

# Dodges Ferry Junior Soccer Skills Awards

<b>Introduction.....</b>	<b>2</b>
<b>Level 1 – Mini Skills Award .....</b>	<b>3</b>
1.1 Throw and Catch .....	3
1.2 Stopping the Ball .....	3
1.3 Dribbling .....	4
1.4 Shooting .....	4
<b>Level 2 – Blue Skills Award .....</b>	<b>5</b>
2.1 Touch Test (Juggling) .....	5
2.2 Heading (in pairs) .....	5
2.3 Passing (Wall and Ground Marks) .....	6
2.4 Controlling and Trapping .....	7
2.5 Dribbling .....	8
2.6 Kicking .....	8
2.7 Shooting .....	9
<b>Level 3 – Red Skills Award .....</b>	<b>10</b>
3.1 Touch Test (Juggling) .....	10
3.2 Heading .....	10
3.3. Passing .....	11
3.4 Controlling and Trapping .....	12
3.5 Dribbling .....	13
3.6 Kicking .....	13
3.7 Shooting .....	14
<b>Level 4 – Black Skills Award .....</b>	<b>15</b>
4.1 Touch Test (Juggling) .....	15
4.2 Heading .....	15
4.3 Passing .....	16
4.4 Controlling and Trapping .....	16
4.5 Dribbling .....	17
4.6 Kicking .....	18
4.7 Shooting .....	18
<b>Level 5 – Green Skills Award .....</b>	<b>19</b>
5.1 Touch Test (Juggling) .....	19
5.2 Heading .....	19
5.3 Passing .....	20
5.4 Controlling and Trapping .....	20
5.5 Dribbling .....	21
5.6 Kicking .....	21
5.7 Shooting .....	22
<b>Level 6 – Gold Skills Award .....</b>	<b>23</b>
6.1 Touch Test (Juggling) .....	23
6.2 Heading .....	23
6.3 Passing .....	24
6.4 Controlling and Trapping .....	25
6.5 Dribbling .....	25
6.6 Kicking .....	26
6.7 Shooting .....	26

## Introduction

The Dodges Ferry Junior Soccer Club encourages all players to enjoy developing and improving their skills through training as well as match play.

This guide for coaches and players sets out six award levels from foundation to advanced with clear instructions and diagrams for each level.

All players begin at level 1 and progress through the levels at their own pace, team by team.

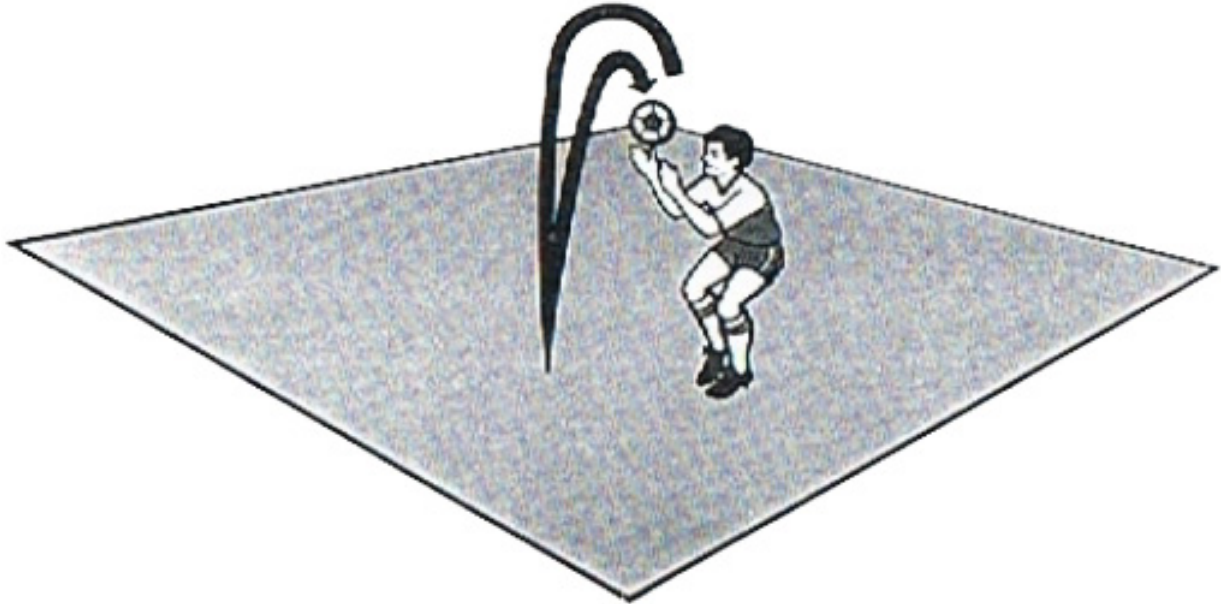
If you have any questions about the skill levels, techniques or the assessments please talk with coaching co-ordinator Glyn Jenkins on 62651676 or contact me on 0409 435 301.

*Matt Vaughan-Williams*  
President  
Dodges Ferry Junior Soccer  
May 2011

## Level 1 – Mini Skills Award

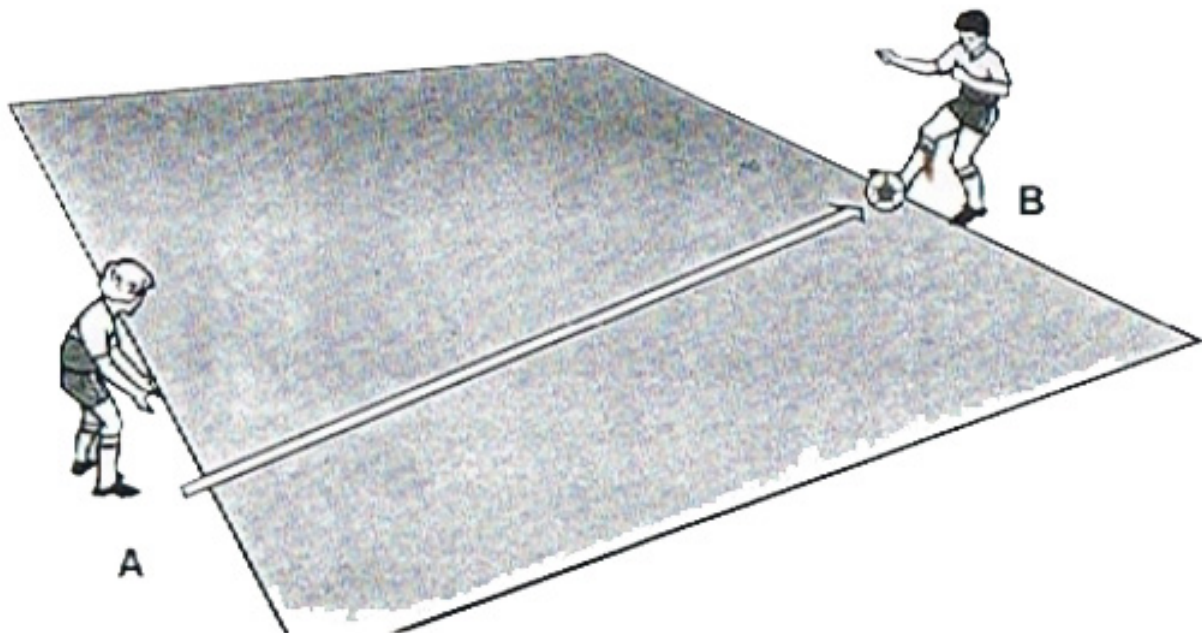
### 1.1 Throw and Catch

Standing and remaining inside a 10 metre square throw the ball into the air using both hands. Allow it to bounce on the ground before catching it with both hands. Score 3 out of 6 tries.



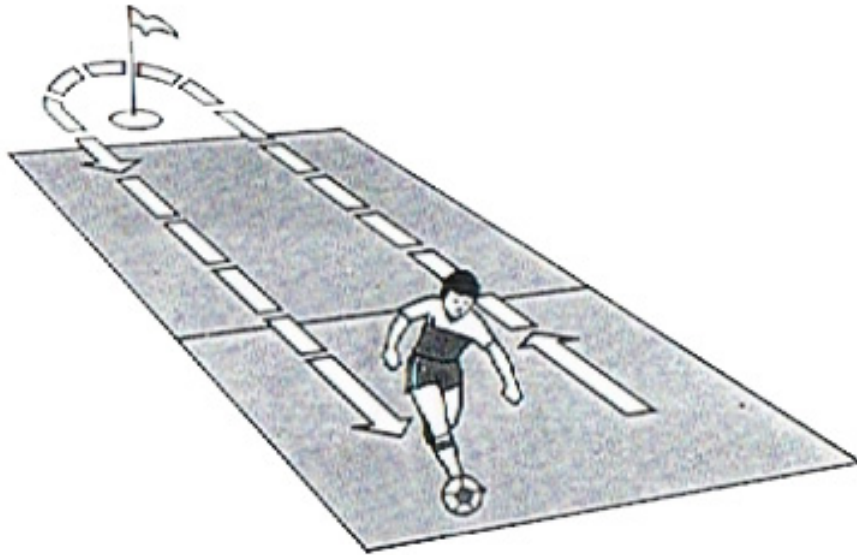
### 1.2 Stopping the Ball

In pairs and standing no less than 5 metres apart A rolls the ball gently on the ground towards B who must stop the ball using any part of the body EXCEPT the hands. Score 3 out of 6 tries.



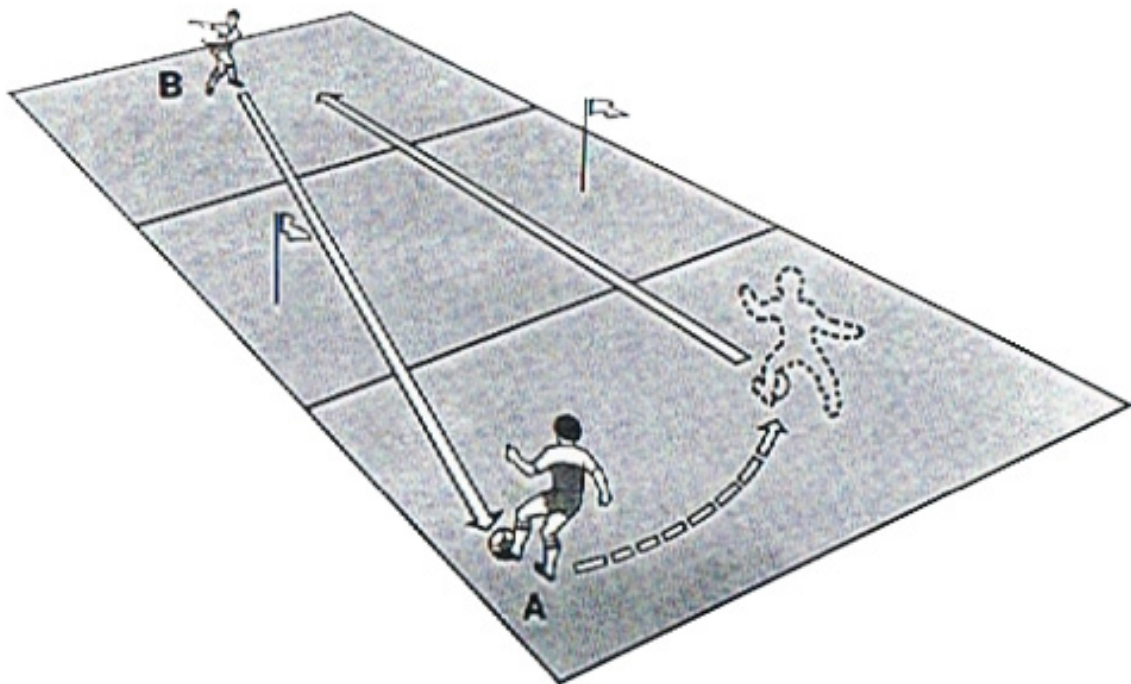
### 1.3 Dribbling

Dribble the ball down a "Channel" which is two grid squares long and one square wide (20 metres x 10 metres). Turn round at the marker at the end of the channel and return to the starting point. Up to the turn and after it the ball must remain within the two sides of the channel. Score 3 successful runs.



