


# YOUTH SOCCER

## Evaluation Criteria

 Preschool  
3-5 yrs  
Stage:  
Rookies

 School Age  
6-12 yrs  
Stage:  
Fundamentals/  
Advanced

### PRESCHOOL SOCCER

Ages 3-5

#### BALL MASTERY & FOOTWORK

- ☐ Toe-taps or Bell Touches
- ☐ Roll ball in a straight line
- ☐ Dribble 5 yards without losing ball
- ☐ Ball Stops with Sole of Foot

#### DRIBBLING CONTROL

- ☐ Dribble around cones (no hands)
- ☐ Change direction with ball
- ☐ Keeps ball within 3 feet while moving

#### LISTENING & AWARENESS

- ☐ Responds to commands
- ☐ Identify their ball and stay in their space
- ☐ Vision while dribbling

#### MOVEMENT & AGILITY

- ☐ Run, jump, and shuffle between cones
- ☐ Balance on one foot for 3 seconds
- ☐ Stop and Go on command

#### KICKING & SHOOTING

- ☐ Kick a ball toward a goal
- ☐ Can "shoot" after dribbling
- ☐ Knows which goal to shoot toward in a game

### FOOTBALL SKILLS AND DRILLS

Ages 6-12

#### BALL MASTERY & FOOTWORK

- ☐ Inside/outside dribble (zigzag)
- ☐ Pull-back and push-forward with same foot
- ☐ Perform tick-tocks or sole rolls rhythmically

#### DRIBBLING UNDER CONTROL

- ☐ Dribble through cones without losing the ball
- ☐ Controlled Change of Direction
- ☐ Head dribble up at least 50% of the time

#### PASSING & RECEIVING

- ☐ Accurately pass 5-10yards
- ☐ Trap a ball with foot and control it
- ☐ Give-and-go pass

#### SHOOTING / FINISHING

- ☐ Shoot with correct foot surface (instep)
- ☐ Shoot while moving
- ☐ Hit a target from 5-10 yards

#### MOVEMENT & AGILITY

- ☐ Timed cone weave with the ball
- ☐ Stop/start on command while dribbling
- ☐ Sprint and decelerate with control

#### AWARENESS & TEAM PLAY

- ☐ Knows how to spread out / find open space
- ☐ Passes when a teammate is open
- ☐ Recognizes when to defend or chase ball

