



ProFútbolAnalytics  
**TESTING  
GUIDE**

Version 3.19

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# 1. About ProFútbol- Analytics

## Our Mission

To motivate and analyze - compare physical abilities and technical skills of young football players, to discover their strengths and weaknesses, to evaluate their progress and identify areas for individual training.

**#testyourselfimproveyourself**

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## Core

- ProFútbolAnalytics is a program providing an analysis, comparison and thus a foundation for improvement of physical abilities and technical skills of young players.
  - Thanks to a comparison with extensive football database (currently more than 20 000 players) ProFútbolAnalytics can reveal strengths and weaknesses of players, assess their improvement and recommend areas for individual training.
  - The program consists of 6 tests of physical abilities that are critical for football and 4 tests of the most important football skills.
  - ProFútbolAnalytics is designed for football clubs/camps/academies/associations, as well as individuals, that want to base their decisions on analyses and objective data to make their training methods more effective.
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## Benefit

- For players/parents: Identification of strengths and weaknesses of each player together with areas for individual training.
- For Clubs: motivational tool for improving young players' training and approach - information based on analytical data assessing physical and technical capabilities of players, and their progress; a foundation for design of individual training plans.
- For associations: Comparison of the level of physical and technical abilities among regional academies and clubs. Players'/clubs' progress monitoring, possibilities of working with data for advanced analyses, support of PR...

## 2. General information

### What does the ProFútbolAnalytics test evaluate?

ProFútbolAnalytics tests and evaluates the following 6 physical abilities and 4 technical skills:

- 1) Agility
- 2) Speed
- 3) Explosive power
- 4) Coordination
- 5) Strength endurance
- 6) Aerobic endurance
- 7) Controlling the ball
- 8) Running & Dribbling with the ball
- 9) Passing accuracy
- 10) Shooting accuracy

6 physical abilities were chosen to cover the key physical factors essential for football players. ProFútbolAnalytics physical skills testing is based on large experience of SportAnalytik company [www.sportanalytik-global.com](http://www.sportanalytik-global.com) who specializes in motoric testing and analysis currently in more than 20 countries worldwide.

4 technical - football specific skills are based on FIFA GRASSROOTS program and its basic football technics for youth football players. More information find here: [www.fifa.com/what-we-do/education-and-technical/#c1577](http://www.fifa.com/what-we-do/education-and-technical/#c1577)

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### For whom is ProFútbolAnalytics intended?

The ProFútbolAnalytics test was designed for all football players of youth categories.

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### How long does the ProFútbolAnalytics test take?

The ProFútbolAnalytics test takes around 2 hours for 20 players and 3 hours for 30–80 players. Both tests start with a 10-minutes warm-up so that they can be carried out in optimal conditions.

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### Where and when does the ProFútbolAnalytics test take place?

ProFútbolAnalytics tests are organized:

- 1) by coaches of the club at their facilities based on ProFútbolAnalyctis testing guide and with the online/oncall support of ProFútbolAnalyctis team
- 2) by a team of ProFútbolAnalytics trainers at a place determined by the club, in a facility selected for the particular date





## How many times can one player participate in the ProFútbolAnalytics tests?

There is no limit on how many times can one player participate in the ProFútbolAnalytics test. At ProFútbolAnalytics, we recommend to carry out the test at least twice a year because in these age groups, there are great changes in both physical and technical abilities taking place in short time frames (year to year) and this way it is possible to motivate and evaluate the player's progress in the beginning and at the end of the season.

## Video manual

The required equipment is listed for each test. Klik on link below for watching disciplines video manual on YouTube channel ProFútbolAnalytics [www.youtube.com/channel/UC0yLe\\_L8cXEgxcTqsl7Pc2g/videos](http://www.youtube.com/channel/UC0yLe_L8cXEgxcTqsl7Pc2g/videos)

### 4 DISCIPLINES TECHNICAL:

JUGGLING: [www.youtube.com/watch?v=W7-Gi62tQIs](http://www.youtube.com/watch?v=W7-Gi62tQIs)  
 PASSING: [www.youtube.com/watch?v=j9L9l\\_mZWG0](http://www.youtube.com/watch?v=j9L9l_mZWG0)  
 SHOOTING: [www.youtube.com/watch?v=oV\\_90r2\\_1cQ](http://www.youtube.com/watch?v=oV_90r2_1cQ)  
 DRIBBLING: [www.youtube.com/watch?v=Yp4r1hcV-5Q](http://www.youtube.com/watch?v=Yp4r1hcV-5Q)

### 6. DISCIPLINES PHYSICAL:

30 M SPRINT TEST: [www.youtube.com/watch?v=QLm-9API7Bc](http://www.youtube.com/watch?v=QLm-9API7Bc)  
 VAULT COORDINATION TEST: [www.youtube.com/watch?v=uJ8vPx20qrc](http://www.youtube.com/watch?v=uJ8vPx20qrc)  
 MUSCLE ENDURANCE TEST: [www.youtube.com/watch?v=xR-ukkcDO3I](http://www.youtube.com/watch?v=xR-ukkcDO3I)  
 AGILITY TEST: [www.youtube.com/watch?v=iqSSewGZS-o](http://www.youtube.com/watch?v=iqSSewGZS-o)  
 TRIPLE JUMP TEST: [www.youtube.com/watch?v=J\\_cq-BulwWI](http://www.youtube.com/watch?v=J_cq-BulwWI)  
 1000 M RUN TEST AEROBIC: [www.youtube.com/watch?v=wrSn2Vfms30](http://www.youtube.com/watch?v=wrSn2Vfms30)