### 1.4 Shooting

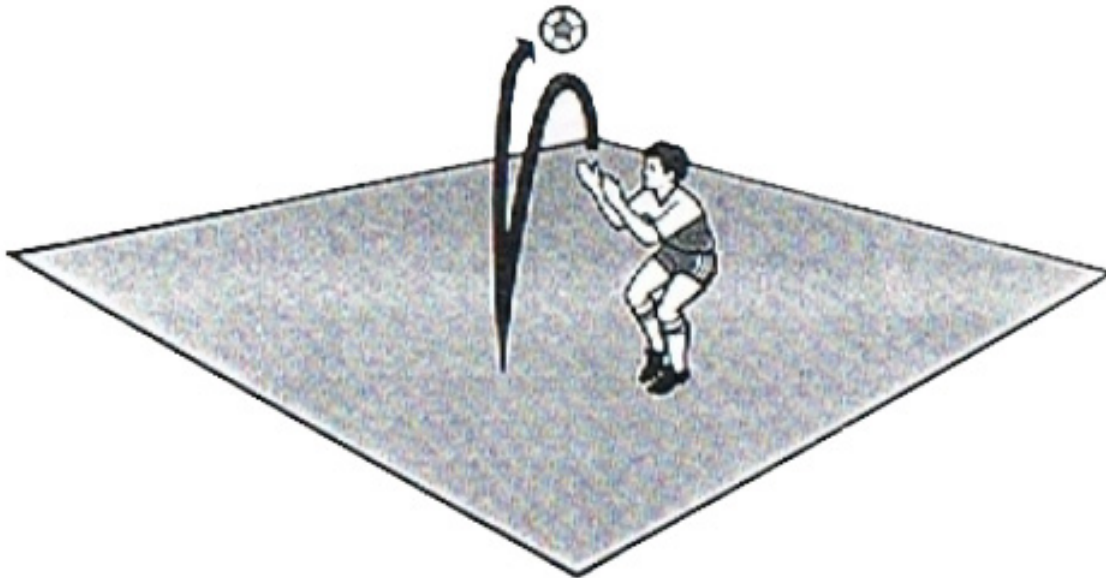
Working over 3 squares (30 metres x 10 metres), A tries to shoot through the goal 8 metres wide using a stationary ball from any position near the end of the square. B repeats the test from the opposite end. Score 3 out of 6 tries.



## Level 2 – Blue Skills Award

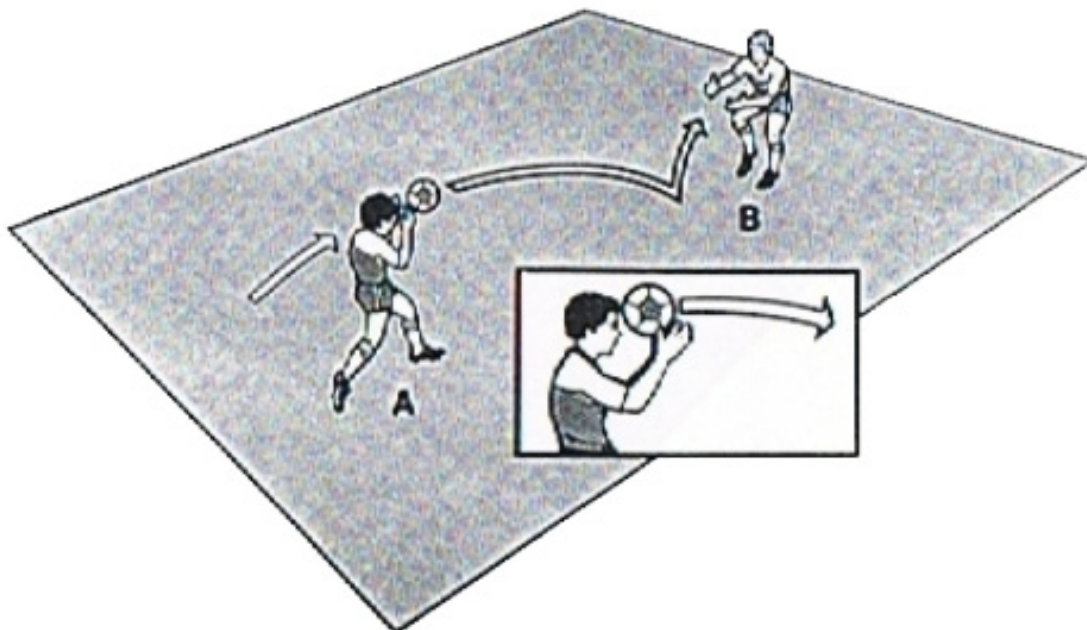
### 2.1 Touch Test (Juggling)

Standing and remaining inside a 10 metre square throw the ball into the air. Allow it to bounce on the ground and use any part of your body, except your hands and arms, to start a bouncing sequence going. Score 6 bounces in succession.

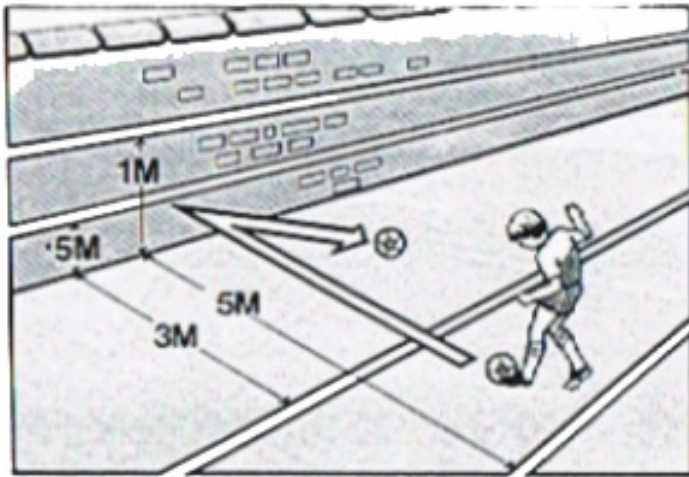


### 2.2 Heading (in pairs)

Standing and remaining inside a 10 metre square A pulls the ball onto his head so that it rebounds to B, standing 3 or 4 metres away, who fields or catches the ball. Score 7 out of 10.







### 2.3 Passing (Wall and Ground Marks)

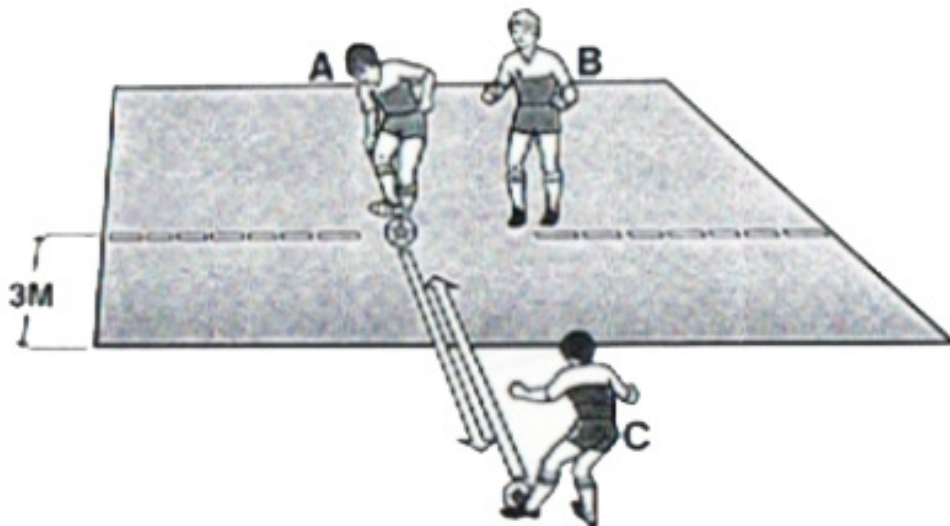
Make marks along a wall half a metre and 1 metre above the ground. Make two marks along the ground 3 metres and 5 metres from the wall and parallel with it.

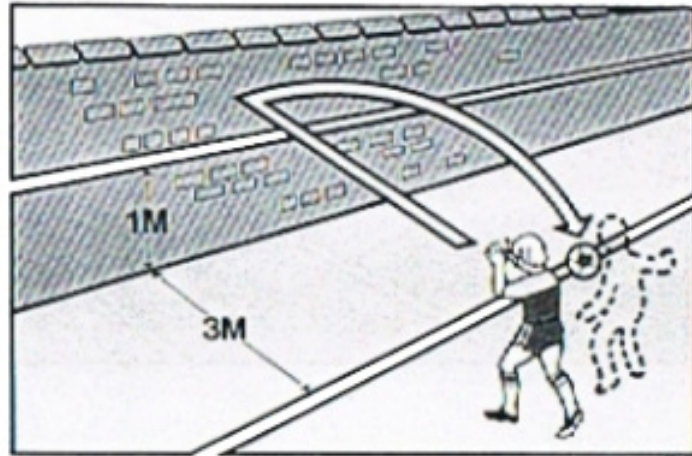
From behind the 3 metre mark pass the ball firmly against the wall so that it always strikes the wall below the half metre wall mark. Each pass must be made using only three touches of the ball, or fewer if you wish. Score 5 in succession.

#### Alternative Passing Test 3

In threes, A and B stand together with feet apart facing C, who stands behind a mark 3 metres from A and B.

A or B passes the ball to C who, using no more than three touches, passes the ball back to A or B who stops the ball. C's pass must arrive at A or B below the knee height. Score 5 in succession.



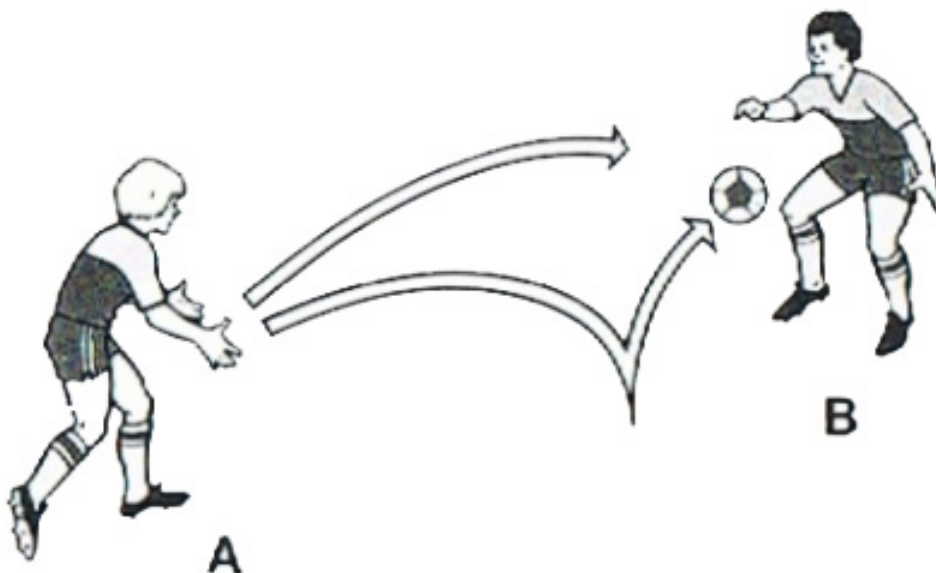


## 2.4 Controlling and Trapping

Facing the wall and remaining behind the 3 metre mark, throw the ball against the wall. Without using any part of your hands or arms stop the ball from bouncing past you. Score 5 out of 10 tries.

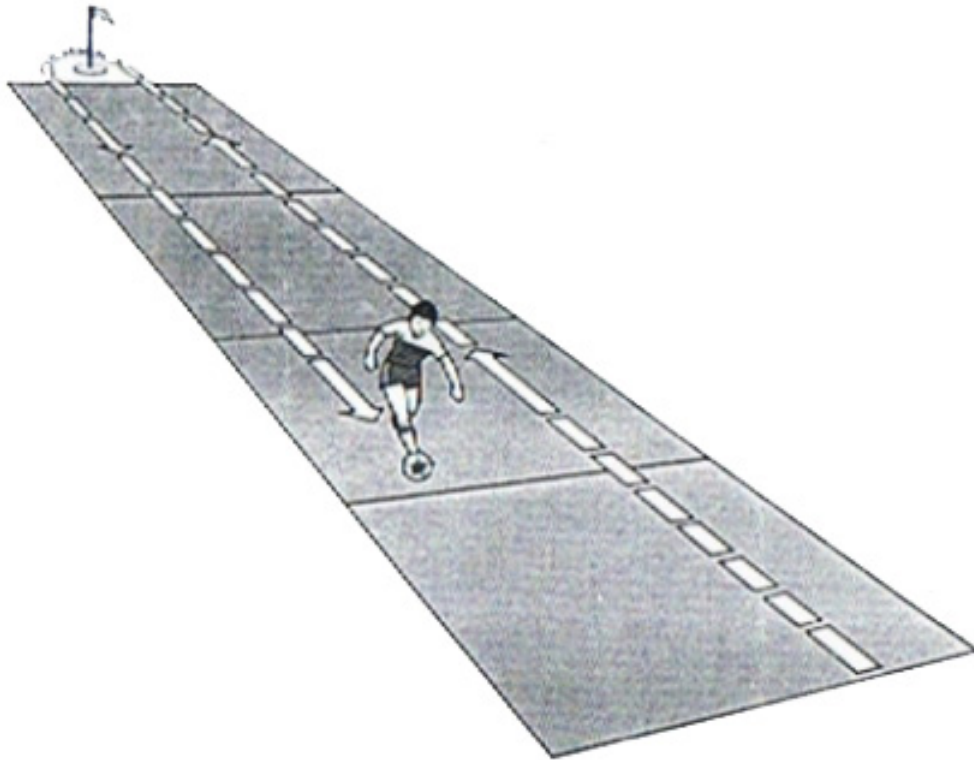
### Alternative Controlling and Trapping Test 4

In pairs standing no less than 3 metres apart. Using a two handed underhand throw, A throws the ball gently towards B who must stop the ball from passing him by using any part of the body EXCEPT hands or arms. Five throws are made to bounce in front of B and five throws to reach B without a bounce. Score 5 out of 10 tries.



