



SPORT CAREER DEVELOPMENT PROGRAMME

FOOTBALL ASSESSMENT (PLAYER)

- **Passing Drill**

Students will be split in pairs, approx. 15 meters opposite each other and they will have 2 cones in front of them. When a student receives the ball he/she needs to go either left or right with the ball and needs to pass to the other student. The ball needs to go through the cones.

- **Dribbling, Shooting and Heading Drill**

Students need to dribble past 8 cones that will be set-up in a zig-zag manner. They will do a wall pass with the teacher and try to score. 2 teachers will be placed alongside the goal post with a ball in their hands. When the student shoots the ball he/she needs to go and head the 2 balls and try to score.

- **Small Sided Games**

<p>Technique: The Player is able:</p> <ul style="list-style-type: none">▪ To pass the ball effectively and with the required weight.▪ To receive the ball with consistency and control.▪ To perform a directed first-touch.▪ To shoot with accuracy.	<p>Attitude: The Player is able:</p> <ul style="list-style-type: none">▪ To perform quick positive and negative transitions.▪ To communicate effectively with his/her teammates for the benefit of the team.▪ To show the correct personality throughout the games.
<p>Insight: The Player is able:</p> <ul style="list-style-type: none">▪ To create space at the right time both individually and for his/her teammates.▪ To deny space effectively both individually and also through collaboration with his/her teammates.▪ To decide effectively when and where to pass, dribble, shoot, delay etc...	<p>Speed: The Player is able:</p> <ul style="list-style-type: none">▪ To react quickly to various situations.▪ To anticipate opponents at the right time.▪ To run effectively at speed with/without the ball.

FOOTBALL ASSESSMENT (GOALKEEPER)

- **Handling (Catching of the Ball)**

Eg: Have goalkeeper positioned inside the goal. Coach takes direct shot to body of goalkeeper. High balls and Low balls and may even be at side of goalkeeper.

- Catching- correct technique of catching using W-technique.
- Footwork
- Reaction

- **Distribution**

Eg: Goalkeeper must distribute the ball using both feet and hands to different designated areas of the pitch. Distributions: Goal Kick, Drop Kick, Back pass with control and Delivery, Over Arm Throw, Bowling Throw

- Correct technique of distribution (Follow through of hand and foot)
- Accuracy

- **Crossing interceptions**

Eg: Coach takes long and short crosses from different angles of the pitch and using left and right side lines.

- Starting position depending from where the cross is.
- Correct footwork (Knee up when intercepting high balls)
- Catching of the ball or punching (must be at sides of pitch and far as possible)

- **Shot Stopping (Shooting)**

Eg: Goalkeepers join players in a shooting drill

- Shot stopping
- Footwork
- Handling (Catching, using opposite arm in high ball shots, deflecting ball at sides of the goal)

- **Positioning**

Eg: Goalkeepers join players in a small sided match

- Positioning of play
- Shot Stopping
- Cross interceptions
- Distribution