iSOCCER ASSESSMENT GUIDE

The iSoccer Assessment gives you valuable information to be a better coach by measuring and promoting the technical development of your players. To assess your entire team in one day takes an estimated time of 75 to 90 minutes. Or you can also break-up the assessment over multiple days. If you have additional coaches or volunteers, have them assist in counting and ensuring proper execution of the skill. Younger teams will take less time.

**Key Coaching Points**
- One timer coordinates all groups
- One recorder collects scores from counters (can be same person as timer)
- Both partners count and provide the score (younger players may require assistance)
- 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 yet enjoyable
- Remind players to try their best and if they mess up, to not worry and keep going

**Items Needed**
- 10 Regulation Size Balls
- 50 Markers (min of 10)
- Measuring Tape
- Stop Watch
- Regulation Size Goal
- Rebounding Wall

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**iSoccer Space (field layout)**
Set up one 5m x 5m (5.5yds x 5.5yds) grid for every three players. Add or subtract grids dependant on the number of players being assessed. Apply additions to all grids. See the initial layout for 18 players to the right.

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**8 Cone Layout**
- Toe Taps and Foundations
- Juggling (PF, NPF, Head)
- Change of Pace (NP and NPF)
  - start on end line for Change of Pace

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**9 Cone Layout**
- Change of Direction
- Moves | Scissors
- Aerial Control (requires partner)

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**10 Cone Layout**
- Speed

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**18 Player Layout:**
- Each Grid 5m x 5m
- Number of Grids (6)
- Total number of cones (48)
- Players per Grid (3)
- Rotate color of cones per Grid
- Coaching Area (in grey)

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**Rebounding Wall**
- First Touch (PF and NPF)
- One Touch (PF and NPF)

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**Full Size Goal**
- Ball Striking

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RECOMMENDED AGE PROGRESSION

Technical development is the foundation of every soccer player as they progress through their youth career. The iSoccer System is an effective, challenging and fun training program for players four years old to adults. Each assessment exercise represents a core topic of technical proficiency and should be introduced and taught before any assessment results are recorded. That said, some skills are more advanced than others and should be presented at the right developmental stage. Listed below is our recommended age appropriate progression through the iSoccer Assessment:

<table>
<thead>
<tr>
<th>Topic</th>
<th>Skill</th>
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Introduce
Before timing or counting a particular skill, introduce the exercise to the player so that they are comfortable with the concepts and movements.

Causal Count
Add the element of motivation by either the coach casually counting or having the player count their own score when they are performing the skills. You don’t need to record the scores; just introducing the idea of assigning a score to a skill will increase a player’s effort level and motivate players to improve their scores.

Assess
Now that players are comfortable with the exercises and the idea of assigning scores to a skill, start recording their results and sharing them with the players and parents. This will not only provide a great motivator for the players and constructive feedback for the parents but it will help you track progress over time.

Every Club and Team is Unique
Each player, club and team are different. This is the minimum assessment progression that we recommend but if players or teams are more advanced there is no reason that they should refrain from attempting the entire assessment as early as they like. Even a score of 1 is fine. It’s not about performance, it’s about improvement. Assessing the baseline and tracking player development over time is what iSoccer is all about.
# iSoccer

## Team or Group Recording Sheet

<table>
<thead>
<tr>
<th>PLAYERS:</th>
<th>Toe Taps</th>
<th>Foundation</th>
<th>Juggling/pl</th>
<th>Juggling/npf</th>
<th>Juggling/Head</th>
<th>Change of Pace/pl</th>
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<th>Change of Direction</th>
<th>Move/Scissors</th>
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**Key:**
- PF = Preferred Foot
- NPF = Non Preferred Foot

**Distance Conversions:**
- (Meter to Yards, Yards to Feet)
  - 5 meters = 5.5 yards = 16.5 feet
  - 2.5 meters = 2.7 yards = 8.1 feet

**NOTES:**

**Record Scores At:**
- www.isoccer.org • www.football.org • www.ifutbol.org

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**ASSESSMENT GUIDE & RECORDING SHEET**
*For Individual Players*

**Step 1 – Watch and Download Level System**

**Step 2 – Perform Each Exercise**
- Layout Field for exercise
- Count as Accurately as Possible
- Repeat exercise if necessary

**Step 3 – Record Your Score**

**Step 4 – Upload Scores Online**

**Optional – Take a Video**
Upload Videos to watch your Progress

**Items Needed**
- One Regulation Size Soccer Ball
- 10 Markers
- Stopwatch or Assessment Videos
- Tape Measure
- Rebounding Wall (First Touch and Passing Only)
- Partner (Aerial Control Only)
- Soccer Goal (Ball Striking Only)

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<table>
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<tr>
<th>COMFORT</th>
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<tr>
<td>1. Toe Taps</td>
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<td>8. Change of Direction</td>
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<td>9. Move / Scissors</td>
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<th>Speed, Strength &amp; Flexibility</th>
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<td>16. 20 Second Sprint</td>
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**NOTES:**

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**RECORD SCORES AT:** www.isoccer.org ● www.ifootball.org ● www.ifutbol.org
**1. Toe Taps**

Duration: 20 seconds  
Layout: 8 cones  
Space: 5m x 5m

Instructions: 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.

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**2. Foundations**

Duration: 20 seconds  
Layout: 8 cones  
Space: 5m x 5m

Instructions: 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.

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NOTES:

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JUGGLING

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.

3 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.

DRIBBLING

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 scissors 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:

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**First Touch & Passing**

**10 11 First Touch with Preferred and Non-preferred Foot**

- **Duration:** 20 seconds
- **Layout:** Rebounding wall
- **Space:** 5m x 5m

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**

- **Duration:** 20 seconds
- **Layout:** Rebounding wall
- **Space:** 5m x 5m

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:**

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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 the 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/volley effects 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 partner 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.