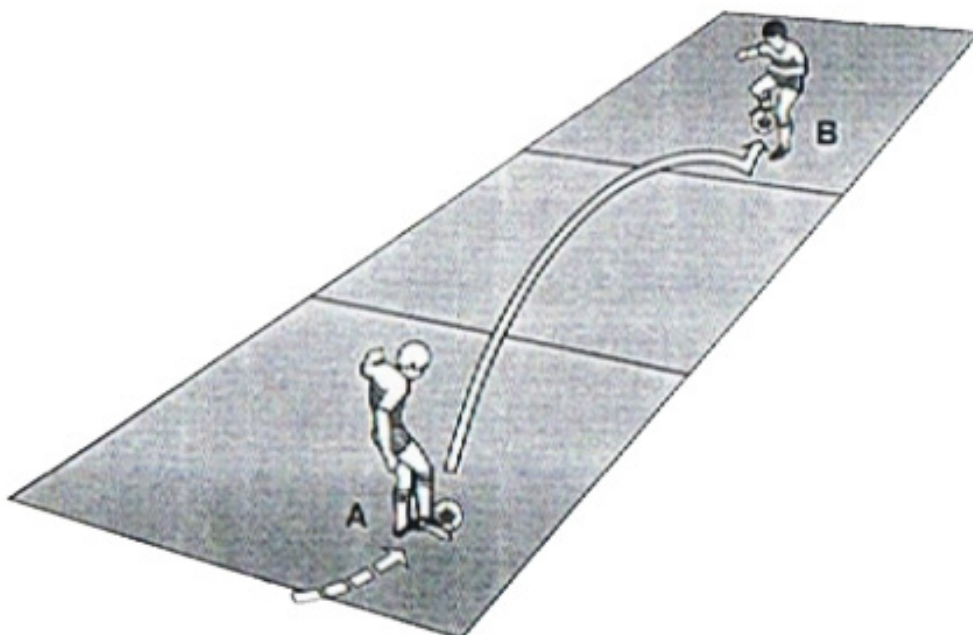
## 2.5 Dribbling

Dribble the ball close to the feet and down a “Channel” which is four grid squares long and one square wide (40 metres x 10 metres). Turn round at the marker end of the channel and return to the starting point. Up to the turn and after it, then ball must remain within two sides of the channel. Score 3 successful runs.



## 2.6 Kicking

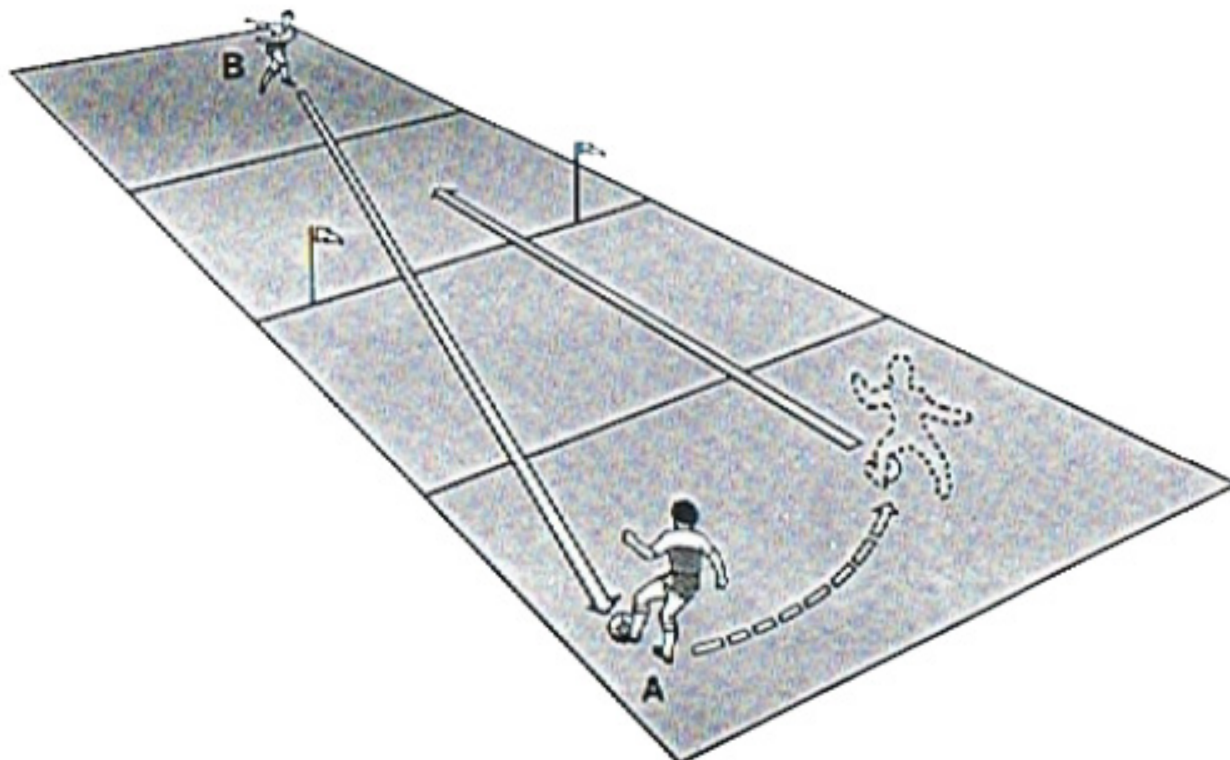
In pairs, A and B each stand in a grid square with an empty square between them. Kick the ball to your partner so that it doesn't touch the ground in the square, which is empty. Your partner must not leave his square to collect the kicked pass. Score 5 out of 10 tries.





## 2.7 Shooting

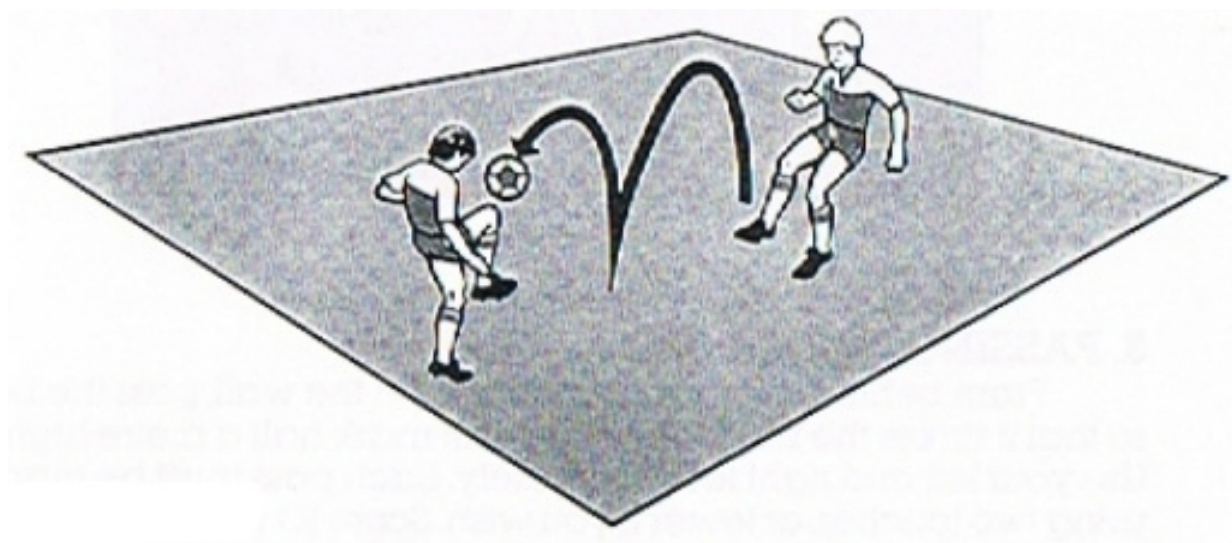
Working over 4 squares on the grid (40 metres x 10 metres), A tries to shoot through the goal 8 metres wide and 1½ metres high (use corner post flags for uprights). Use the instep to kick a stationary ball from any position near the end of the square. B repeats the test from the opposite end. Score 5 out of 10 tries.



## Level 3 – Red Skills Award

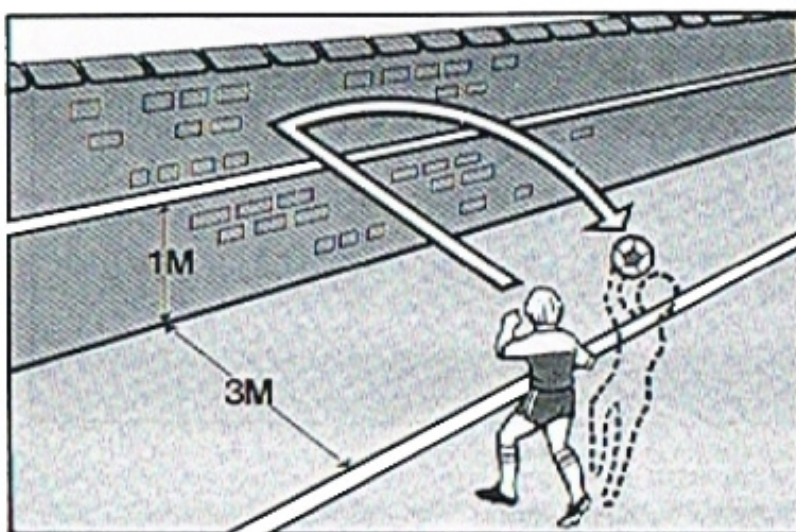
### 3.1 Touch Test (Juggling)

In pairs in a 10 metre grid square, each player must play the ball alternately and he can use any part of his body, except his hand or arm, to keep the sequence going. The ball may be allowed to bounce on the ground once only as it is passed from one player to another. Both players and the ball must remain inside the square all the time. Score 7 bounces in succession.



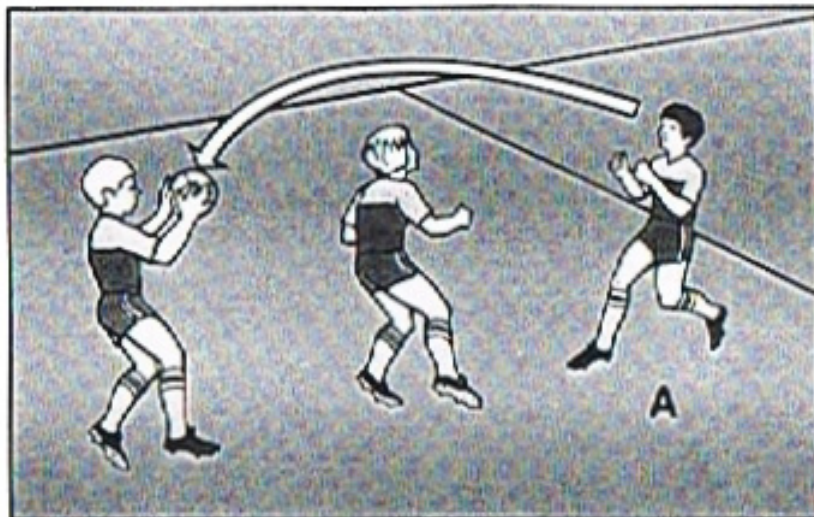
### 3.2 Heading

From behind the mark on the ground 3 metres from the wall, throw the ball into the air and head the ball to hit the wall above the 1 metre mark. Catch the return before it touches the ground. Score 5 consecutive headers.



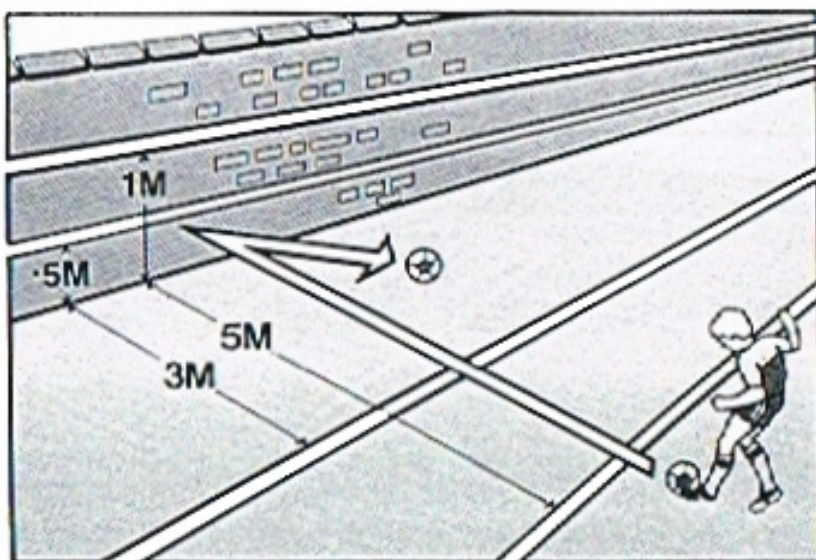
### Alternative Heading Test 2 where a wall is not available

In threes, standing about 2 metres apart in line, A throws the ball in the air and heads the ball over the middle player to the third player. The ball must pass cleanly over the middle player and must be caught by the third player before it touches the ground. Score 5 consecutive headers.

