with each foot. The best (hardest) shot and average are recorded for each foot.

**Test 10: Bending Balls**

Players try to bend balls into the goal from the right and left sides where the 18-yard box intersect the end line. The players get 5 tries with each of the four surfaces (R inside, R outside, L inside, L outside). The perfect score is 20.

**Test 11: Penalty Kicks**

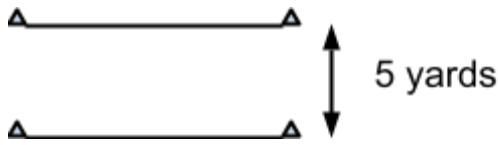

Players take 5 penalty kicks with each foot.

Coach stands behind goal and evaluates each PK based on:

1. Speed - must be fast enough to elude diving keeper
2. Height - should be on ground (optimally) or near roof unless extremely hard hit.
3. Distance from center of goal - within a yard of goal post unless extremely hard hit, then closer to center.

**Test 12: 30 yards Running with Ball**

The timer starts on your first touch. You must touch the ball at least one time every 10 yards. When you cross the finish line 30 yards away that will be your time.

<p><b>Test 13: Turn Challenge</b> Two lines are marked five yards apart by cones. The timer will start the watch on your first touch. The player must attempt to do 3 different turns at each line in the shortest amount of time.</p>	
<p><b>Test 14: Zig Zag Dribble</b> Player runs through the cones in a Zig Zag pattern. Cones are 10 yards across and staggered at 10 yards apart on the 2 outsides.</p>	

Length	Reps	Description
<b>Test 15:</b> 40 yard dash	2	Sprint for 40 yards at your fastest
<b>Test 16:</b> 120's	8	18 seconds down, Jog back each sprint to start on the minute.
<b>Test 17:</b> Cone Test	10	Out-and-back shuttles to 5, 10, 15, 20, and 25 yards in 35 seconds with 25 seconds rest 10
<b>Test 18:</b> Agility "T"	1	Sprint 10 yards to the cone. Shuffle 5 yds to the cone , shuffle back 10 yards to the far cone, Shuffle 5 yards to center cone, Backwards to the start line.
<b>Test 19:</b> Zig Zag Run	1	Run diagonally to cones that are in the same grid and the Zig Zag Dribble.
<b>Test 20:</b> Coopers Run	1	You will have 12 minutes to see how many laps you can run around the track at Blaine High School. Your goal is 7 laps in 12 minutes.