

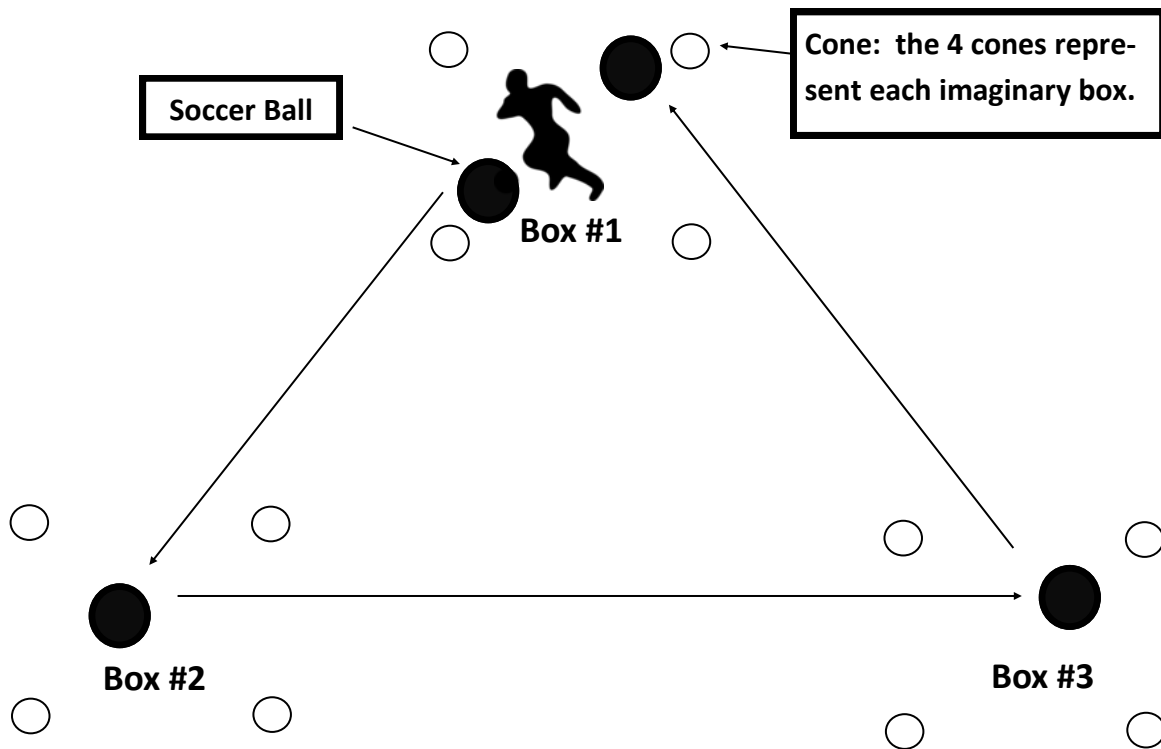
Erskine Academy Skills Challenge
Skills Explanation Sheets



