**Soccer Skills Assessment for Individuals**

**Name:** ___________________________  Athlete Partner

**Jersey Number:** ___________________________

**Team Name:** ___________________________

**Delegation:** ___________________________

**5 a-side  7 a-side  11 a-side - Circle One**

**Individual Assessment for Team Play**

### A. Ball Skills

(One choice—should be the most representative of the athlete's skill level)

- Has difficulty dribbling and trapping ball (2)
- Possesses some ball skills but they are very limited (3)
- Can control ball with dominant foot only (4)
- Can control ball with both feet (5)
- Has ability to dribble either direction with token pressure (6)
- Has ability to beat defender (while dribbling) regularly with dominant foot (7)
- Has ability to beat defender (while dribbling) regularly with either foot (8)

**Score:** ___________________________

### B. Passing

(One choice—should be the most representative of the athlete's skill level)

- Has difficulty completing a pass/short pass to a teammate (2)
- Can sometimes make a pass to an open teammate with token pressure (3)
- Can only complete a pass to teammate after looking directly at him/her or with prompting (4)
- Has ability to choose best type of pass (to feet or to space) without prompting (5)
- Has ability to consistently complete a one touch or two touch pass to an open teammate (6)
- Controls game with ability to complete a pass to open player when they are in good position (8)

**Score:** ___________________________

### C. Movement

(One choice—should be the most representative of the athlete's skill level)

- Maintains a stationary position; does not move to a loose ball (2)
- Moves only 1-2 steps toward ball or opponent (3)
- Moves toward ball; but reaction time is slow and only in a limited area of the field (4)
- Movement permits adequate field coverage for player's position (5)
- Good field coverage; reasonably aggressive (6)
- Exceptional field coverage; aggressive anticipation (8)

**Score:** ___________________________

### D. Game Awareness

(One choice—should be the most representative of the athlete's skill level)

- Sometimes confused on offense and defense; may not always understand where they are on field (2)
- Can play in fixed position as instructed by coach; may go after an occasional loose ball (3)
- Limited understanding of the game and can make some offensive or defensive decisions - coach prompted (4)
- Moderate understanding of the game, some off and def decisions and can occasionally participate in an offensive counter-attack (6)
- Advanced understanding of the game and mastery of soccer fundamentals (8)

**Score:** ___________________________

Keep this form for your records.
You do not need to submit Individual Assessment forms with your Team Summary.
<table>
<thead>
<tr>
<th>Section</th>
<th>Description</th>
<th>Score</th>
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<tbody>
<tr>
<td><strong>E. Shooting</strong></td>
<td>(one choice- should be the most representative of the athlete's skill level)</td>
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<tr>
<td>Periodically can strike ball on goal from close range of 7 yards or closer (2)</td>
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<td>Can make shots regularly from close range (3)</td>
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<td>Can make shots inside of close range and occasionally attempts a mid range shot of 8 to 12 yards (4)</td>
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<tr>
<td>Can put mid range shots of 8 to 12 yards on goal with moderate pace (5)</td>
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<tr>
<td>Can consistently make close and mid range shots and will attempt shots beyond 12 yards (6)</td>
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</tbody>
</table>
| Has excellent shooting form, can strike the ball with pace and makes shots from any range 15 yards and in (8) | Score: 

| **F. Defense** | (one choice- should be the most representative of the athlete's skill level) | Score: 
| Does not understand defensive position or principles, often beaten by a defender on the dribble or to loose balls (2) | 
| Some understanding of defensive position and principles, sometimes beaten by a defender on the dribble or to loose balls (3) | 
| More understanding of defensive position, can perform a tackle, goes after loose balls within 3 to 4 steps (4) | 
| Good understanding of defensive position and principles, does not get beat often, aggressively goes after loose balls, gets many, ability to clear ball (6) | 
| Exceptional ability to get to defend, wins most loose balls, ability to clear the ball, shut down-type defender (8) | 

| **G. Goalkeeping** | (one choice- should be the most representative of the athlete's skill level) | Score: 
| Does not understand goalkeeping position, tentative when shots come at goal (2) | 
| Some understanding of goalkeeping position, can block some shots directly at him/her (3) | 
| Some understanding of goalkeeping position, can block and catch shots directly at him/her (4) | 
| Better understanding of goalkeeping position, can block, catch shots directly at him/her or within a couple of steps to either side (5) | 
| Good understanding of goalkeeping position, can move to save some more difficult shots, can distribute the ball to an open player (6) | 
| Exceptional ability to save shots, aggressively goes after loose balls in the goal box, distributes effectively to start the offense (8) | 

**TOTAL SCORE:** 

Divide TOTAL SCORE by 7 to determine OVERALL RATING 
(round off to the nearest tenth i.e. 4.97 = 5.0 or 3.53 = 3.5) 

**OVERALL RATING:** 

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*Note: The document contains fields for County, Athlete, and various scores, but these fields are not filled in.*