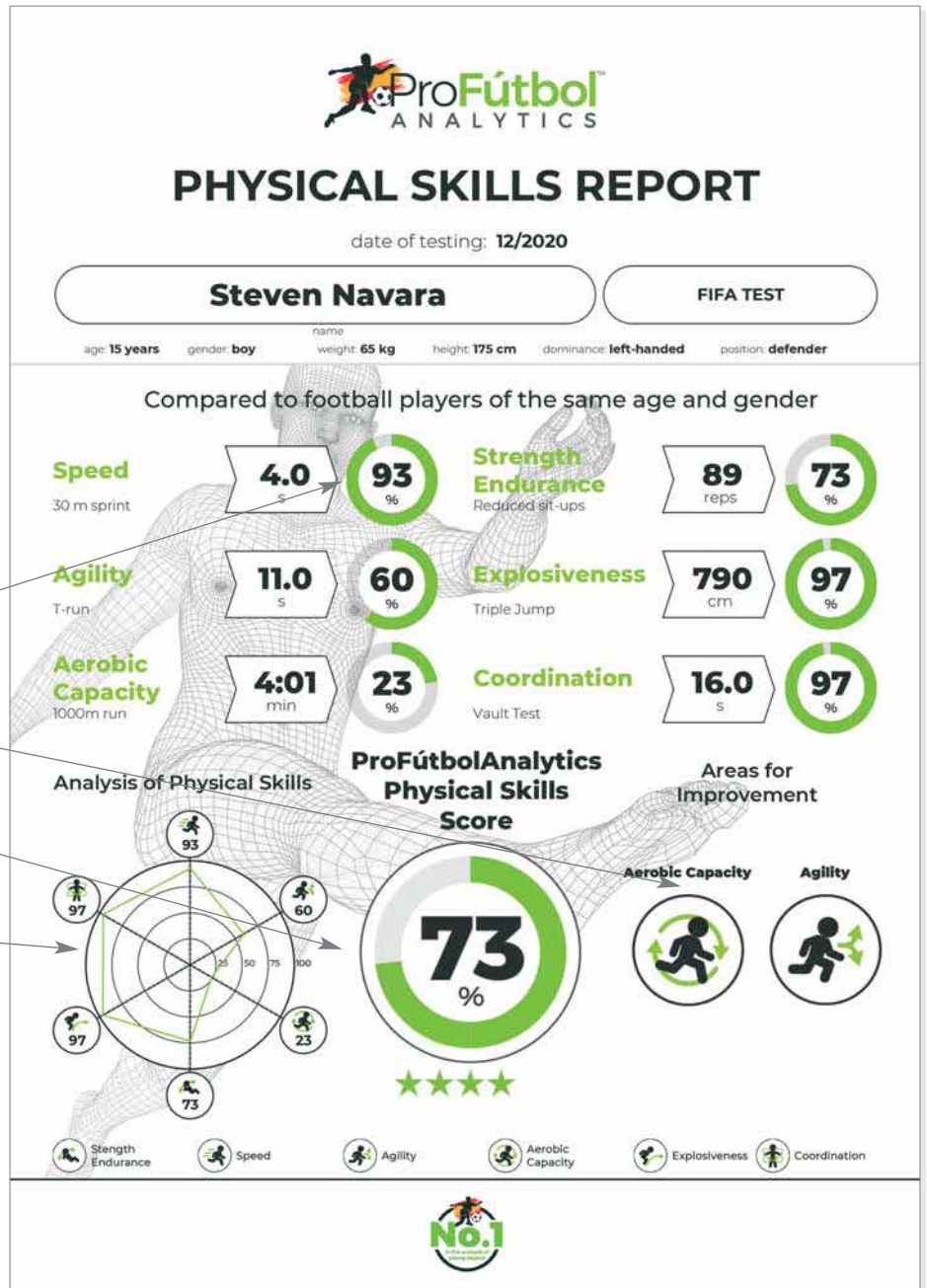
### PROMO

[www.youtube.com/watch?v=ogSPuemUmNY](http://www.youtube.com/watch?v=ogSPuemUmNY)

### 3. ProFútbol-Analytics players reports

## Football physical skills report

After the testing players receive Physical skills report and Technical skills report with their result and analysis. The information on the report is the following:



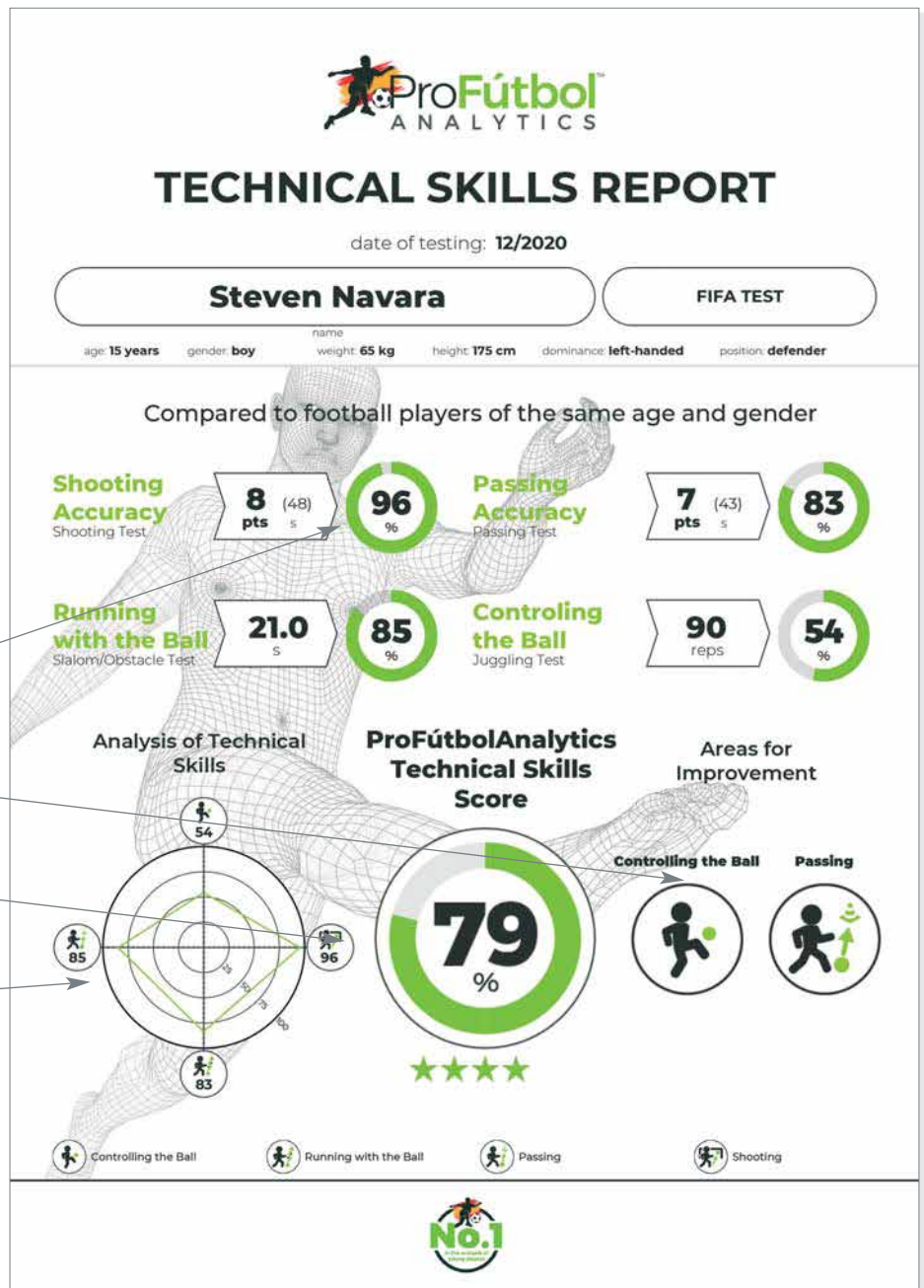
The number represents percentile. In this case, it means that the player is better than 93 % of all players in the same age group.

The recommendations for improvement are based on the poorest results.

The average score from all the physical disciplines.

Graphical representation of the results.

## Football technical skills report



The number represents percentile. In this case, it means that the player is better than 96 % of all players in the same age group.

The recommendations for improvement are based on the poorest results.

The average score from all the technical disciplines.

Graphical representation of the results.



