

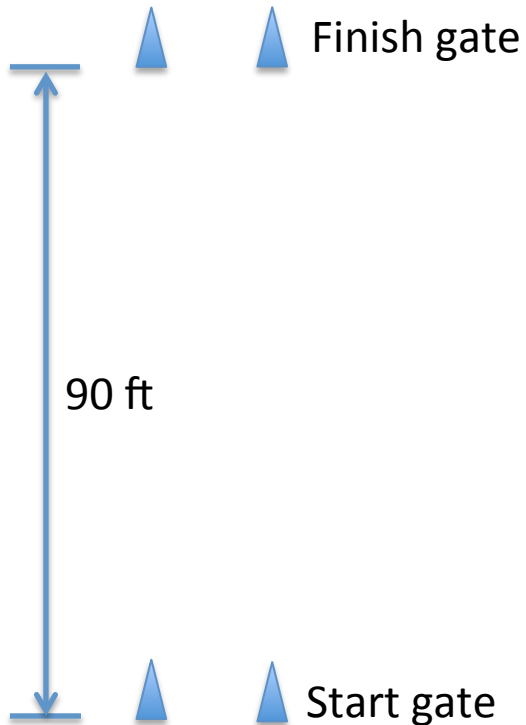
CVYS Travel Evaluations Drills

Preliminary

Skills Assessment

30 Yd Dash

Configuration:

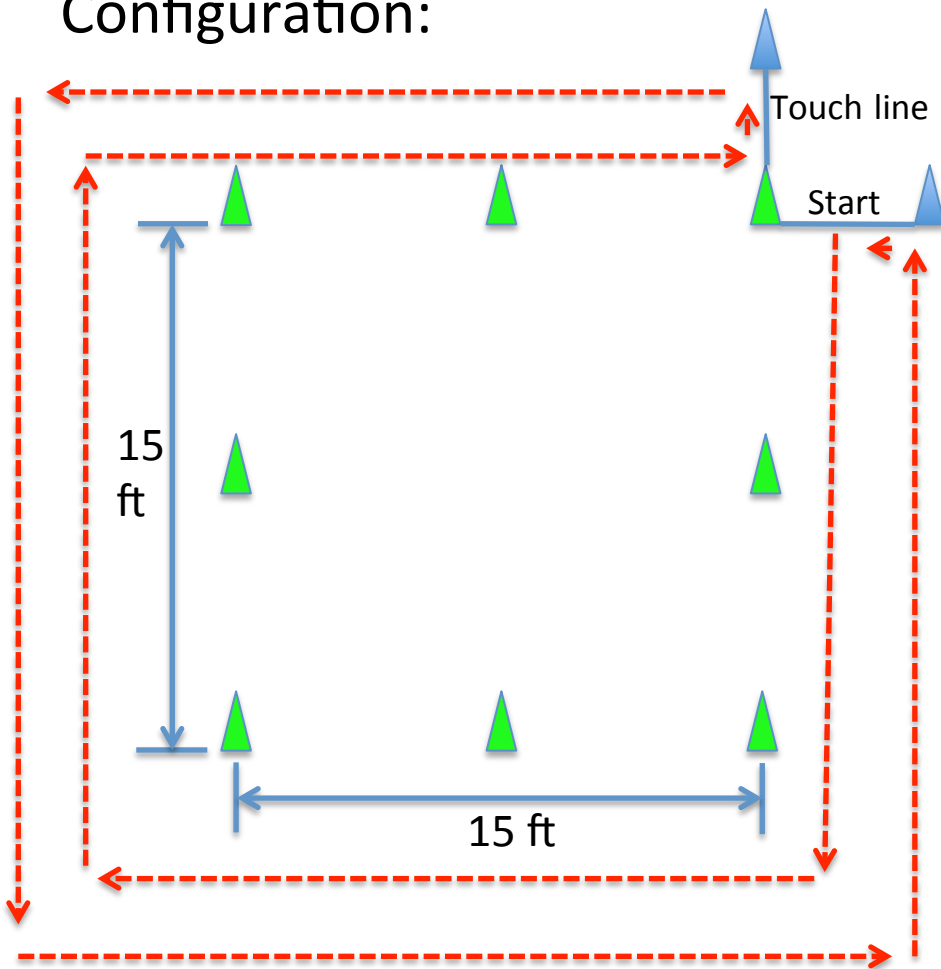


Running the Drill:

- Two Coaches
 - One at start gate records times
 - One at finish gate with stopwatch
- Timer starts stopwatch on first movement
- Timer stops watch once the runners head or torso reaches the finish gate

Agility Test

Configuration:



Running the Drill:

- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first movement and calls "time" at 20 sec.
- Player runs around the outside of the cones to the touch line, then reverses direction and proceeds back to the start, then reverses direction and so on...
- Counter counts how many green cones the player passed in 20 sec. The start cone does not count.
- Player must stay outside the cones, or start over
- Player must physically touch the touch line or start line with hand or foot before reversing directions

Foot Speed (Toe Taps)

Configuration:

- One size 4 ball in a 2 foot diameter circle on the ground



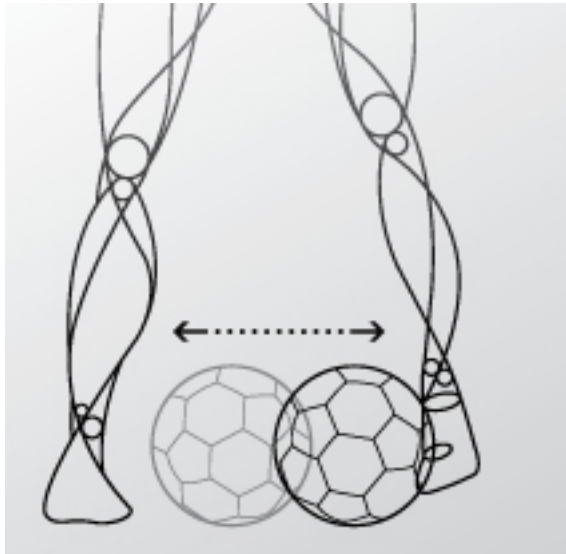
Running the Drill:

- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first touch and calls “time” at 20 seconds
- Player alternates touches on the top of the ball with left then right then left... foot
- Counter awards 1 point for each successful touch
- Successful touches:
 - Player must touch the ball, no hovering
 - Player must alternate feet. No double touches
 - The ball must be in the 2 ft. diameter circle for a touch to count

Ball Mastery (Tic Tocks)

Configuration:

- One size 4 ball in a 3 foot diameter circle on the ground



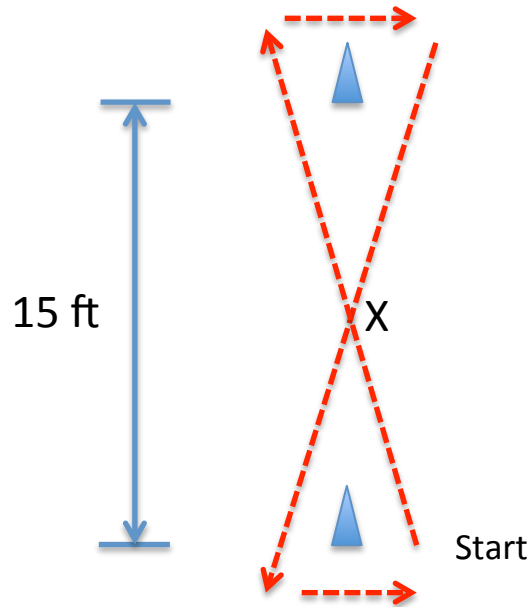
Running the Drill:

- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first touch and calls “time” at 20 seconds
- Player alternates controlled touch from the inside of left foot to the inside of right foot and back
- Counter awards 1 point for each successful touch
- Successful touches:
 - Double taps using the same foot twice in a row do not count
 - The ball must be in the 3 ft. diameter circle for a touch to count

Control Dribbling (Right Foot)

Configuration:

- One size 4 ball
- Two cones 15 ft. apart
- Painted "X" half way between the cones



