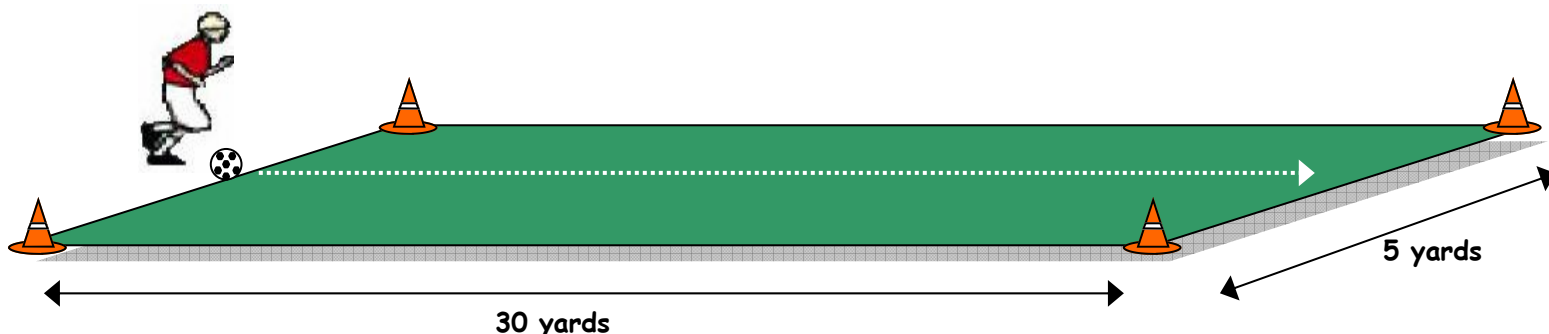


Subject = Try-Out Technical Assessments

Coach = Adrian Parrish

TEST 1 = RUNNING WITH THE BALL



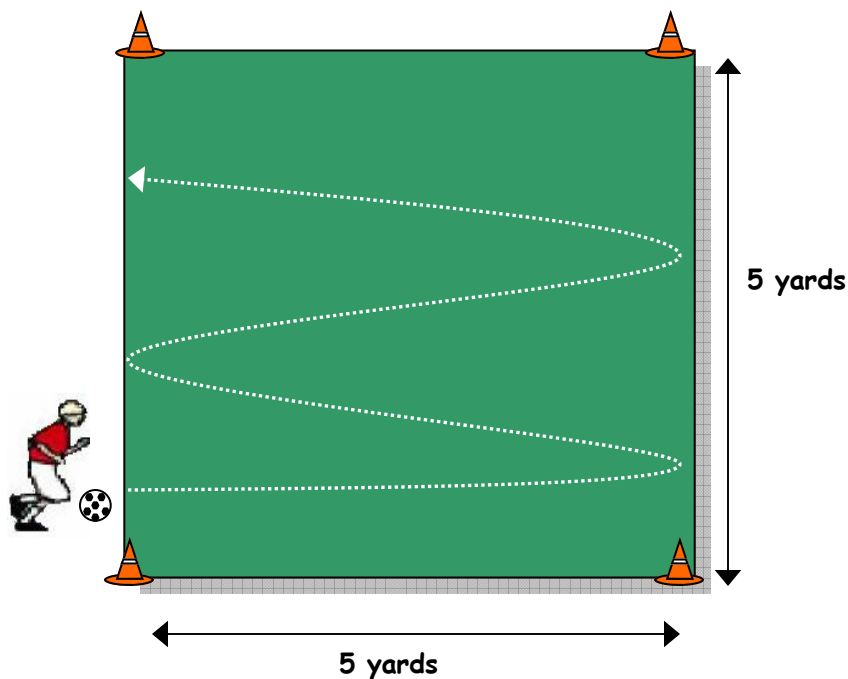
DESCRIPTION

The area is marked out as shown, with cones or lines.

Player runs with the Ball from start to the finish line.

The clock stops when the player crosses the finish line not the ball. The Ball can not be passed through the finish line before the player is 2 yards away from the line. The ball must be on the ground when passing the finish line. If the player runs outside the 2 yard zone, they must try again.