## 4. Physical disciplines

### 4.1 30-meter sprint – Speed



#### What you need

- 4 cones
- Tape measure
- Stopwatch or photocell
- 30m part of an even running track or playground free of any obstacles

#### Preparations

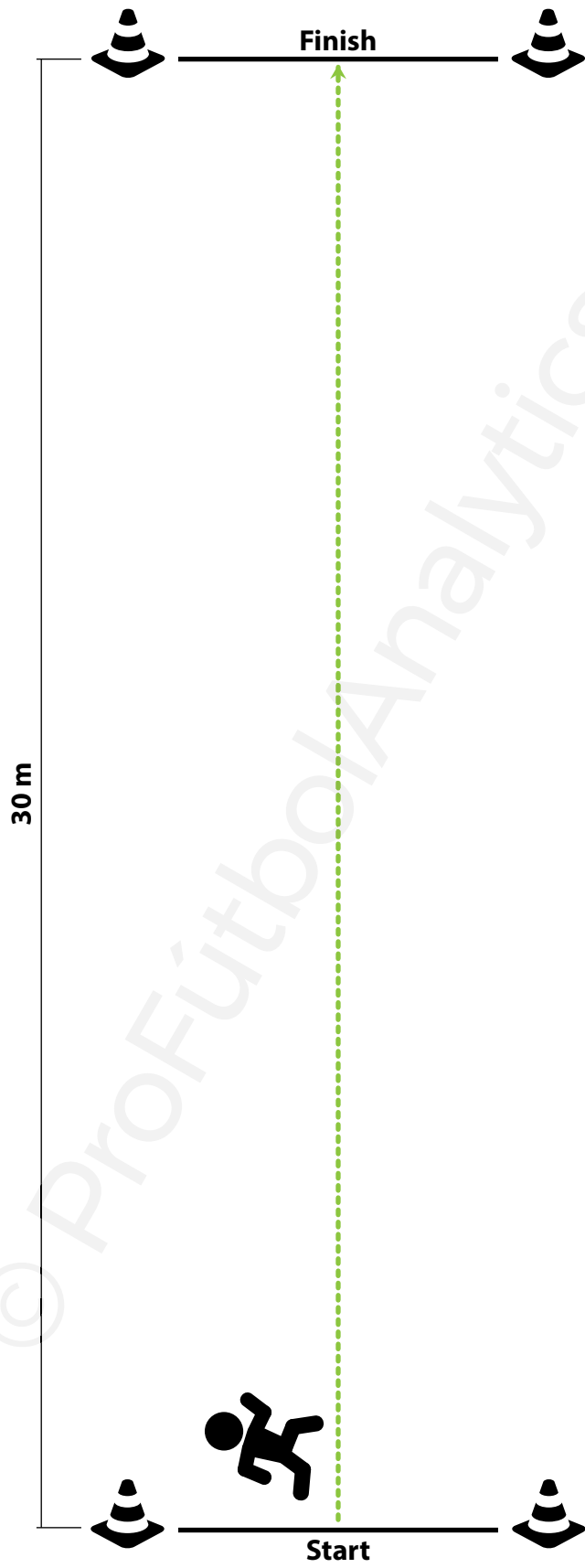
Measure a 30m track using cones or existing marks to mark the starting and finishing line. In case the exercise is performed indoors, you can use existing lines inside the gym.

#### Warm-up

When the coach claps his hands, accelerate for three seconds, then slow down. Repeat around three times

#### Measuring results

- 1) Participants start standing with their front leg on the starting line.
- 2) The person clocking the time stands on the finishing line.
- 3) On the signal of the person clocking the time, participants sprint from the starting line to the finishing line.
- 4) Clock the time when the chest passes the finishing line.
- 5) Take one attempt and write down the time, rounding it off to the following tenth of a second.



----- Sprint

## 4. Physical disciplines

### 4.2

### “T”run (shuttle run) – Agility



#### What you need

- 12m even and non-slippery area
- 4 cones (height 30 cm)
- Tape measure (10 m)
- Stopwatch or photocell
- Masking tape

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#### Preparations

Measure the distance and place 4 cones in the “T” shape according to the image below.

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#### Warm-up

Play tag game.

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#### Measuring results

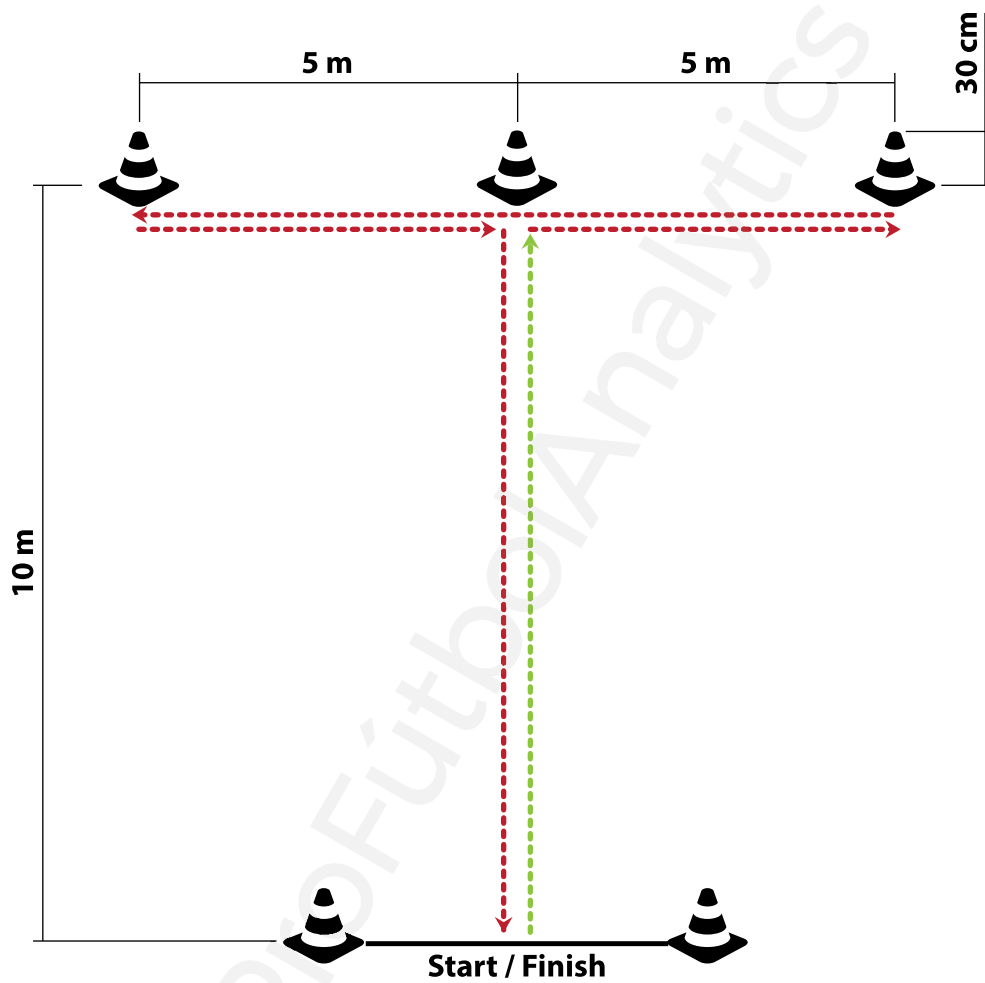
- 1) The participant starts at the A cone.
- 2) When you clock the time, the participant sprints to the B cone and touches it with the hand.
- 3) The participant continues (until the end of the discipline) in sideways canter, first 5 m to the left to touch the C cone.
- 4) Then 10 m to the right to touch the D cone.
- 5) Then 5 m back to the left to touch the B cone.
- 6) The participant ends with a sideways canter to the A cone.
- 7) Stop the time when the participant runs past the A cone. Write the time down, rounding it off to tenths of a second.