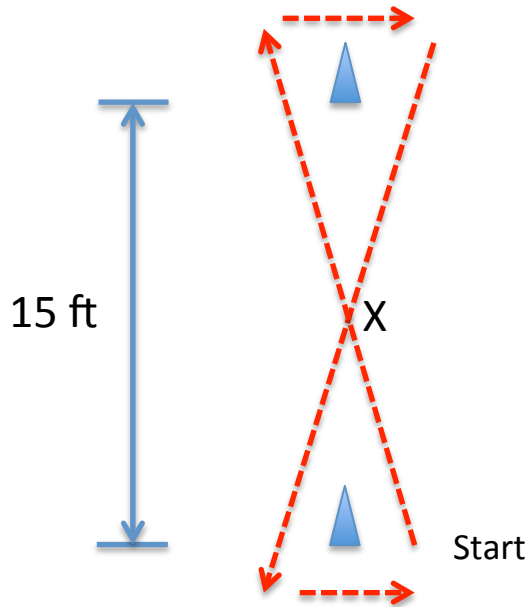
Running the Drill:

- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first movement and calls "time" at 20 sec.
- Player dribbles the ball with right foot only in a figure 8 pattern around cones
- Counter awards one point each time the player passes a cone and one point for each time the player passes the center "X" in 20 sec.
 - So one complete figure 8 will result in 4 points
 - Player must have the ball completely around an end cone or completely passed the center X to earn a point
- The player must go back or start over if they miss a cone

Control Dribbling (Left Foot)

Configuration:

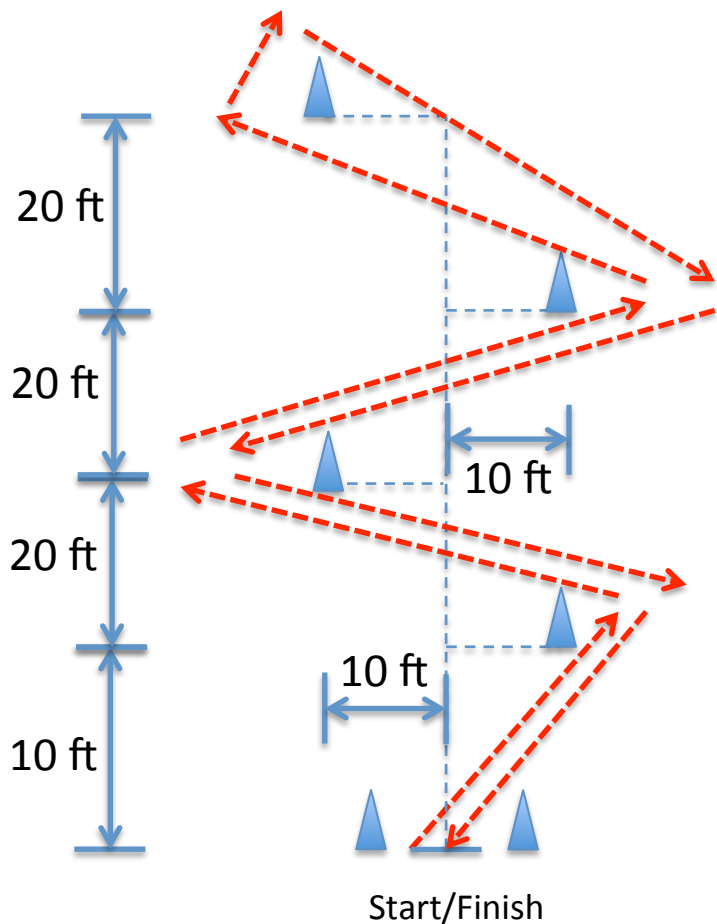
- One size 4 ball
- Two cones 15 ft. apart
- Painted "X" half way between the cones



Running the Drill:

- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first movement and calls "time" at 20 sec.
- Player dribbles the ball with left foot only in a figure 8 pattern around cones
- Counter awards one point each time the player passes a cone and one point for each time the player passes the center "X" in 20 sec.
 - So one complete figure 8 will result in 4 points
 - Player must have the ball completely around an end cone or completely passed the center X to earn a point
- The player must go back or start over if they miss a cone

Speed Dribbling (Both Feet)



Configuration:

- One size 4 ball inflated to 7lb.
- Cones set up as shown

Running the Drill:

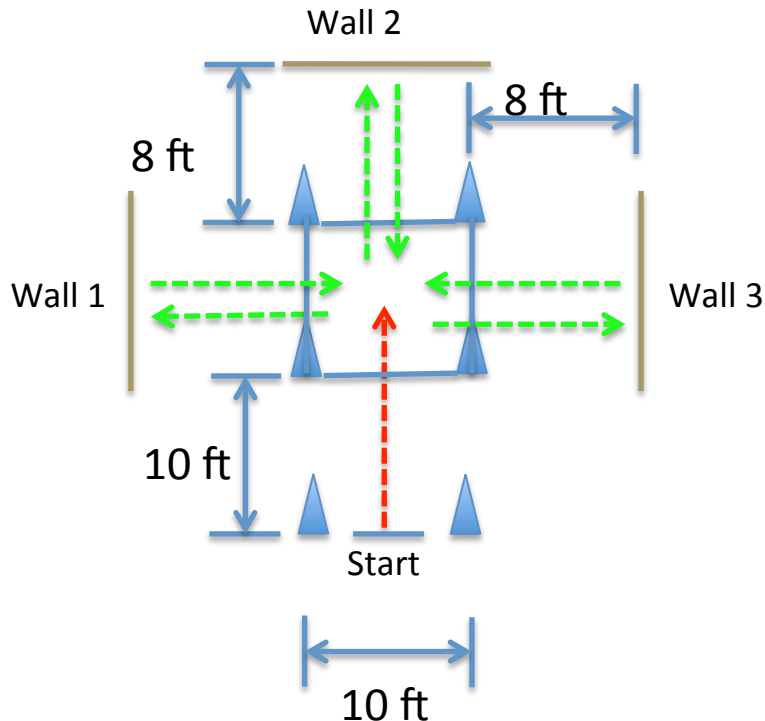
- One coach timing, One coach recording times
- Timer starts stopwatch on first movement and times start to finish
 - Clock stops when both the ball and player break the finish line
- Player starts at the start line and dribbles with either foot through the cones as shown
- The player must go back or start over if they miss a cone

* NOTE: not drawn to scale. Make sure to follow dimensions

Passing (Both Feet)

Configuration:

- One size 4 ball inflated to 7lbs.
- 10 ft. cone square
- 3 walls (two stacked benches), each 8 ft from the cone square



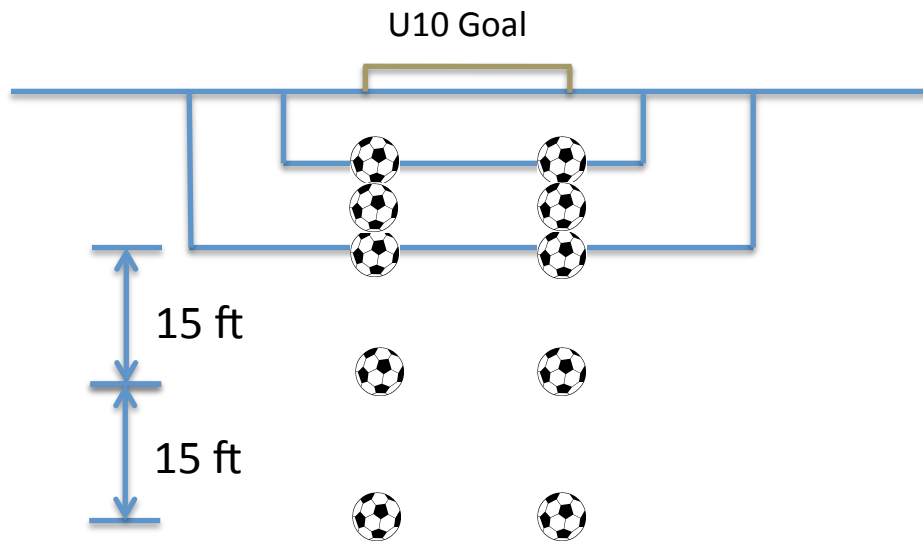
Running the Drill:

- One coach timing, One coach counting
- Timer starts stopwatch on first movement and calls "time" at 30 sec
- Player starts at the start line and dribbles into the cone box. The player attempts to remain in the cone box for the duration of the drill while passing the ball off wall 1, then wall 2 then wall 3, back to wall 1.... And so on until time expires
- Each successful pass/receive is awarded one point.
- Player must pass the ball from inside the cone box and receive/trap the ricochet inside the box to count for a point
- Each passing attempt must be made toward a new wall

Shooting (Both Feet)

Configuration:

- 10 size 4 balls inflated to 7lbs.
- Balls are placed in line with each goal post on a U10 field as shown below:



Running the Drill:

- One coach monitoring the goal line, one coach counting/recording
- No timer
- Player attempts to put each ball in the goal on the fly.
- Balls on the right side are struck with the right foot. Balls on the left side are struck with the left foot.
- Two points are awarded for successful shots that cross the goal line on the fly. Landing on the goal line counts.
- One point is awarded for successful shots that cross the goal line on one bounce. Landing on the goal line counts.
- No points if the ball bounces twice before crossing the goal line.