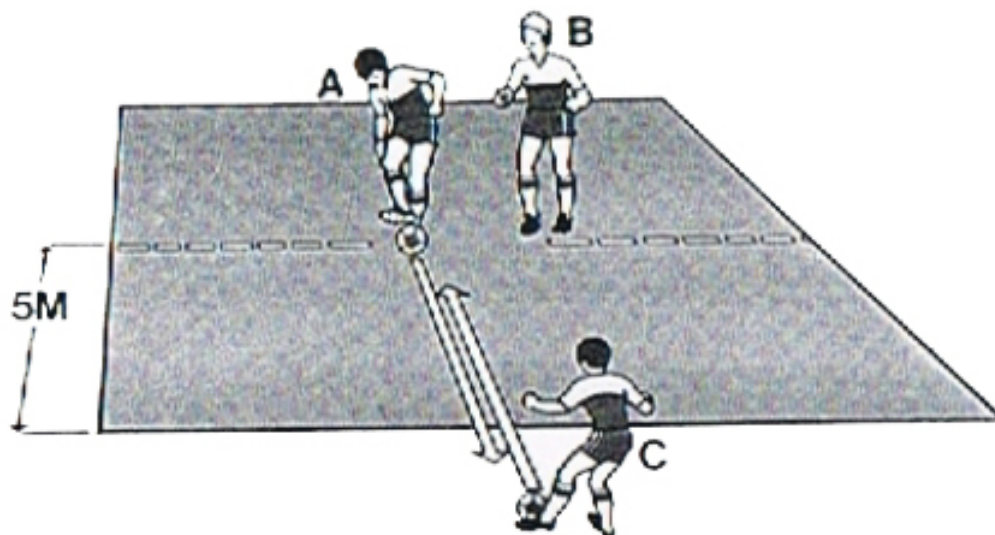


### 3.3. Passing

From behind the mark 5 metres from the wall pass the ball so that it strikes the wall below the wall mark half a metre high. Use your left and right feet alternately. Each pass must be made using two touches, or fewer if you wish. Score 10 in succession.





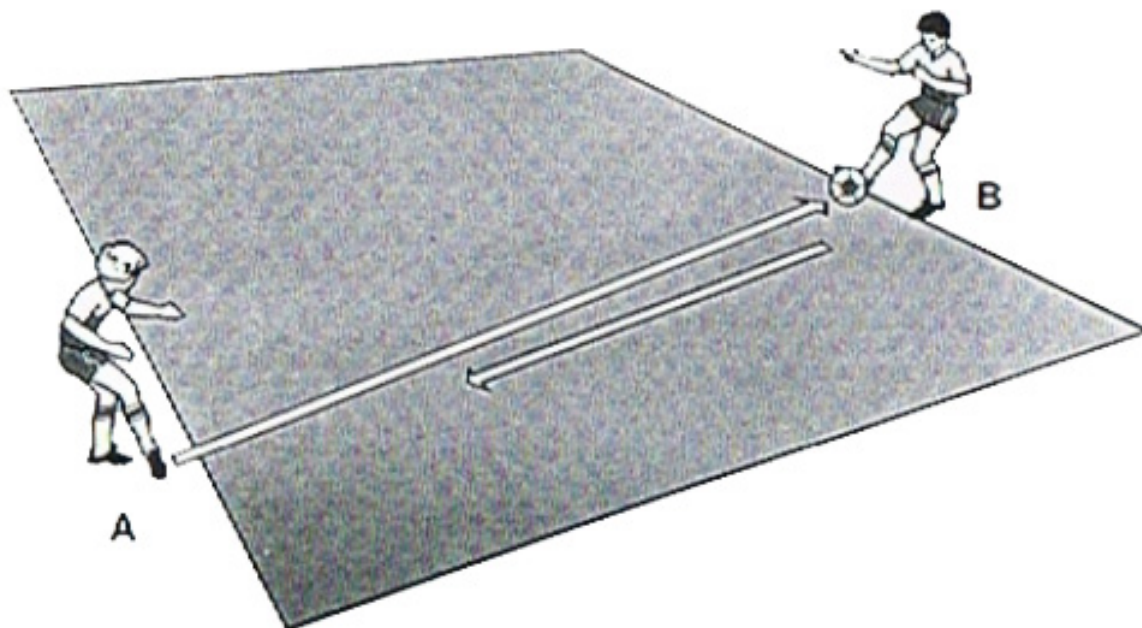


### Alternative Passing Test 3

In threes, A and B stand together with feet apart facing C who stands behind a mark 5 metres away. A or B rolls the ball to C, who must return the ball with a pass using two touches only, or fewer. The return passes to A or B must be made using your left and right feet alternately. Score 10 in succession.

### 3.4 Controlling and Trapping

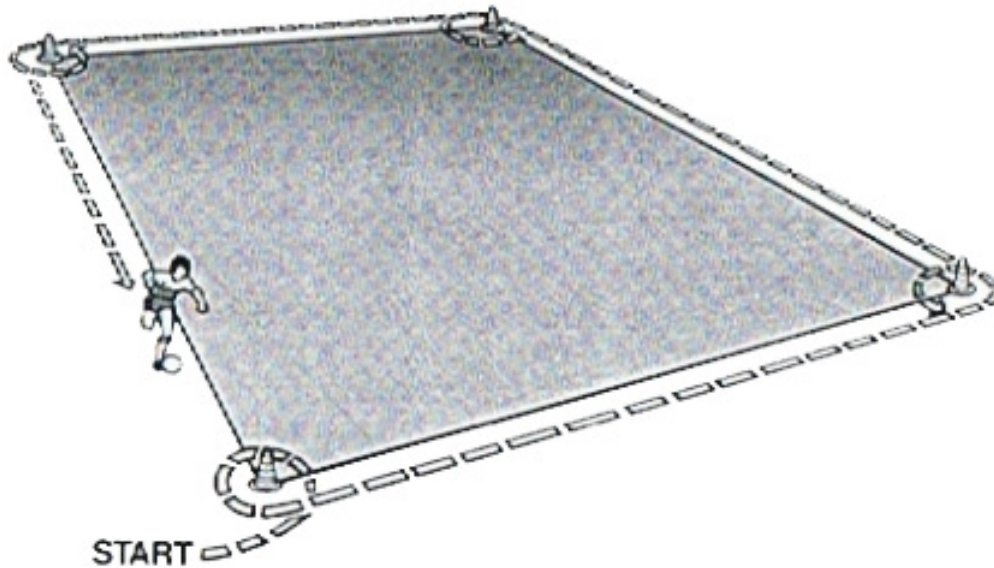
In pairs, standing outside and playing across a 10 metre grid square, A passes to B who must stop the ball with one touch and return the ball to his partner using a second touch only. Each player is allowed only two touches. Score 8 (total) in succession.





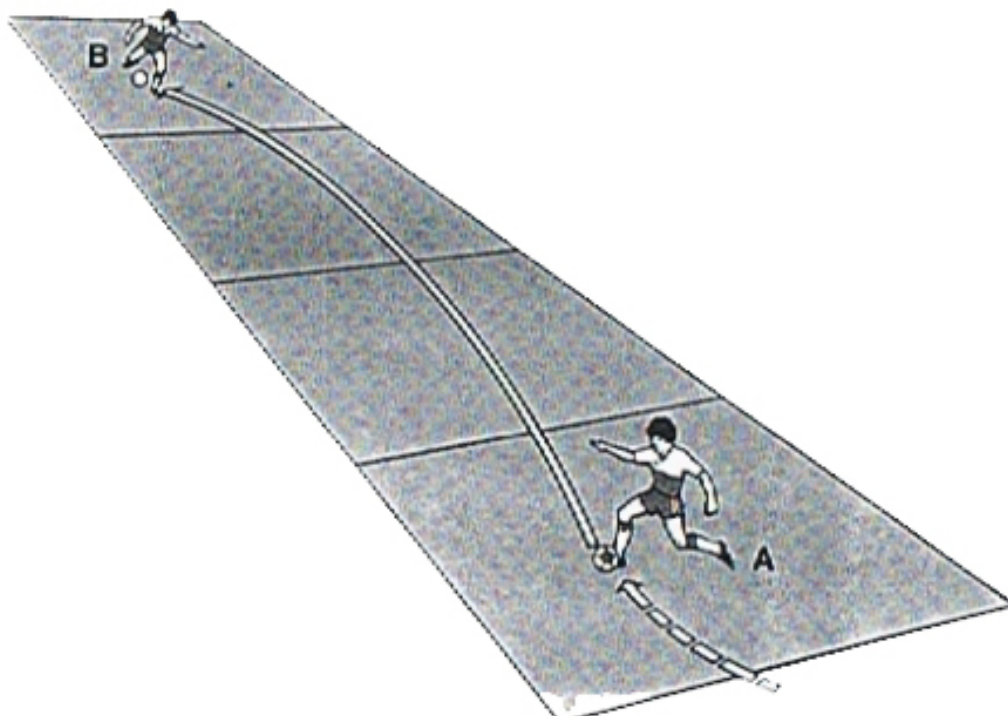
### 3.5 Dribbling

Place 4 markers at the corners of a 10 metre grid square. Dribble the ball round the square. At each corner dribble the ball completely round the marker before going on to the next. Make 2 trips – the second must be in the opposite direction to the first. Score 2 successful runs.



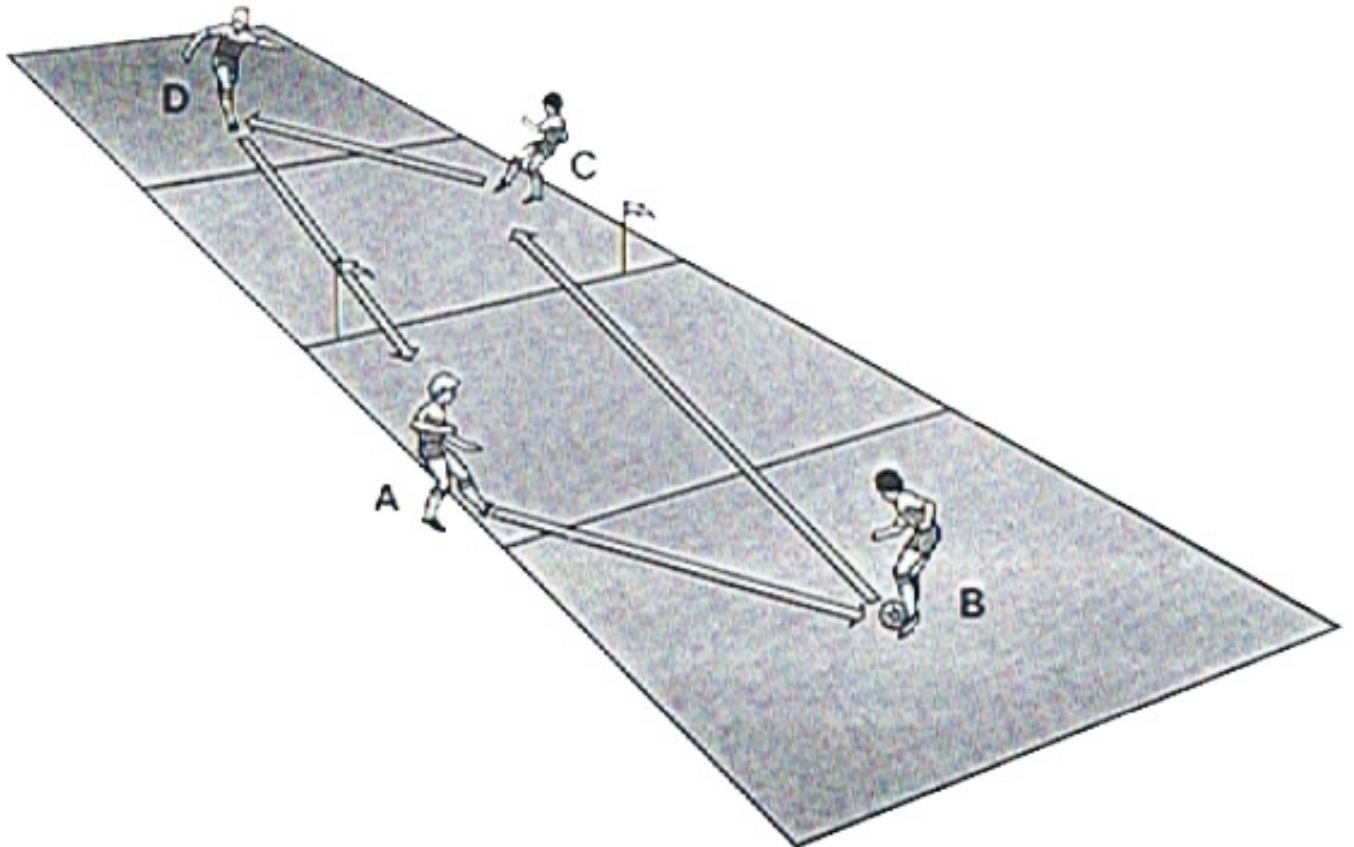
### 3.6 Kicking

A and B each stand in a grid square with two empty squares between them. The players kick the ball to each other so that it clears the two empty squares. When receiving the ball, a player must not leave his square to collect the pass. Score 5 out of 10 tries.