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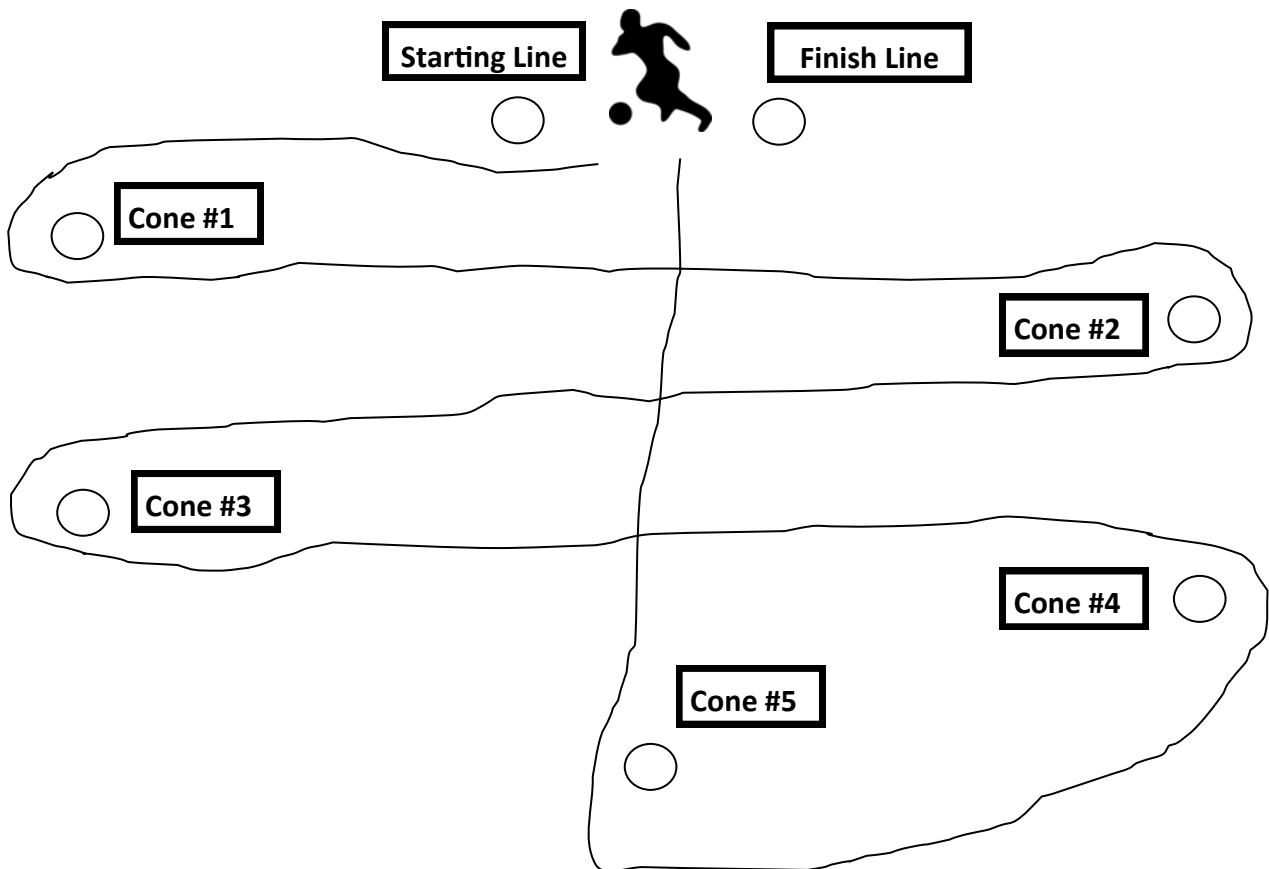
Soccer Skill's Test for Box Dribbling



How to do the Box Dribbling Skill

1. 1 Minute Time = Player has the whole 1 minute time frame to dribble from box to box. Once the player returns to box #1, they keep on repeating till the 1 minute is up.
2. Player must leave the soccer ball they are dribbling in the next box. Player will use the soccer ball that is in that box to dribble to the next box. Player will keep on repeating the process till the 1 minute is up.
3. A total of 4 soccer balls are used.
4. The purpose is for the player to dribble to as many boxes in that 1 minute time frame.
5. Each box is roughly 8 square feet, and roughly 30 feet to the next box.
6. This drill shows ball control with stopping and starting in a short confined area.