TEST 2 = TURNING WITH THE BALL



DESCRIPTION

The player starts at line A. Each player completes three turns [the same one] each time they cross the lines at B and A, finishing the sequence back at A.

The player then chooses a second and third turn and does the same for each of their turns.

The players' three times are added together to give a total.
Players must select three turns from the six turns below:

- | | |
|--------------|-----------|
| Inside Hook | Stop Turn |
| Outside Hook | Step Over |
| Drag Back | Cruyff |

TEST 3 = SPEED

DESCRIPTION

No ball is needed for the Speed test.

The player sprints around each cone to the finish gate. The clock stops when the player passes through the gate.

Players must go around each cone.

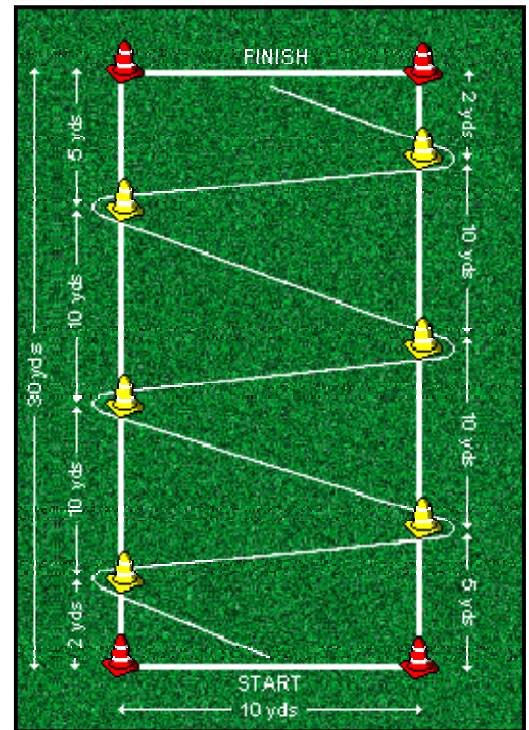
TEST 4 = DRIBBLING

DESCRIPTION

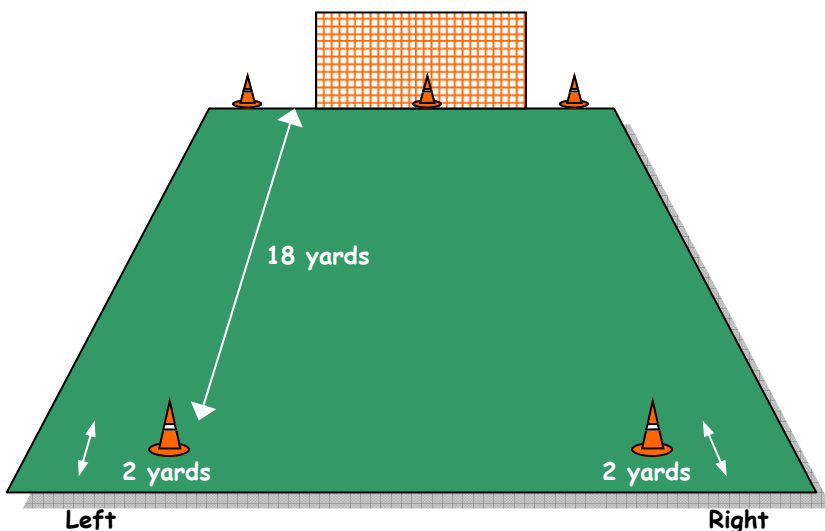
The same course is used for the dribbling as is used for the speed test.

The difference being that the player has a ball does not go around the cones but fakes in front of each and heads for the next one across the other side of the grid.

The clock stops when the player passes through the gate with the ball.



TEST 5 = PASSING/SHOOTING



DESCRIPTION

Players attempt to pass / shoot the ball into areas of the goal that are clearly marked by cones.

Players must use no more than 2 touches to shoot / pass. Three attempts are made with either foot from both sides of the area.

Points are added together from six attempts in all.
 A score between far post and center cone = 3 pts
 A score between near post and center cone = 2 pts
 A miss at the far post = 1 pt
 A miss at the near post = 0 pts

The maximum possible points in this test is 18
 (9 with the left foot and 9 with the right foot).