---

#### Frequent mistakes

The participant has the tendency to sprint (not in sideways canter) in the last phase from the B cone to the A cone.





----- Sprint

----- Sidestep / Cval stranou

### 4.3

## Standing triple jump – Strength



### What you need

- measuring tape

### How to get ready

Mark a line from which the participant jumps. Lay the measuring tape next to the expected place of landing so that you can read the results quickly. The participants can jump on the ground as well as a sand pit.

### Heating up

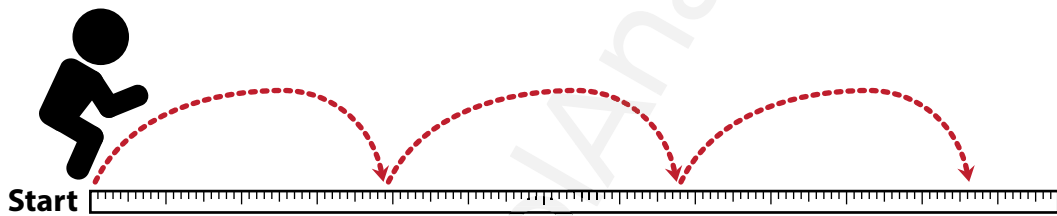
A couple of frog jumps and jumping on tiptoes.

### How to assess the discipline – standing triple jump

- 1) Participants triple jump continuously with both legs, their tiptoes as close as possible to the take-off mark and the feet parallel (they may bend the knees and swing the arms).
- 2) When landing, the feet must be at the same level (preferably hip-width apart in order to keep good balance).
- 3) We measure the length of the jump from the take-off mark to the closer heel after the third jump.
- 4) The jump is performed once, the test is recorded in rounded centimeters.

### Frequent mistakes

- 1) Stepping/falling back or to the side right after the third jump.
- 2) Moving a foot forward after the last landing
- 3) Different position of the feet at the first and second landing
- 4) Stopping at the first and second landing



----- Standing triple jump / Trojskok z miesta

### 4.4

## Partial sit-ups – Muscle endurance



### What you need

- Mats

### Preparations

Mark two horizontal lines on the mat using an alcohol marker. The first line is 10 cm from the end of the mat, the other 20 cm from the end of the mat.

### Warm-up

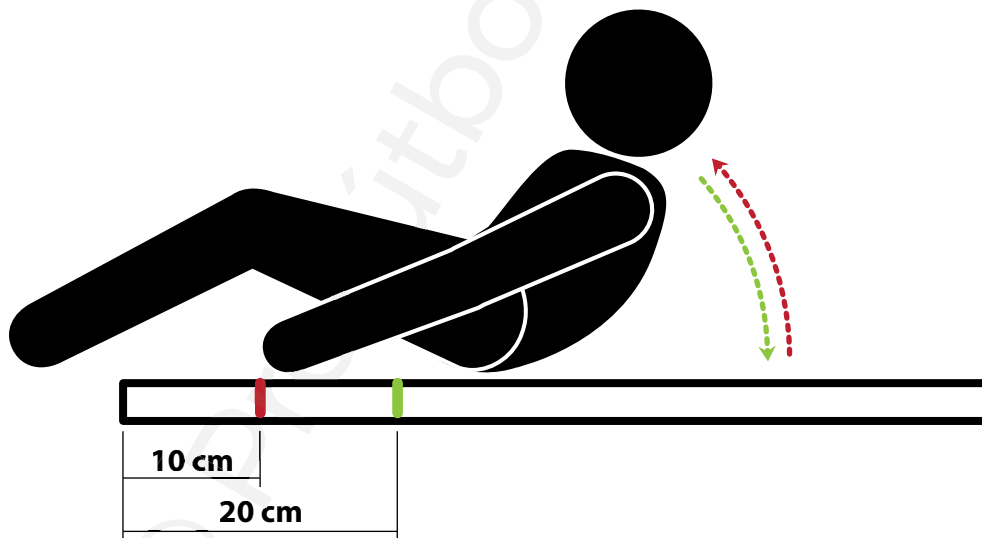
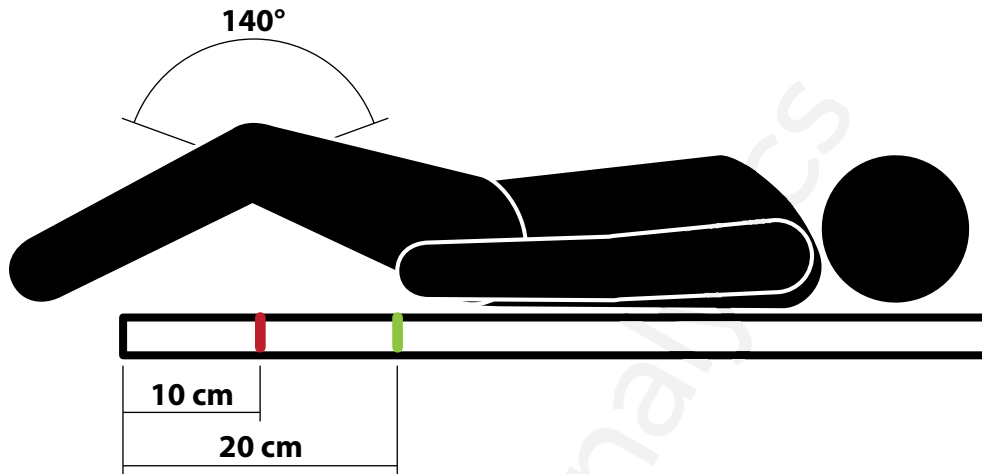
Laying on the back, arms stretched over your head, we try to pull ourselves up like someone was pulling us by the arms. We breathe in "into the stomach" so that our belly rises when breathing in.

### Measuring results

- 1) Participants lie down on mats with their head down, straight arms placed on the mat alongside their body with their palms facing down, the middle finger of each hand is placed on the tip of the 20 cm mark.
- 2) The knees should be bent in a 140-degree angle.
- 3) Keeping the arms on the mat and lifting the head and upper part of the back, slowly bend the backbone, moving with your fingertips to the 10 cm mark.
- 4) When bending, the palms and heels must remain in contact with the floor. After the bending, the shoulder blades and head need to touch the mat again and the fingertips of both hands need to touch the 20 cm mark. The movement should be performed in a controlled manner and pull.
- 5) The attempt is over when the participant feels exhausted and is no longer able to perform the right technique of bending in two tries in a row or if he/she performs 90 repetitions.

### Frequent mistakes

- 1) The palms are not resting on the ground.
- 2) The participant performs the exercise by swinging, not pulling.



----- Starting position / Výchozí pozice

----- Target position / Cílová pozice

## 4. Physical disciplines

### 4.5

## Repeated set with a stick – Coordination



### What you need

- Mat
- Wooden gymnastic stick (length: 95 cm)
- Stopwatch

### Warming up

After hearing the instructions and watching the demonstration, everybody tries performing the set first.

### Description

Basic stance: upright standing position with the stick held behind the body, approx. 20 cm wider than shoulder width). Upon a call, the tested child steps over the stick to the position with the stick in front of their body, then sits down and lies down quickly. Then they bend their legs in knees, move the stick above their legs and under their body/legs, and stand up again. This way, the participant gets back into the basic stance. The described set is repeated 5 times as fast as possible with no interruption.

