

Varsity Girls Soccer Skill Sheet

Advanced Skills:

1. Lifts ball and holds with foot tosses in the air, taps 3 times and traps (L; 3 tries)
2. Lifts ball and holds with foot tosses in the air, taps 3 times and traps (R; 3 tries)
3. 10 taps from ground (L; 3 tries)
4. 10 taps from ground (R; 3 tries)
5. 10 taps on knee using both knees (start with ball on ground)
6. 5 taps on head (start with ball on ground)
7. Traps kicked ball with foot (L) from moving position
8. Traps kicked ball with foot (R) from moving position
9. Traps kicked ball with thigh from moving position (L)
10. Traps kicked ball with thigh from moving position (R)
11. Kicks (passes) ball to target 5 meters away (L)
12. Kicks (passes) ball to target 5 meters away (R)
13. Legal throw in to target 1 meter away
14. Legal throw in to target 5 meters away
15. Kicks ball in air 15 meters (L)
16. Kicks ball in air 15 meters (R)
17. Heads thrown ball to target from 2 meters
18. Heads kicked ball to target from 2 meters

ISST Selection and Captain Selection:

In addition to the above, I will be looking at:

		Minimal			Outstanding
1.	Effort	1	2	3	4 (work in practice, improvement)
2.	Enthusiasm	1	2	3	4 (attitude, attend sessions)
3.	Team Spirit	1	2	3	4 (encourage others, talking)
4.	Leadership	1	2	3	4 (good model, someone others listen to)