

Performance Scales for the Dribbling/Passing Test

Test Description:

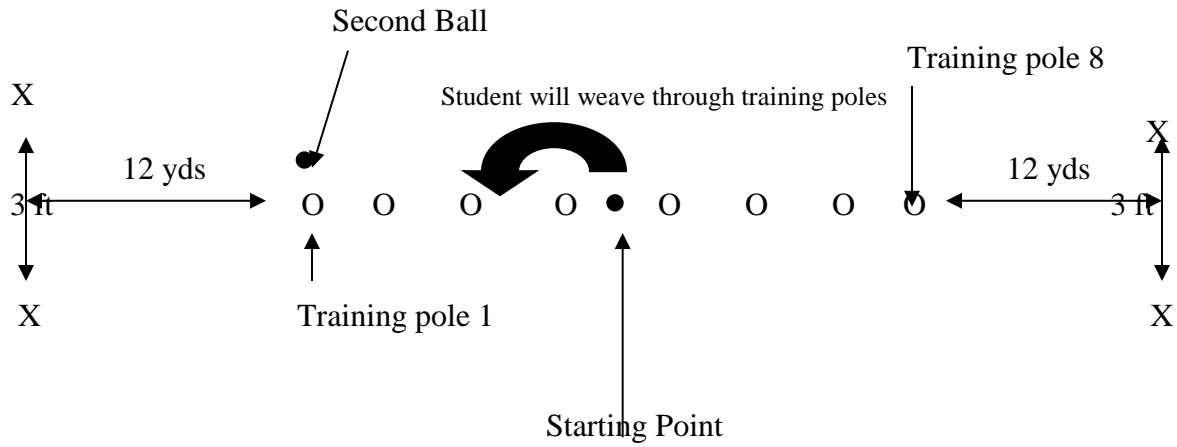
The test is performed on the Method Rd Soccer fields or any other appropriate space. A series of 8 training poles will be setup in a row with differing distances between each training pole and will be as follows:

<u>Training pole</u>	<u>Distance</u>	
1 st and 2 nd	3 ft	
2 nd and 3 rd	4 ft	
3 rd and 4 th	5 ft	
4 th and 5 th	6 ft	It is recommended that the instructor place markers for each training pole in case they are knocked over or moved.
5 th and 6 th	5 ft	
6 th and 7 th	4 ft	
7 th and 8 th	3 ft	

Located 12 yards from Training pole 1 and Training pole 8 is a small goal that is approximately 3 ft. wide. A ball will be placed next to Training pole 1 on either side at the testing student's preference.

The test will begin with the student beginning with the ball in between Training poles 4 and 5. The student will start towards Training pole 1, dribbling and weaving through each training pole until reaching Training pole 1. After reaching Training pole 1, the testing student will attempt to pass the ball being dribbled into the space located 12 yards from Training pole 1. The testing student will then begin dribbling the ball located next to Training pole 1 and weave through each training pole in the reverse direction towards Training pole 8. After passing Training pole 8, the student will attempt to pass the ball through the area marked 12 yards from Training pole 8. Only balls that pass through the designated areas will be counted. If a testing student veers off the desired path or knocks over training poles, he/she must still have weaved through each training pole or incur a 10 second penalty. It should be noted that a student may dribble all the way up to a designated area to pass the ball in between the training poles, but will lose time in doing so. After the test is completed, a grade will be given based on the time completed and successful pass attempts.

Dribbling/Passing Test



Successful Passes

2
1
0

Scale

10
5
0

<u>Time</u>	<u>Men's Scale</u>	<u>Women's Scale</u>
10 sec or under	10	10
12 sec	9	10
14 sec	8	9
16 sec	7	8
18 sec	6	7
20 sec	5	6
22 sec	4	5
24 sec	3	4
26 sec	2	3
28 sec	1	2
30 sec	0	1
>32 sec	0	0

Females points	Percentage	Males points
20	100	20
19	95	19
18	90	18
17	85	17
16	80	16
15	75	15
14	70	14
13	65	13
12	60	12
11	55	11
10	50	10
9	45	9
8	40	8
7	35	7
6	30	6
5	25	5
4	20	4
3	15	3
2	10	2
1	5	1
0	0	0