### 3.7 Shooting

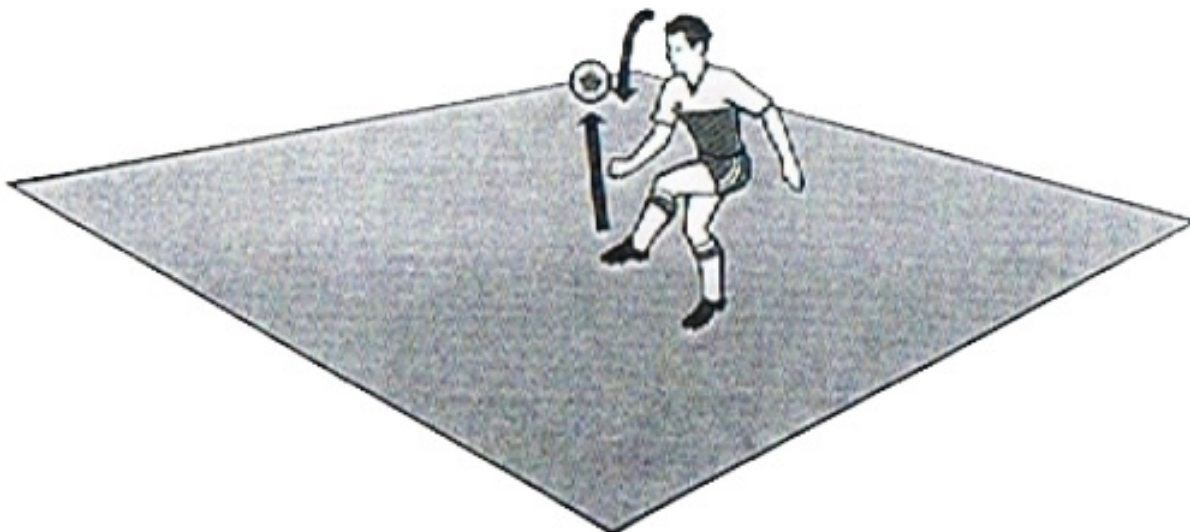
In fours, using 4 squares on the grid (40 metres x 10 metres) and from outside the grid, A rolls a ground pass into B's square. B runs forward to shoot through the goal 8 metres wide and 1 ½ metres high. He must do so in two touches, one to control and one to shoot. He may shoot first if he wishes. The sequence may be repeated by C and D from the other end. Score 5 out of 10 tries.



## Level 4 – Black Skills Award

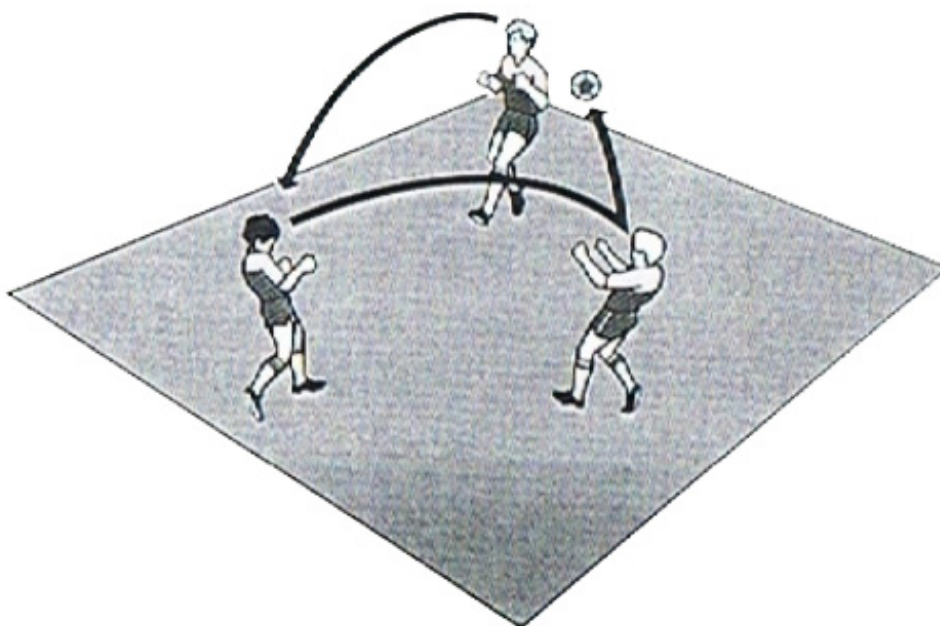
### 4.1 Touch Test (Juggling)

In a 10 metre square, by yourself, keep the ball in the air continuously without using your hand or arm. The ball must not touch the ground and you must remain inside the square all the time. Score 6 bounces in succession.



### 4.2 Heading

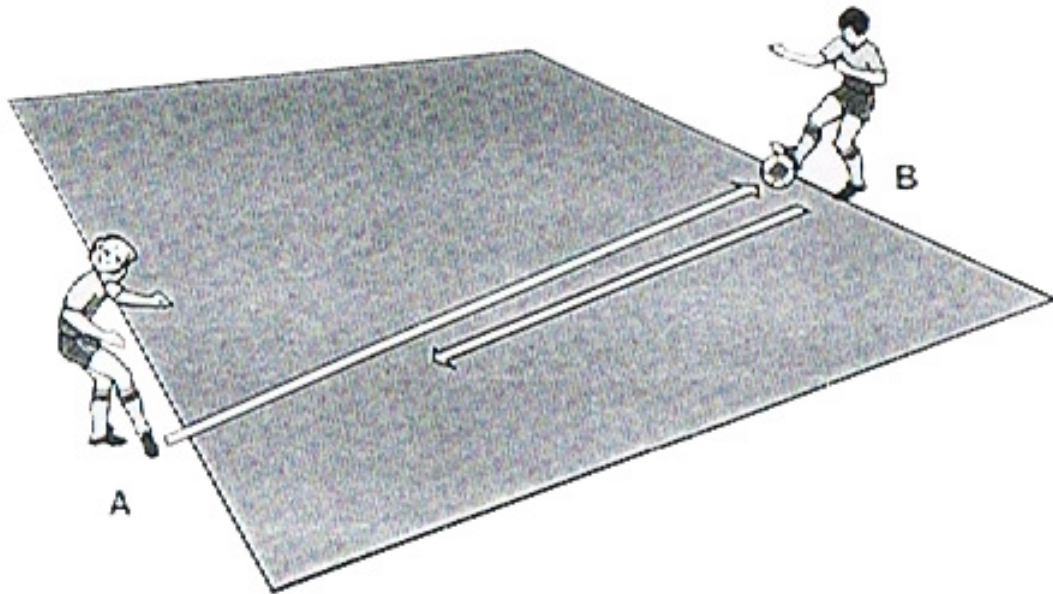
In threes, each player heads the ball in turn. Keep the heading sequence going without the ball touching the ground and without handling it. Score 6 headers in succession.





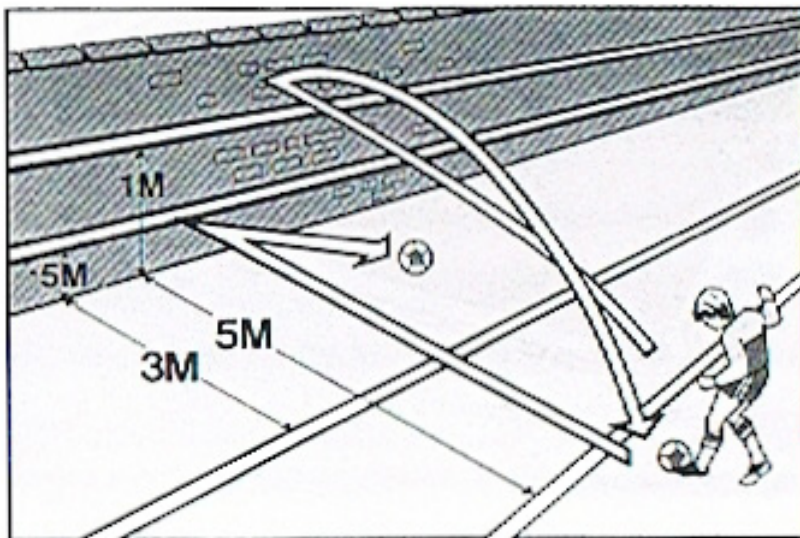
### 4.3 Passing

In pairs, standing outside a 10 metre grid square, pass the ball across the square continuously. Make the passes using one touch only. Score 10 in succession.

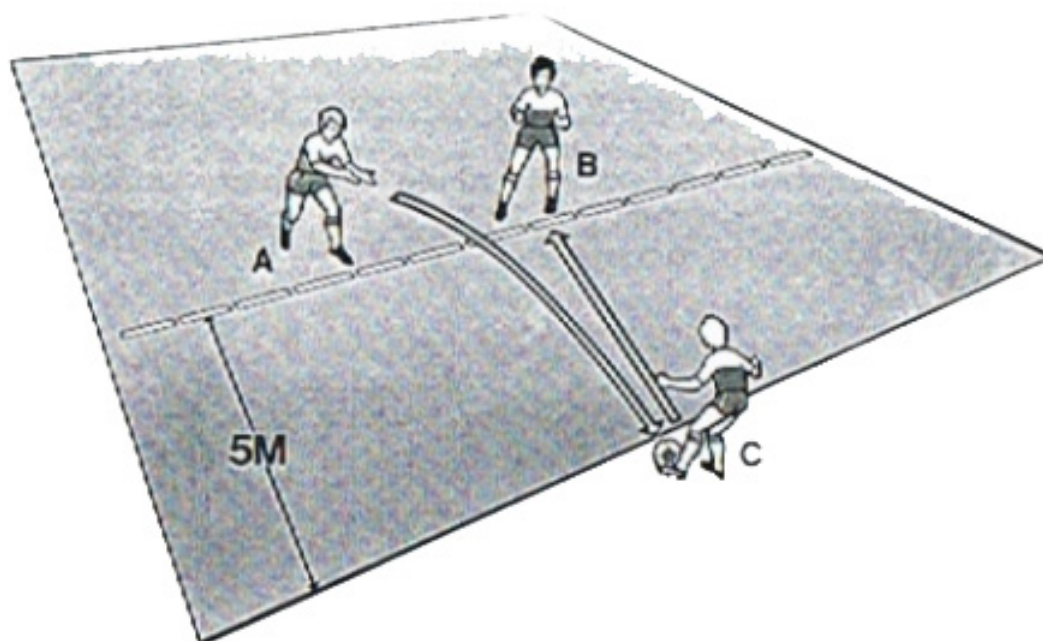


### 4.4 Controlling and Trapping

Starting behind the mark 5 metres from the wall, throw the ball above the wall mark 1 metre high. As the ball rebounds, trap or control the ball using any part of either foot, and, using no more than two further touches, play a ground pass against the wall and below the half metre mark. A maximum of 3 touches may be used to control and pass the ball. Score 5 in succession.