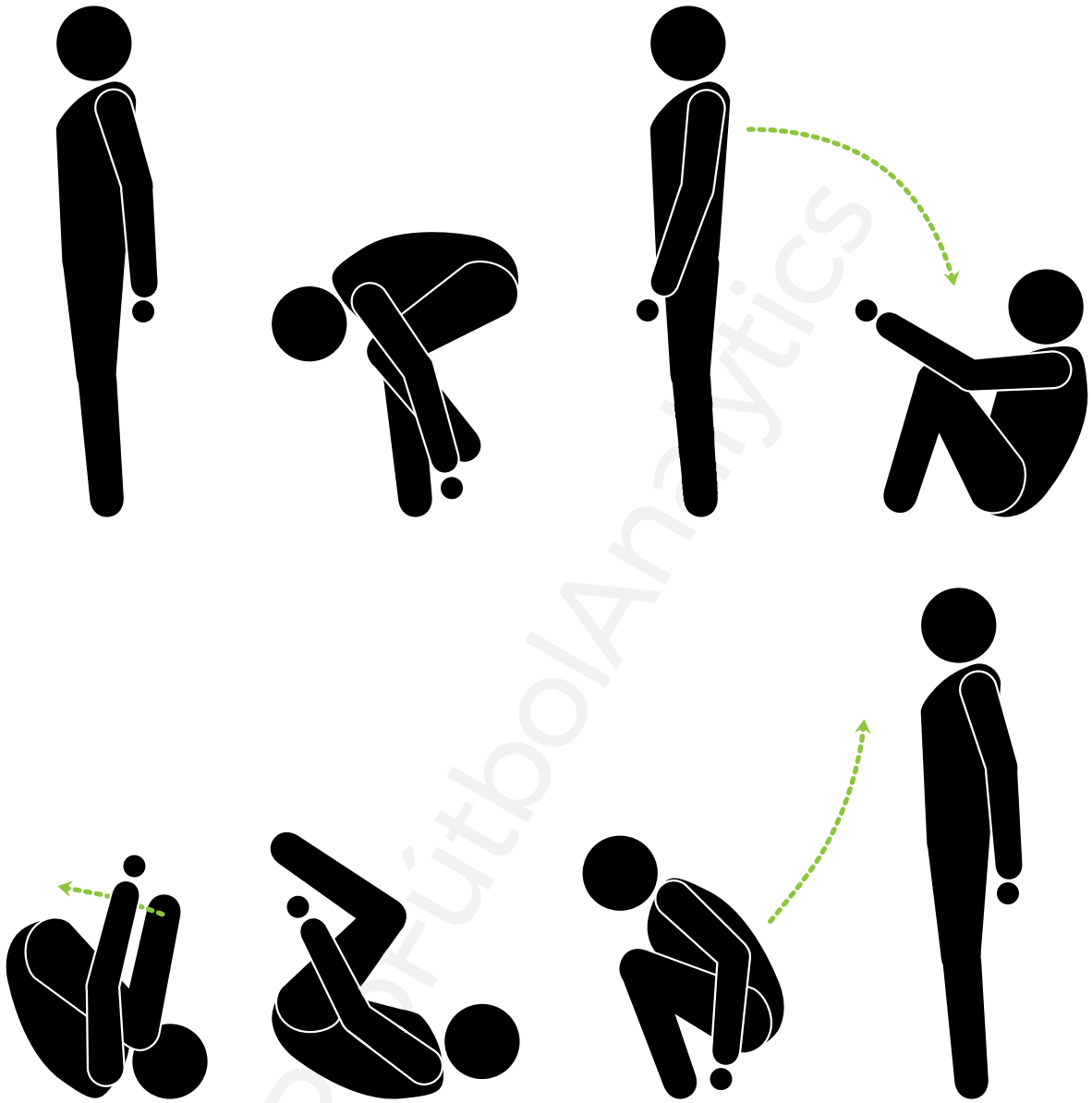
### How to assess the discipline

- 1) The exercise is performed barefoot.
- 2) It is necessary to get into the prescribed positions
- 3) If a participant fails to hold the stick in both hands, the entire set has to be repeated. Five and six-years old children can drop the stick for a while, as long as dropping it does not result in significant simplification of the set (such as dropping the stick when stepping over it or when standing up).
- 4) The set of 5 repetitions is measured in seconds with accuracy to tenths of seconds.

### Frequent mistakes

- 1) The participant drops the stick during the set (children over 7 years of age).
- 2) The participant does not reach the prescribed positions.





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### 4.6

# 1000-Meter run – Endurance



### What you need

- 1000m track or 60 m x 40 m of a track on the playground
- 5 cones
- Tape measure
- Stopwatch

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### Preparations

- 1) Mark the starting/finishing point of the track with cones.
- 2) Measure out 4 sides of a rectangular track using the tape measure, placing a cone at each corner. If the lap is shorter than 1000 m, calculate the number of the laps to be run so that the total is 1000 m. Normally, the dimensions of a lap are 60 m x 40 m (participants run 5/10 times around).

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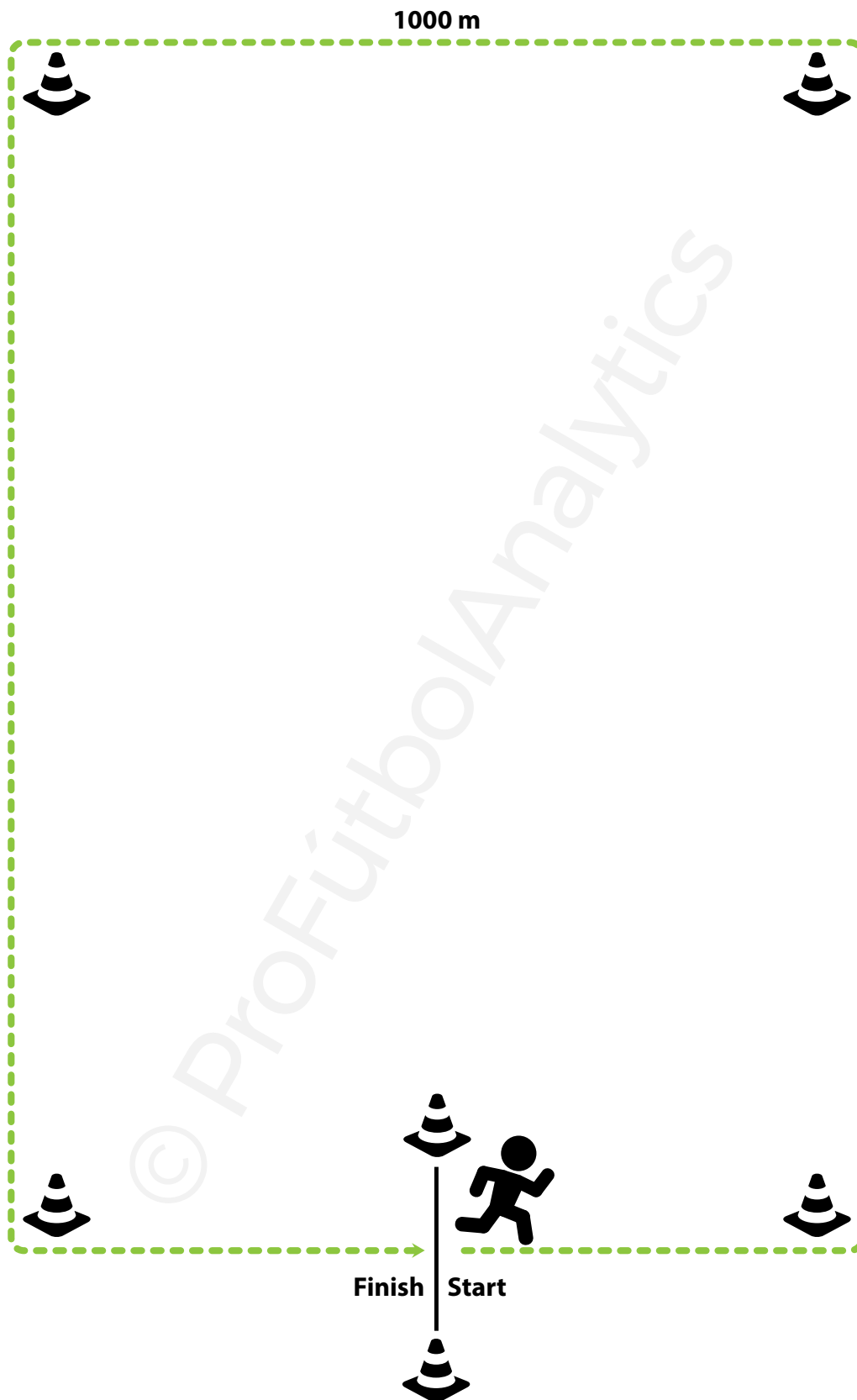
### Measuring results