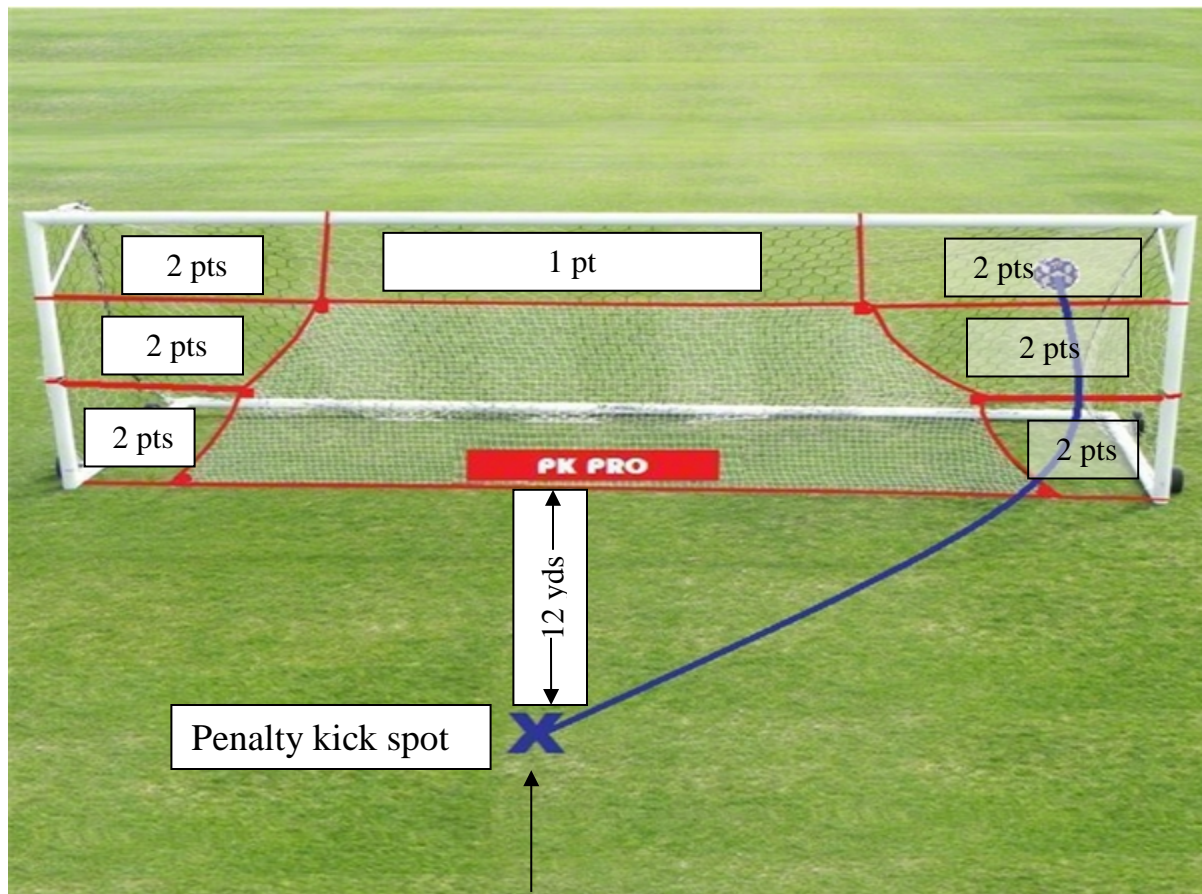
Source: *Department of Kinesiology-
Performance Course Program; California
State University-Fullerton 2003-2005*

Performance Scales for the Penalty Kick Test

Test Description:

The test is performed on the Lower Intramural fields, Method Road Soccer fields or wherever a marked field with goals is available. A testing net will be placed in the goal mouth as shown in the penalty kick protocol image. The testing student will attempt to shoot a total number of 10 balls from the penalty kick area. Points will be awarded based on the path of the ball. If the ball travels through the open locations of the net in the corners or sides of the goal, 2 points will be awarded. If the ball travels in the top open location of the testing net, 1 point will be awarded. After all shots are attempted, a grade will be given based on the appropriate grading scale.

Penalty Kick Test



Student will shoot from penalty kick spot.

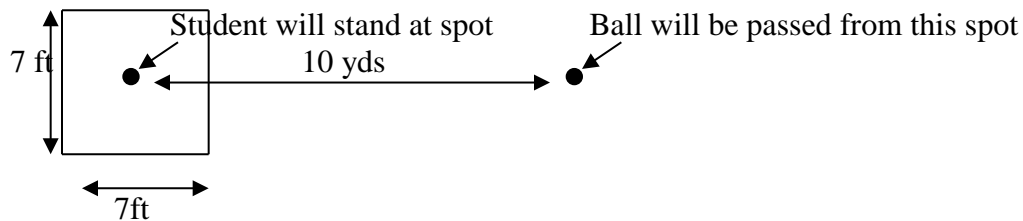
Females points	Percentage	Males points
18	100	18
17	95	17
16	90	16
15	85	15
14	80	14
13	75	13
12	70	12
11	65	11
10	60	10
9	55	9
8	50	8
7	45	7
6	40	6
5	35	5
4	30	4
3	25	3
2	20	2
1	15	1
0	10	0

Source: *Department of Kinesiology-
Performance Course Program; California
State University-Fullerton 2003-2005*

Performance Scales for the Trapping Test

Test Description:

Each student will stand in a designated trapping area. 10 balls will be distributed - 4 balls on the ground, 3 balls that are bouncing, and 3 balls in the air (must be trapped out of the air) to the student from a distance of 10 yards with a velocity typical of a pass made during play. The student is responsible for trapping and controlling the ball within the designated trapping area (7ft x 7ft square area).



Females points	Percentage	Males points
10	100	10
9	90	9
8	80	8
7	70	7
6	60	6
5	50	5
4	40	4
3	30	3
2	20	2
1	10	1
0	0	0

Source: *Department of Kinesiology-
Performance Course Program; California
State University-Fullerton 2003-2005*