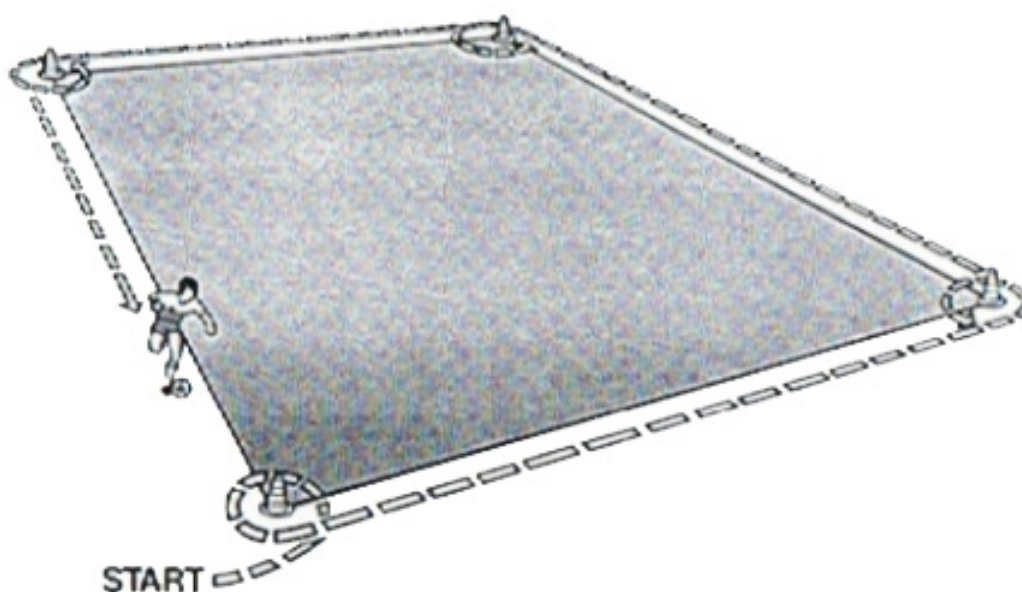


#### Alternative Controlling and Trapping Test 4

In threes, A and B standing together face C, who stands behind a mark 5 metres away. A or B lob the ball so that C can trap or control the ball using any part of either foot. Using no more than one further touch (i.e. two touches in all), C passes back below knee height to A or B. Score 5 in succession.

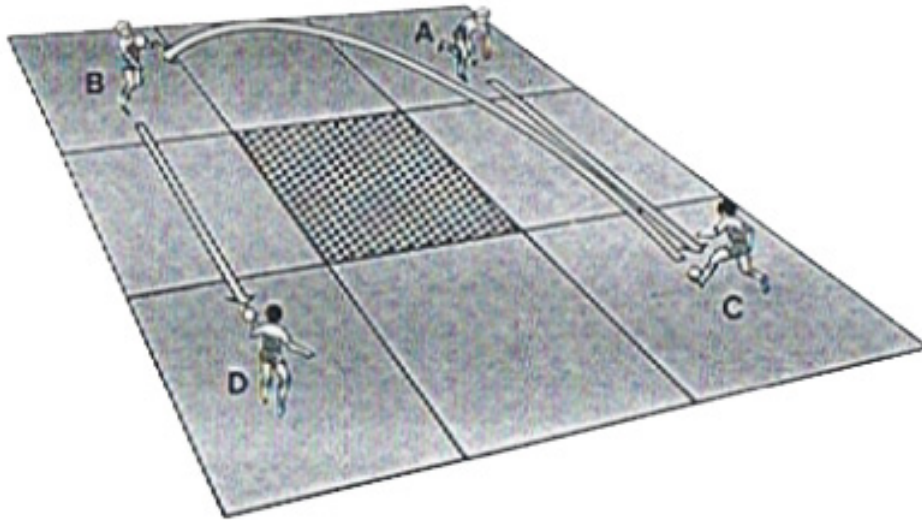
#### 4.5 Dribbling

Place 4 markers at the corners of a 10 metre grid. Dribble the ball round the square. At the first marker dribble round it using the inside of one foot only. At the second marker use the outside of the foot only and so on using the inside and outside of either alternately during the test. Score 2 successful runs.



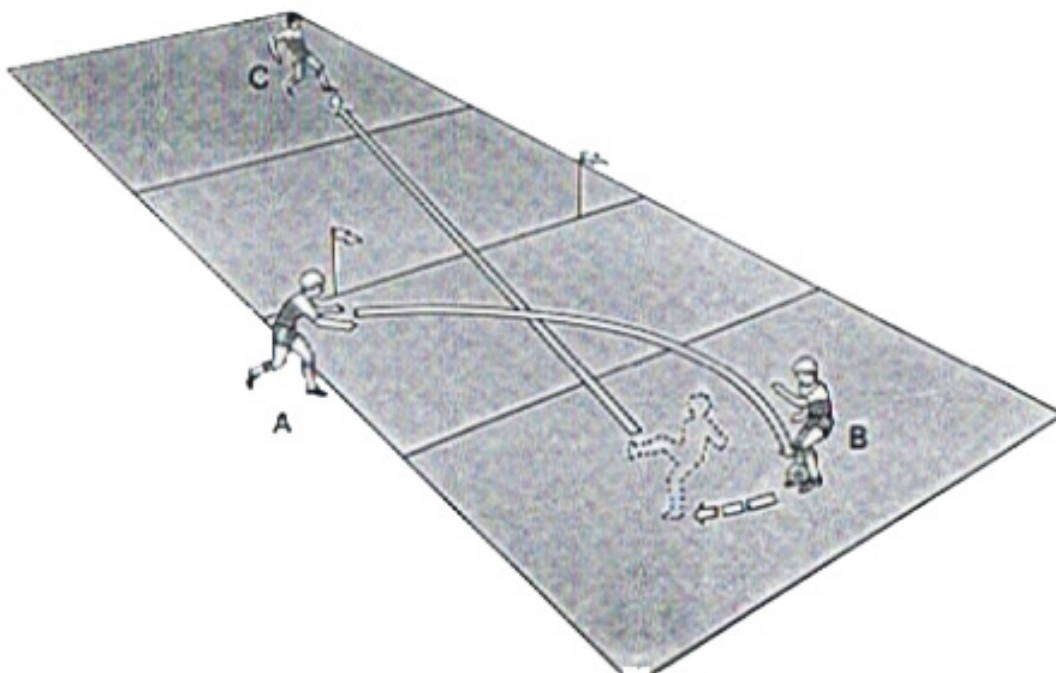
#### 4.6 Kicking

In fours, A rolls the ball to C who controls and kicks the ball to B clearing the shaded square. B, receiving the ball, must control it using any part of his body to do so in his own square. The test can be continued with B rolling the ball to D and so on. Score 5 out of 10 tries, each player.



#### 4.7 Shooting

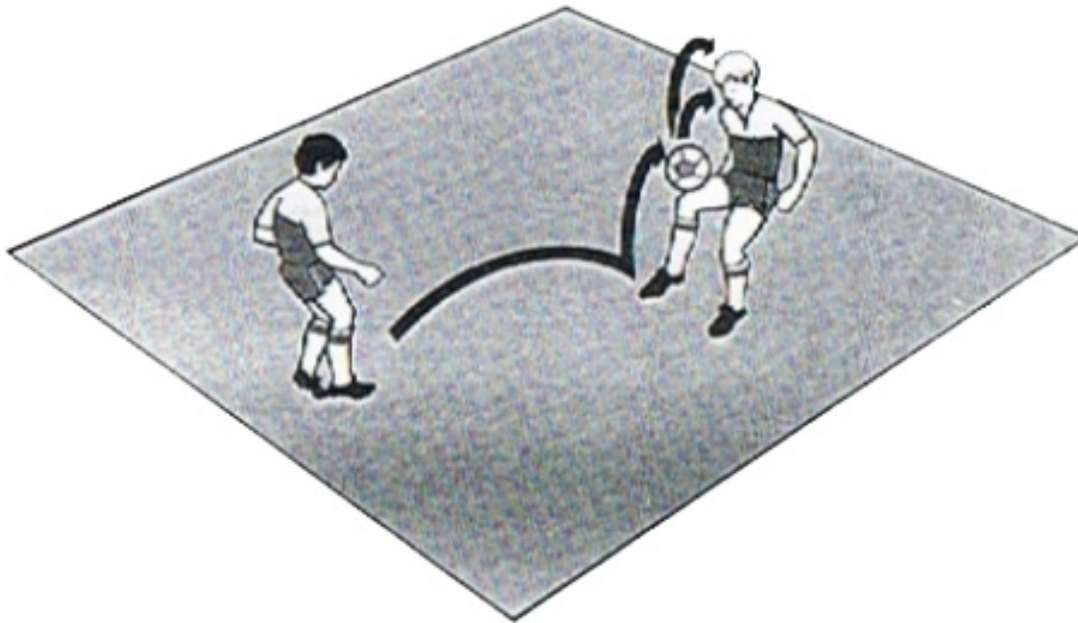
In threes, A throws the ball so that it bounces in B's square. B, taking a shot from inside the square, must control the ball first bounce or in the air and shoot accurately through the goal 8 metres wide and 1 ½ metres high using not more than 2 further touches to do so. C can repeat the test from the other end. A can serve for both players. Score 6 out of 10 tries.



## Level 5 – Green Skills Award

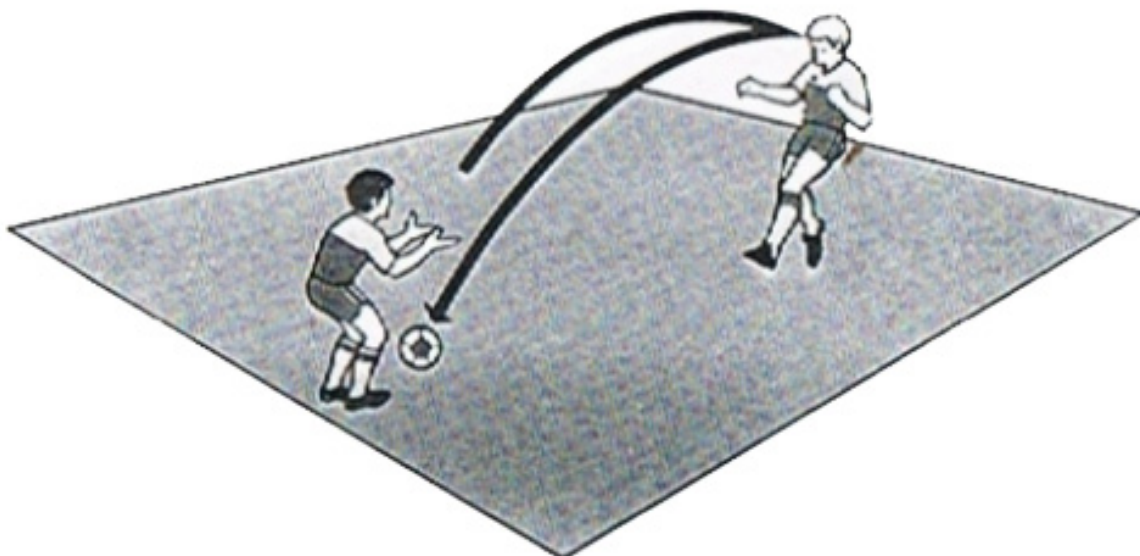
### 5.1 Touch Test (Juggling)

Without using your hands or arms, keep the ball in the air for three successive bounces, then play the ball against the wall or to a partner. Repeat the sequence of three successive bounces and again play the ball against the wall or to your partner. After bouncing off the wall or after being passed back by your partner, the ball may be allowed to bounce once on the ground. Score 6 sequences in succession.



### 5.2 Heading

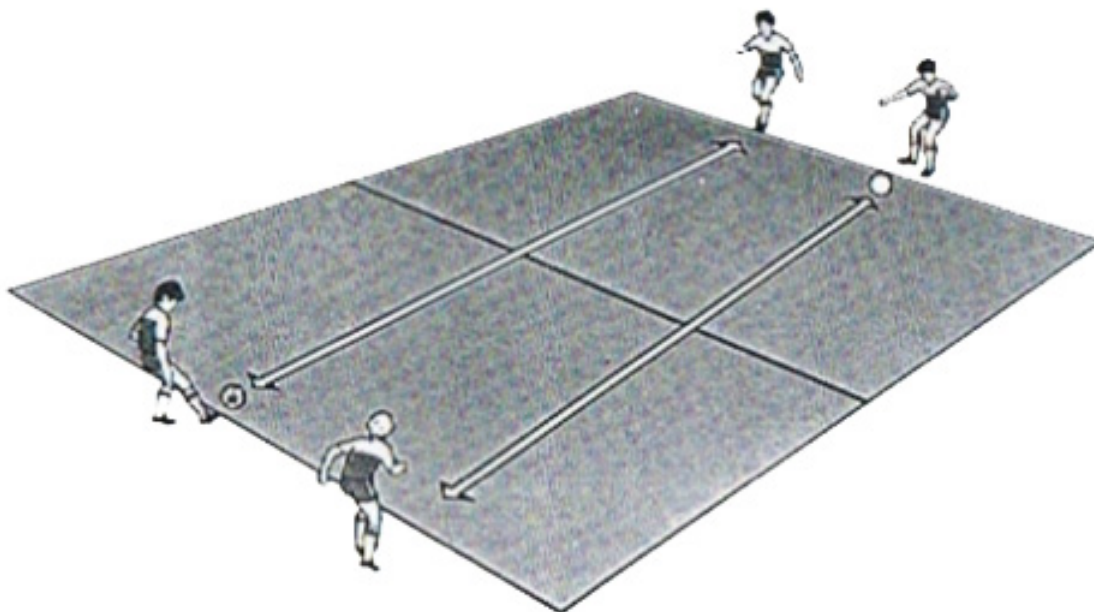
In pairs, A throws to B who heads back so that A can trap the ball and finish standing with one foot on the ball using only 3 touches to do so. When B heads the ball it may bounce once only before A touches the ball for the first time. Score 5 out of 10.