- 1) Participant starts at the starting/finishing cone. Tell them how many laps they are to run.
- 2) Children start on the signal of the person clocking the time and try to run/walk 1000 m as fast as they can.

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### Tip

If participants do not want to run, encourage them to walk as fast as they can. Use a pacemaker for younger children so that they don't run too fast at the beginning.



----- Run / Běh

## 5. Technical disciplines

### 5.1a Juggling Test – Controlling the ball age 9-17



#### Goal

Evaluation of ball control by keeping the ball in the air using as many body parts as possible.

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#### What you need

- 4 cones
- Ball size 3, 4, 5 (based on the age category)
- Measurement tape

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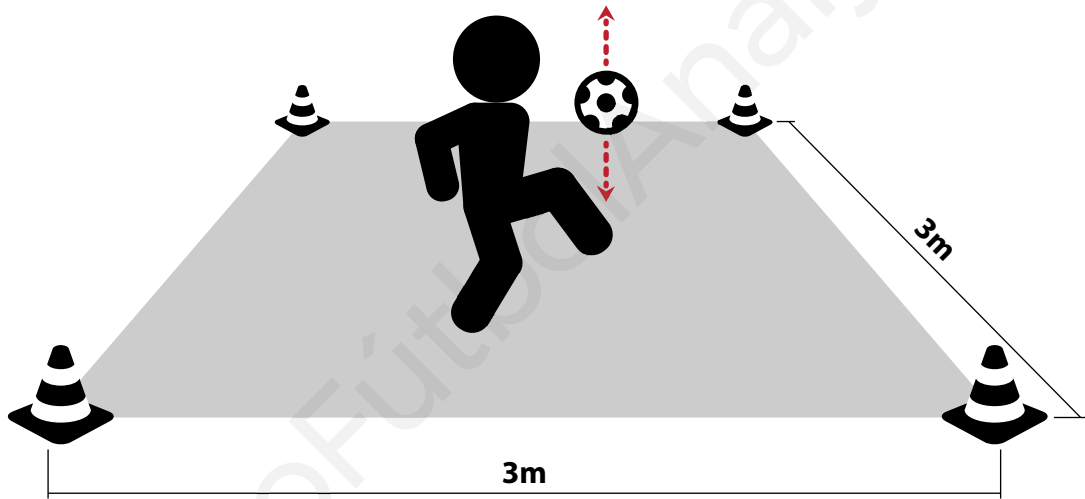
#### Test execution

The player keeps the ball in the air within an area of 3×3 m that he/she cannot step out of. The player should use all the body parts with which he/she is able to hit the ball (feet, knees, shoulders, head, chest or else). If the player loses the ball (the ball falls down) or steps outside the given area before he/she reaches 8 hits, he/she can repeat the test. Each player can perform three attempts and the best result counts.

---

#### Measured value

The number of hits before the ball falls down or the player leaves the given area.



## 5. Technical disciplines

### 5.1b Juggling Test – Controlling the ball age 6-8



#### Goal

Evaluation of ball control by keeping the ball in the air using as many body parts as possible.

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#### What you need

- 4 cones
- Ball size 3, 4, 5 (based on the age category)
- Measurement tape

---

#### Test execution – with the ball touching the ground after each kick/hit

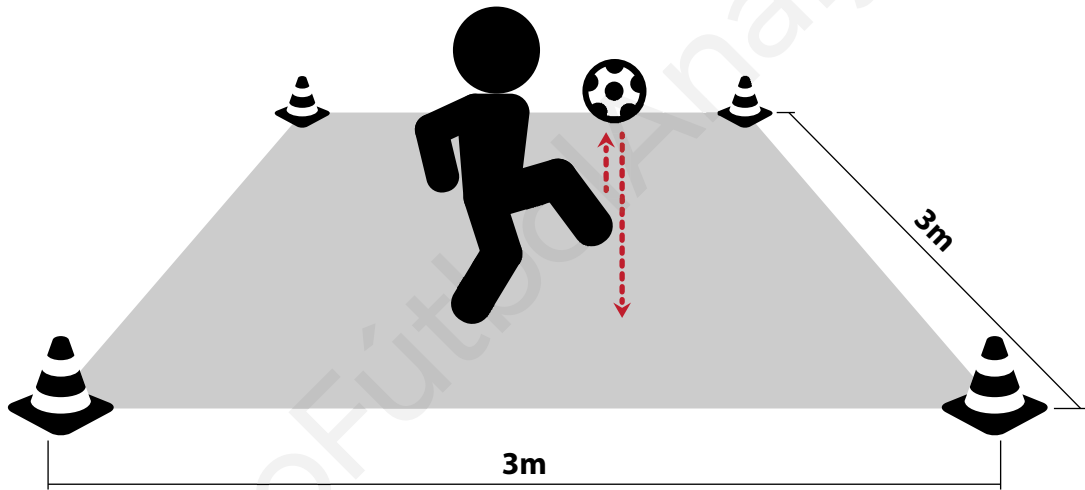
The player keeps the ball in the air within an area of 3×3 m that he/she cannot step out of. The player should use all the body parts with which he/she is able to hit the ball (feet, knees, shoulders, head, chest or else). If the player loses the ball (the ball touches the ground two times in a row) or steps outside the given area before he/she reaches 8 hits, he/she can repeat the test. Each player can perform three attempts and the best result counts

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#### Measured value

The number of hits with the ball touching the ground after each kick/hit before the ball hits the ground two times in a row or the player leaves the given area.