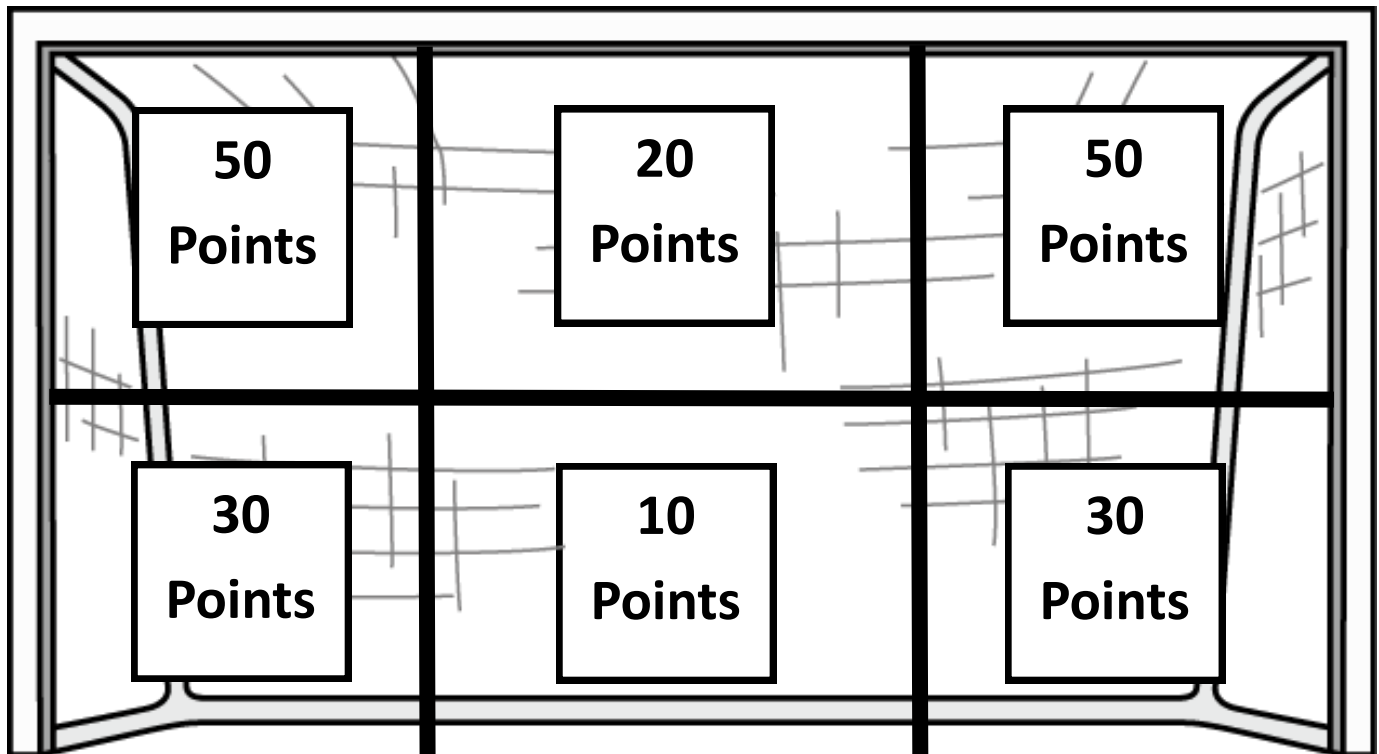
Soccer Skill's Test for Dribbling



How to do the Speed Dribbling

1. **Speed Event:** Player is timed based on their speed with the soccer ball in a long distance area.
2. Player will start at the starting line dribble around each cone and finish up back at the starting line.
3. Starting Line is 10 yards to cone #1; cone #1 to cone #2 is 20 yards; cone #2 to cone #3 is 20 yards, cone #3 to cone #4 is 20 yards; cone #4 to cone #5 is 10 yards; & cone #5 till finish line is 25 yards.

Soccer Skill's Test for Shooting



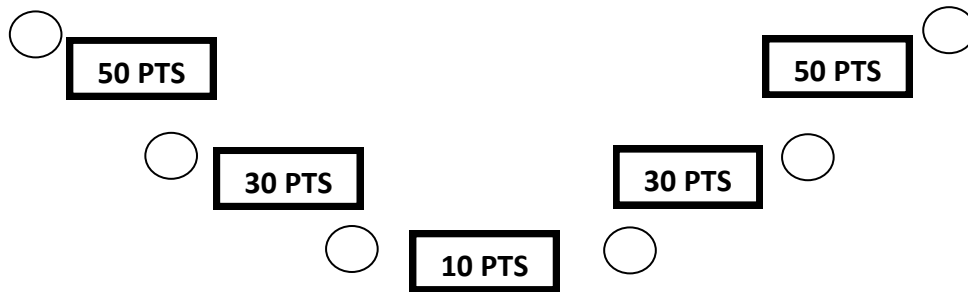
○ Penalty Line ○



How to do the Shooting Challenge

1. Penalty Kick is 12 yards from the Goal line: Player gets 5 shots and awarded points by the diagram above
2. No Points for kicking the ball over the goal or to the side of the goal.

Soccer Skill's Test for Passing



How to do the Passing Skills Test

1. Passing is 15 yards: Player gets 5 passes and awarded points by the diagram above
2. Player must pass the ball through one of the gates. A player isn't awarded any points for a ball that goes on the outside of the gates.

Erskine Boys Soccer
Soccer Skill's Test for Tryouts
Juggling



How to do the Juggling

- 1. Purpose: Many touches on the soccer ball gives you a great understanding and feel for the soccer ball.**
- 2. Player needs to get as many consecutive touches on the soccer ball with any body part (besides the hands and arms), before the soccer ball hits the ground.**
- 3. Best way to prepare your self is to work on one body part before progressing to another body part. A good juggler can use all the body parts.**
- 4. The main purpose is to see how many touches you can get with out the soccer ball hitting the ground.**

WHY JUGGLING

Now you will ask, “Why 100 juggles, nobody else is doing them”? Good soccer requires a soft and gentle touch on the ball. Juggling works on both controlling and the soft gentle touch on the ball. You should be able to make the ball do what you want it to do. Good ball skills are must, if you want to be a good soccer player.

Juggling most importantly teaches “muscle memory”. When it’s been a long hard game and your next touch could determine the outcome of the game (touching past a defender, placing the perfect pass or breaking up a play) it’s the juggling you’ve done in training that insures touch is what you need to succeed.