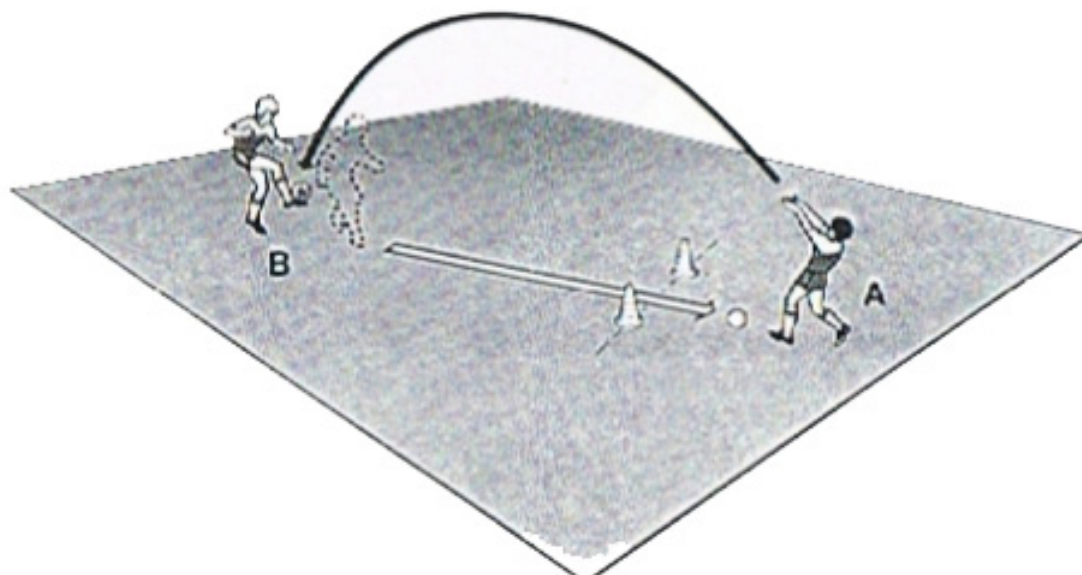
### 5.3 Passing

In pairs, standing outside and playing across two empty grid squares (20 metres), continuous passing using two touches, or less if you wish. Score 10 in succession.



### 5.4 Controlling and Trapping

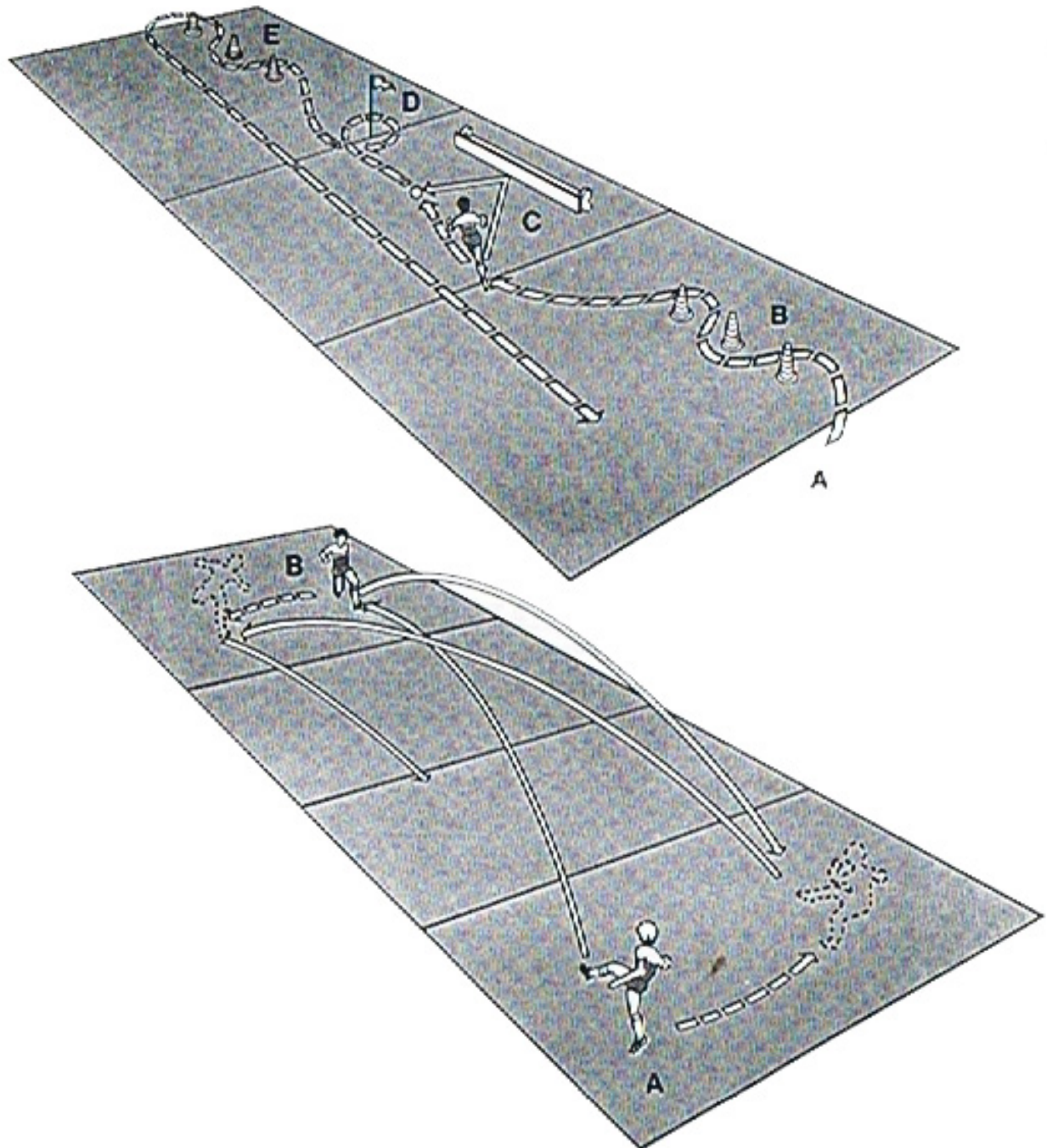
In a 10 metre grid square, A throws to B, standing not less than 5 metres away who controls the ball before it touches the ground. Using no more than two further touches, B must pass the ball back to A so that the ball passes cleanly between the two markers 1 metre apart. Score 8 out of 10 tries.





### 5.5 Dribbling

Standing at (A) dribble round the course shown (30 metres x 10 metres). At (B), dribble in and out of the markers, which are in line and 2 metres apart. At (C) play a pass off the bench or a wall or to a player who makes a return pass. At (D), dribble completely round the marker. At (E), dribble in and out of the markers, which are in line and 2 metres apart before turning to finish by dribbling back to (A). Score 1 successful trip.

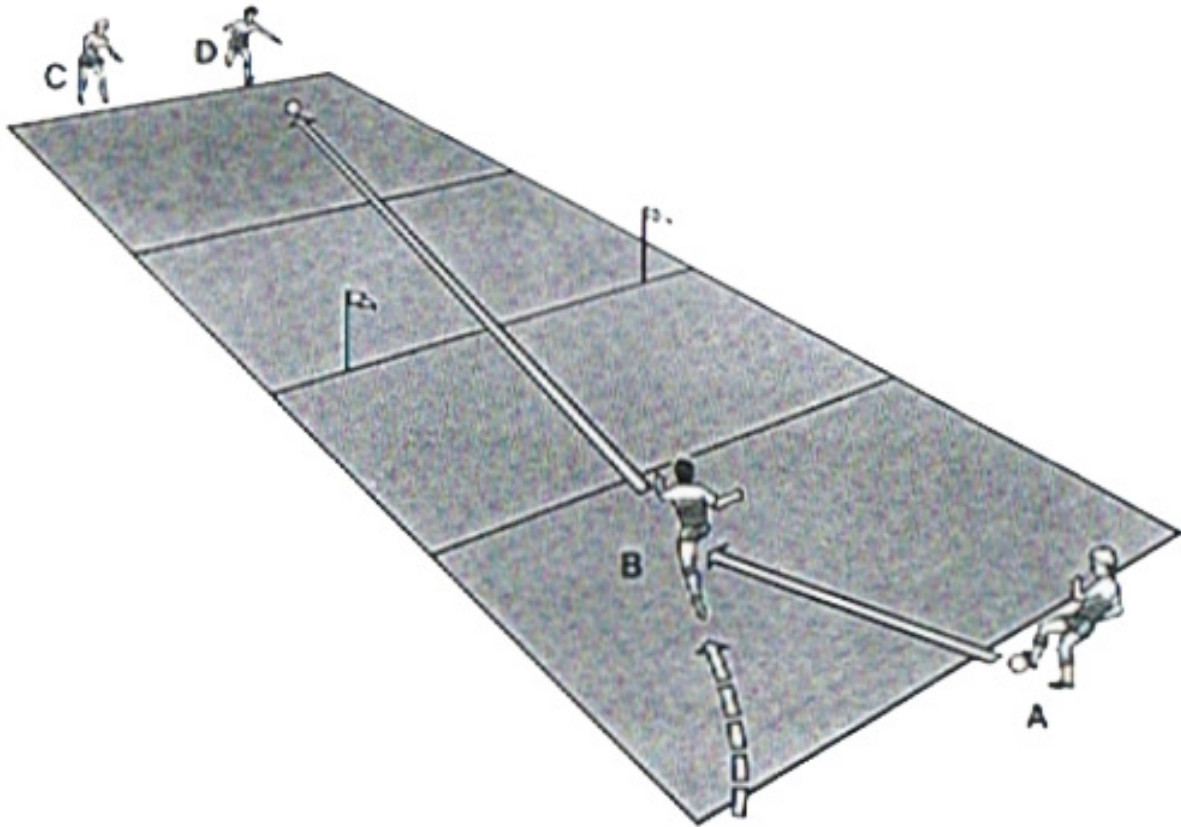


### 5.6 Kicking

A and B stand in the end squares. The ball must be kicked to clear the empty squares and the left foot and right foot must be used alternately. A and B must remain in their squares all the time. Score 6 out of 10 tries (3 with each foot).

## 5.7 Shooting

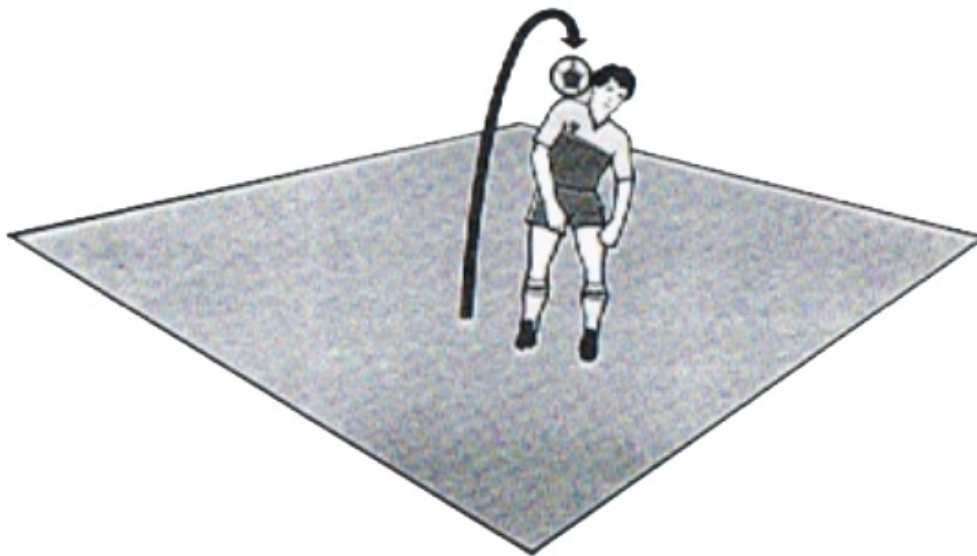
Standing behind B and beyond the end of the line of the grid, A plays a ground pass into the end square. B runs forward into the end square and shoots first time to score through the goal 8 metres wide and 1 ½ metres high. The sequence may be repeated by C and D at the other end. Score 6 out of 10 tries.