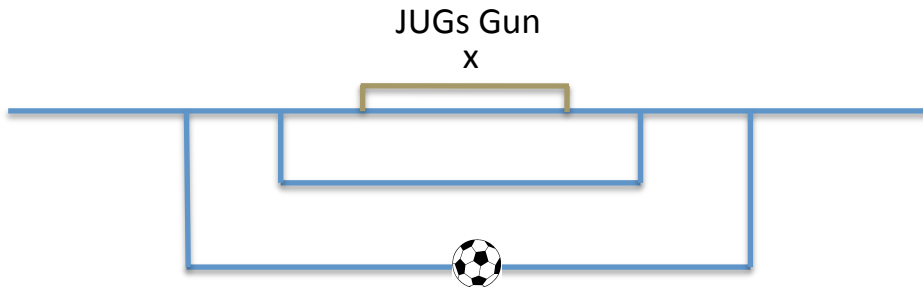
Shooting Velocity

Configuration:

- 3 size 4 balls inflated to 7lbs.
- Jugs gun placed center net
- Balls are placed one at a time on the center of the goal at the top of the penalty box

Running the Drill:

- One coach with JUGs gun, one coach recording
- No timer
- Player gets 3 attempts to shoot on goal and achieve highest velocity
- The player's highest velocity shot out of the three attempts gets recorded in MPH

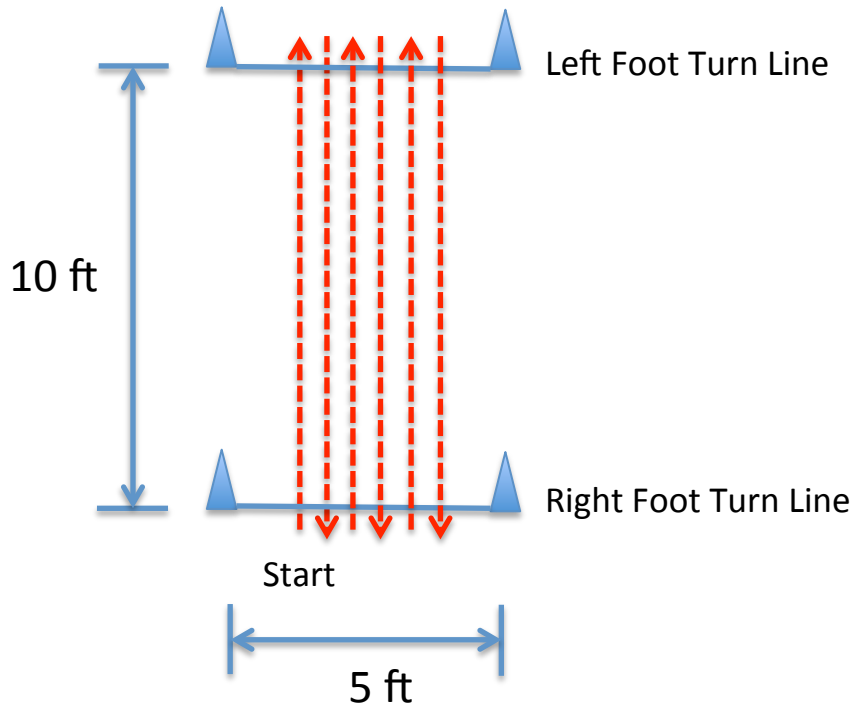


Back-up Options

Dribbling (Sharp Turns)

Configuration:

- One size 4 ball
- Two cones 15 ft. apart
- Painted "X" half way between the cones



- Two Coaches
 - One timer
 - One counter
- Timer starts stopwatch on first movement and calls "time" at 20 sec.
- Player dribbles the ball with either foot **ACROSS** the Turn Line, then turns rapidly to dribble toward the other Turn Line
 - Fast left foot cut at Left Foot Turn Line
 - Fast right foot cut at Right Foot Turn Line
- Counter awards one point for each successful turn
- The ball must clear completely across the turn line to count for a point