## 5. Technical disciplines

### 5.2a

## Dribbling Test - running & dribbling with the ball age 9-17



### Goal

Evaluation of the technique and speed of dribbling, and the ability to avoid obstacles.

### What you need

- 4 small goals (goal height – 30 cm)
- 4 markers or 4 small slalom poles
- Measurement tape
- 4 slalom poles
- 5 markers
- Stopwatch or photocell

### Test execution

The player has to complete the test in the shortest time possible. If the player makes a cone/pole/marker/goal fall down or move significantly, the whole test is repeated.

### Measured value

Time to complete the track

### Instructions for coaches

Players group behind the starting line. The coach watches the player during the whole attempt and makes notes into a record sheet for evaluation. He/she cheers the player up along the whole track.

### Instructions to set up the track

#### 1<sup>st</sup> discipline

Small goals placed in a straight line, 2.5 m from each other. The player has to pass the ball through the goal, jump over it, and touch the ball before it passes through the next goal.

#### 2<sup>nd</sup> discipline

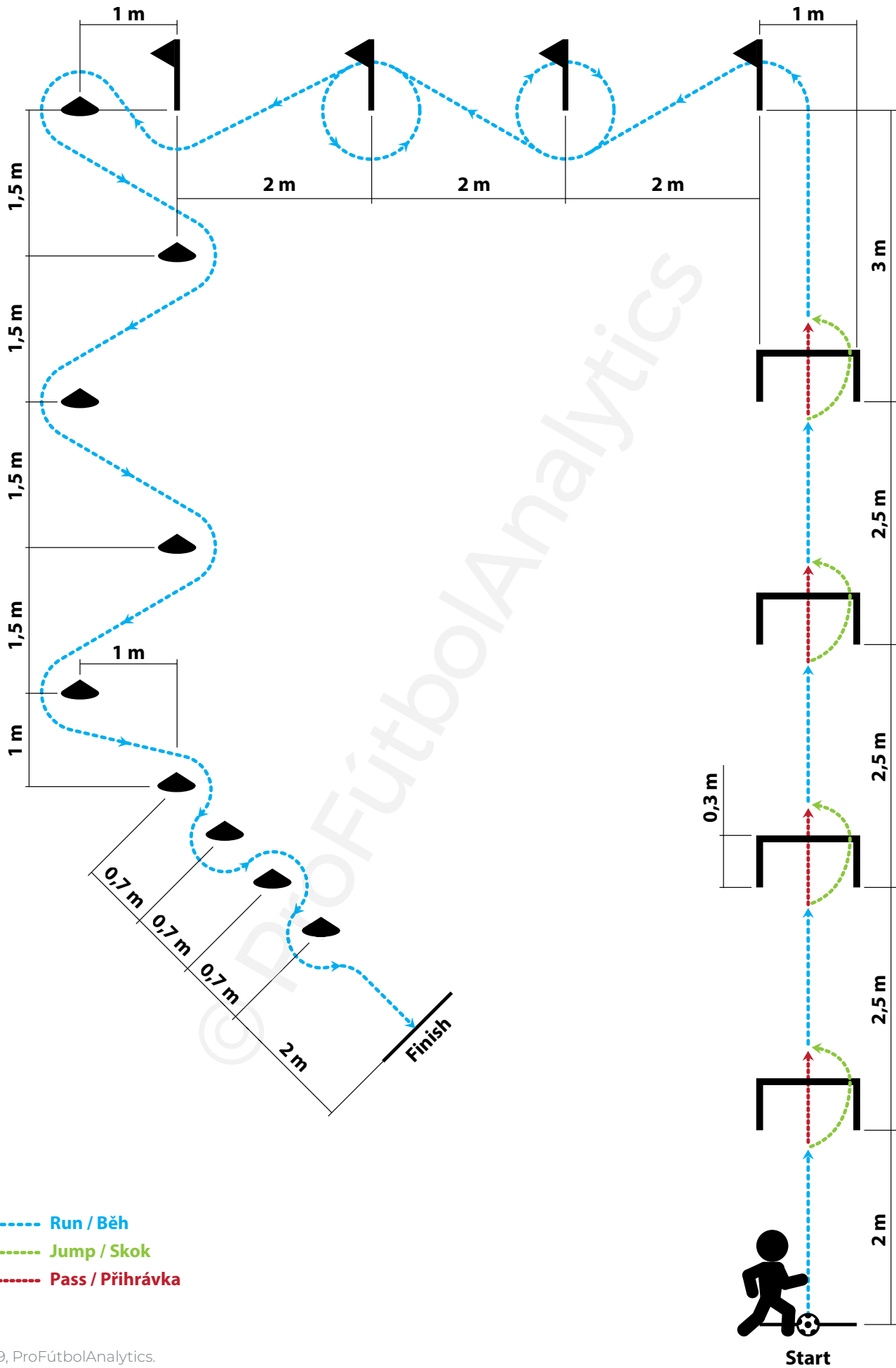
Distance from the 1st discipline is 3 m. 4 slalom poles placed in a straight line, 2 m from each other. The player has to make a full circle around the 2nd and 3rd one.