## Level 6 – Gold Skills Award

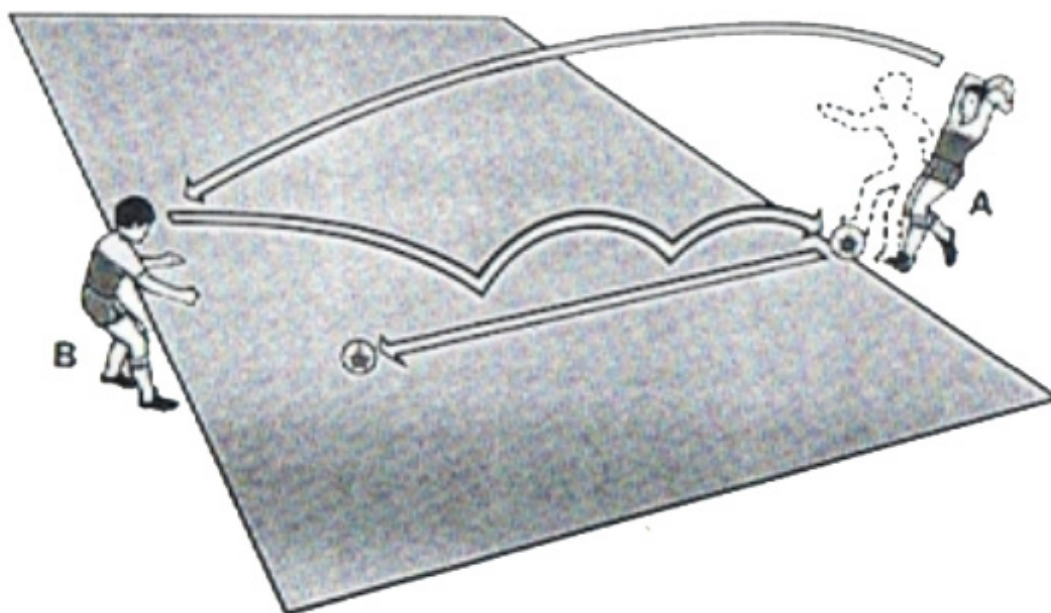
### 6.1 Touch Test (Juggling)

In a 10 metre grid square, by yourself, keep the ball in the air continuously but this time you cannot use the same part of your body twice in succession. Your hands and arms cannot be used. Score 8 bounces in succession.

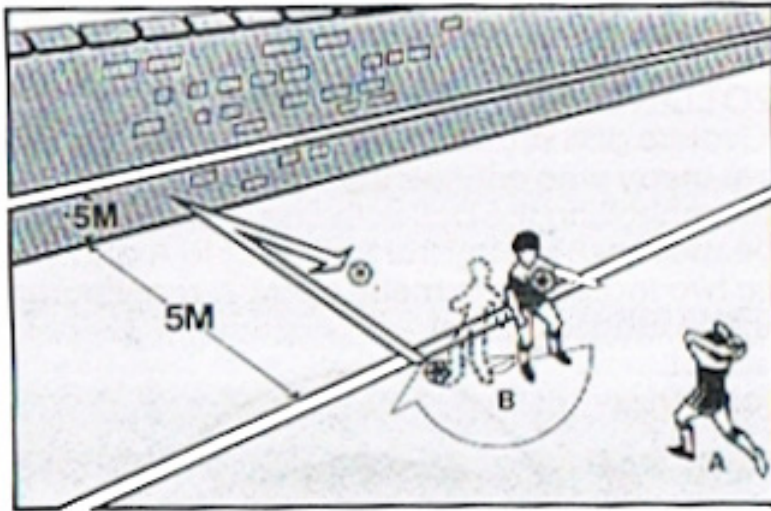


### 6.2 Heading

Stand outside a 10 metre grid square and play across it. Using a soccer throw-in A throws to B who heads back so that A can control the ball and pass it back to B within 2 touches; one to control and one to pass back. Score 5 in succession.





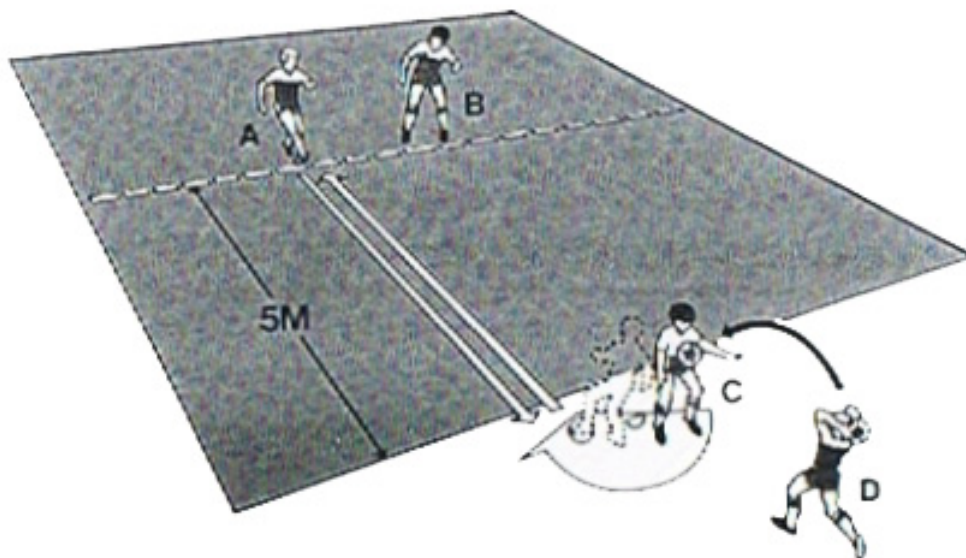


### 6.3 Passing

In pairs, A, facing the wall, throws to B who is standing 5 metres or more from the wall with his back towards it. B controls the rebound, turns and passes against the wall below the half metre wall mark. B controls the rebound and passes the ball back to A. When controlling, turning and passing B must use not more than 3 touches to do so. Score 10 in succession.

#### Alternative Passing Test

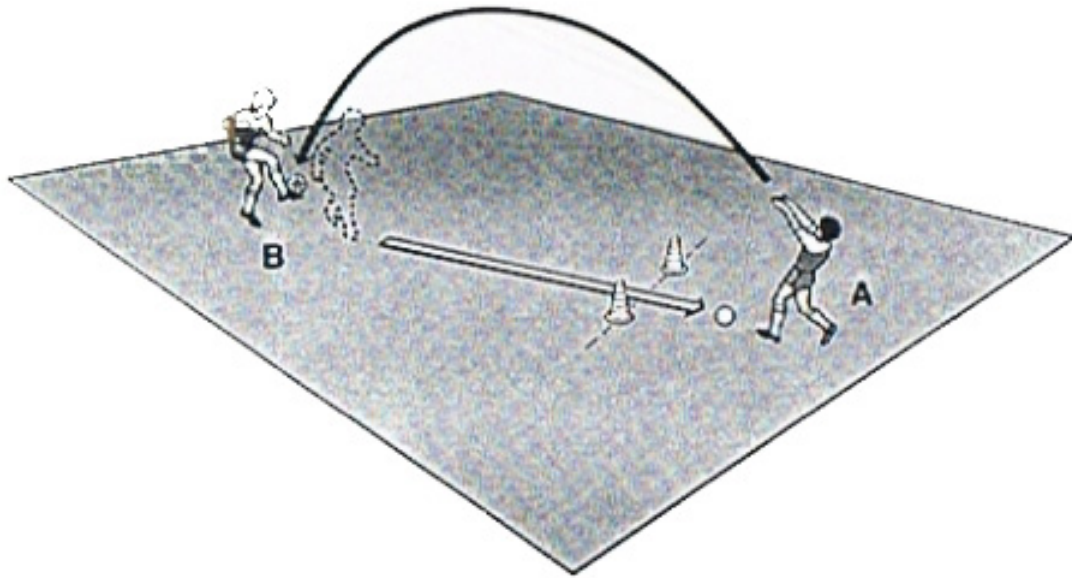
In fours, A and B face C and D, standing no less than 5 metres away. C has his back to A and B, but faces D some metres away. D throws to C using a controlled soccer throw in. C controls the ball and within two more touches (three in all) C must turn and pass to A or B five metres away. A and B return the pass to C who controls and turns to pass the ball back to D once again using a maximum of 3 touches to do so. Score 10 in succession.





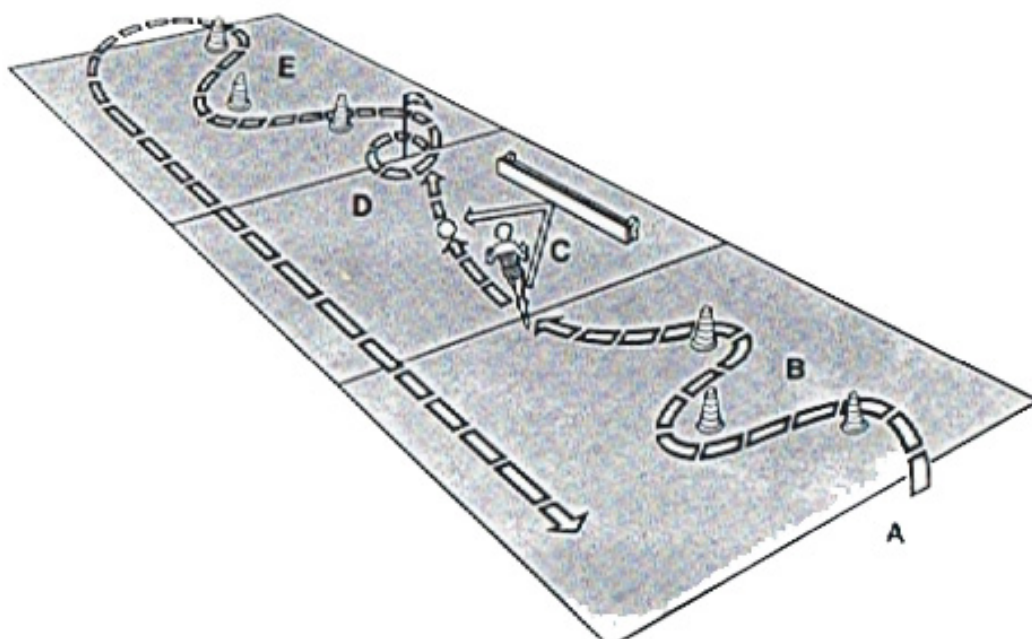
## 6.4 Controlling and Trapping

In a 10 metre grid square, A throws to B standing not less than 5 metres away who controls the ball before it touches the ground. After controlling the ball with one touch, one more touch only may be used by B to play the ball back to A and cleanly between the two markers one metre apart. A maximum of 2 touches must be used to control and pass the ball. Score 8 out of 10 tries.



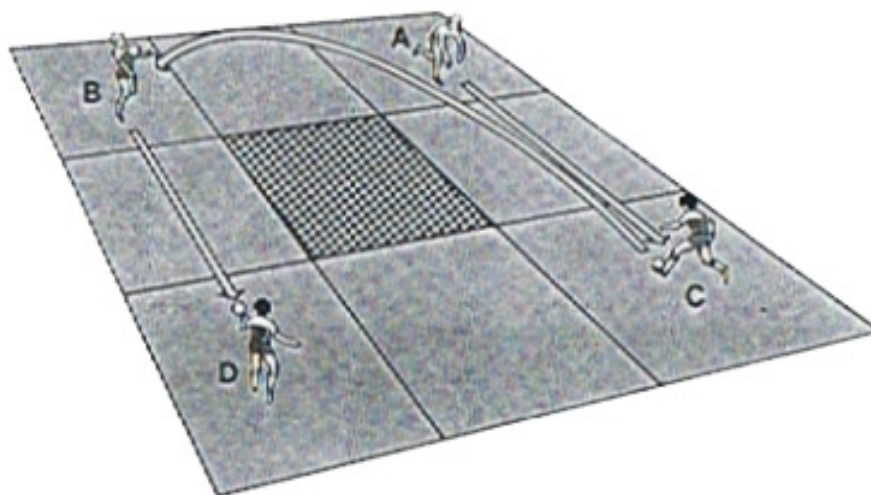
## 6.5 Dribbling

Starting at (A), dribble round the course shown (30 metres by 10 metres). At (B) dribble in and out of the markers, where the middle marker is 2 metres to the left of the other markers, which are 4 metres apart. At (C) play a pass off the bench, a wall or to a player who makes a return pass. At (D), dribble completely round a marker. At (E) dribble in and out of the markers which are positioned the same as at (B) before turning to finish by dribbling the ball back to (A). Score 2 trips.



## 6.6 Kicking

A, B, C and D are positioned as in the diagram. A rolls a short pass to C who kicks the ball first time to the diagonal player B. The ball must pass over the shaded square between without touching the ground. B repeats the sequence so that D kicks the ball first time diagonally to A. The players change over to enable C and B to be tested. When the ball is kicked to a player he must control the ball within his square without using head or arm to do so. Score 7 out of 10 tries.



## 6.7 Shooting

Standing behind B and beyond the end line of the grid, A throws the ball to bounce in the end of the square. B must control the ball in that square and shoot to score in 2 touches or less. The sequence can be repeated by C and D at the other end. Score 7 out of 10 tries.

