

Sports Assessment Station 9–Foot Coordination – Dribbling the Soccer Ball

Objective:

Athlete will be evaluated on hand foot coordination.

Materials:

Measuring tape, cones, soccer ball

Time:

3 minutes

Volunteer:

- Required: 1
 - The volunteer will explain the procedure, demonstrate the skill, and time the athlete.
- Ideal: 2
 - Volunteer 1 will explain the procedure, demonstrate the skill, and time the athlete.
 - Volunteer 2 will help retrieve and replace the balls if the athlete loses control.

Setup:

Place one cone on the ground then at a 45 degree angle from that cone measure a distance of 3 meters and place a cone there. Measure 3 meters at a 45 degree angle from the other side of the starting cone and put a cone there. The second and third cone should be in a straight line and have a distance of 3 meters in between them.

Procedure:

Volunteer 1

1. Explain to the athlete that they will dribble the soccer ball to each cone. Then go around the outside of the second and third cone and return to the starting position.
2. Time how long it takes the athletes to complete the test.
3. Encourage the athlete.

Volunteer 2

1. Demonstrate how to dribble the soccer ball and how to go around the outside of the cones.
2. Retrieve the soccer ball if the athlete loses control.
3. Encourage the athlete.

Evaluation:

1. Time how long it takes the athlete to complete the test.
2. If the athlete loses control of the ball and it has to be retrieved by another volunteer add one second to the time.
3. Write their time on the athlete's assessment sheet.