



CC UNITED Soccer Club

Test tips

To enable your child to complete the tests more efficiently please do the following

1. On timed tests please don't say "Go" allow the player to start their time when the ball leaves the starting line and for the speed test when they step off the starting line. This will measure true and not reaction speed
2. Finish all test with a ball when the ball and player crosses the end lines

Drills

Tips

Running with the Ball	Get the ball out in front with larger touches. Try to complete the test using as few touches of the ball as possible, Use the laces of the shoe to get the player into their natural running style
Speed and Flexibility	Get low by bending knees both at the start and going around the flags. Around the flags take small quick steps and in the straights lengthen the stride
Dribbling and Control	Take larger touches for the spaces between the flags and lots of small touches of the ball when going around the flags. Use the foot on the same side that the ball is on so the player remains balanced
Turning and Changing Direction	Reach around the front of the ball for inside and outside cuts. Bend knees to accelerate back. Try to make the ball go from line to line limiting the touches made in the middle. For the pullback always turn in the direction of the foot used so the players continuously sees the ball.
Passing	Focus on area of the ball to strike. Non kicking foot should be aimed at the target Appropriate weight/power of the pass Use inside of the foot Swing through the ball and swing leg forward and not across the body