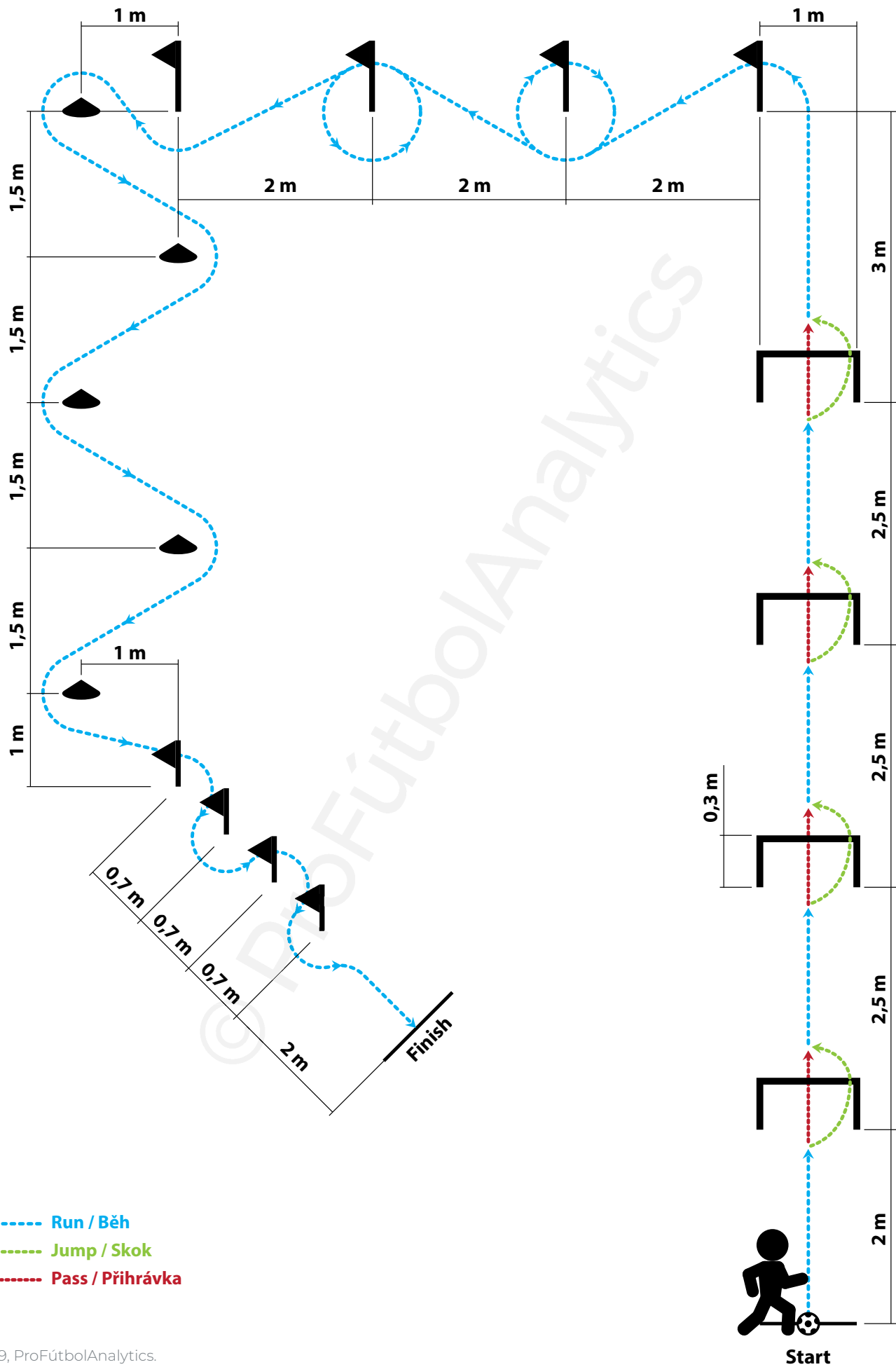
#### 3<sup>rd</sup> discipline

Distance from the 2nd discipline is 1 m. 5 small cones placed in turns on the left/right side, 1.5 m from each other. Do a slalom through them.

#### 4<sup>th</sup> discipline

Distance from the 3rd discipline is 1 m. 4 markers or 4 small slalom poles positioned in a diagonal line, 0.7 m from each other. Do a slalom through them.





## 5. Technical disciplines

### 5.2b

## Dribbling Test - running &dribbling with the ball age 6-8



### Goal

Evaluation of the technique and speed of dribbling, and the ability to avoid obstacles.

### What you need

- 4 small goals (goal height – 30 cm)
- 4 markers or 4 small slalom poles
- Measurement tape
- 4 slalom poles
- 5 markers
- Stopwatch or photocell

### Test execution

The player has to complete the test in the shortest time possible. If the player makes a cone/pole/marker/goal fall down or move significantly, the whole test is repeated.

### Measured value

Time to complete the track

### Instructions for coaches

Players group behind the starting line. The coach watches the player during the whole attempt and makes notes into a record sheet for evaluation. He/she cheers the player up along the whole track.

### Instructions to set up the track

#### 1<sup>th</sup> discipline

Small goals placed in a straight line, 2.5 m from each other. The player has to pass the ball through the goal, jump over it, and touch the ball before it passes through the next goal.

#### 2<sup>th</sup> discipline

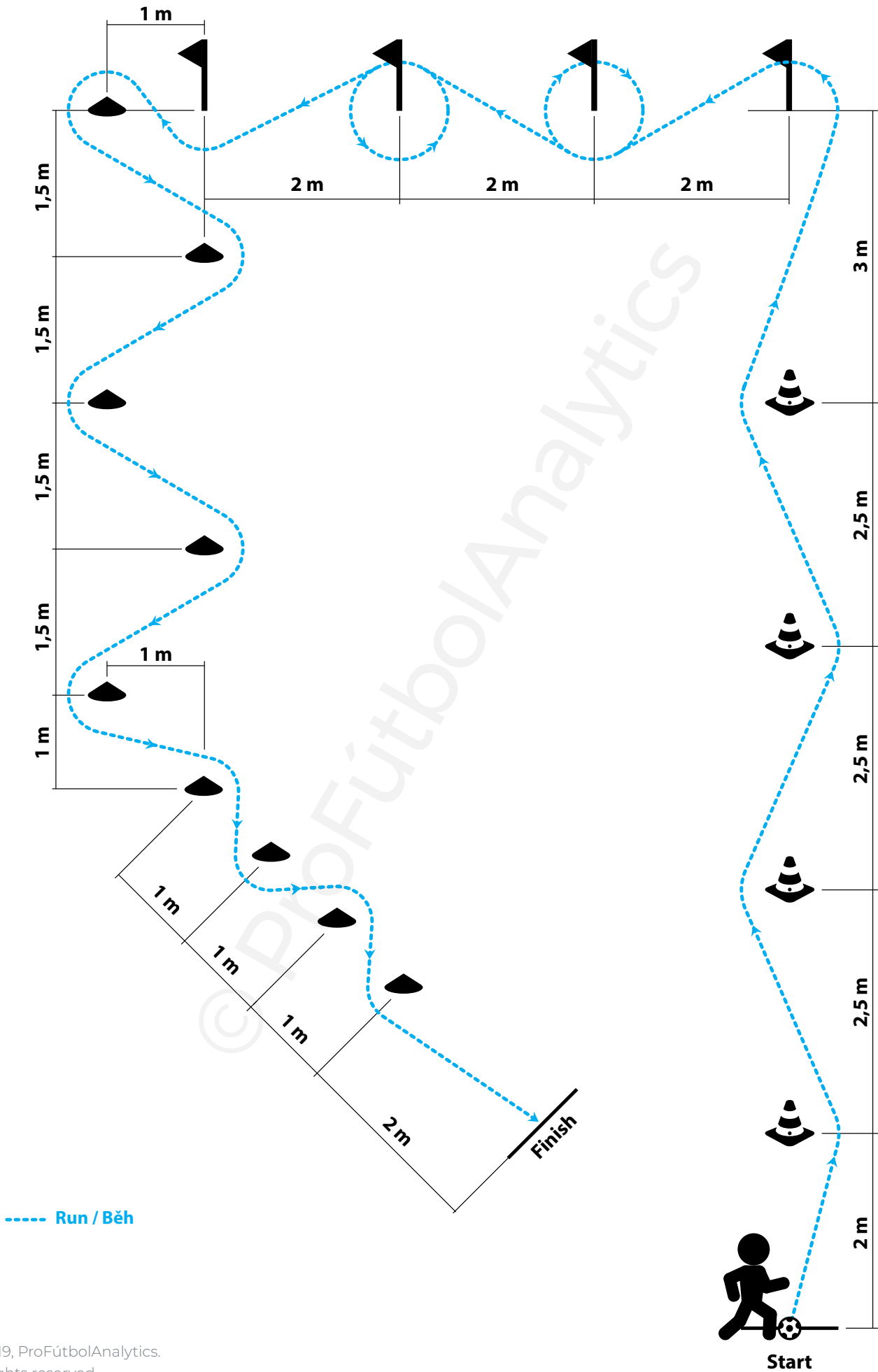
Distance from the 1st discipline is 3 m. 4 slalom poles placed in a straight line, 2 m from each other. The player has to make a full circle around the 2nd and 3rd one.

#### 3<sup>th</sup> discipline

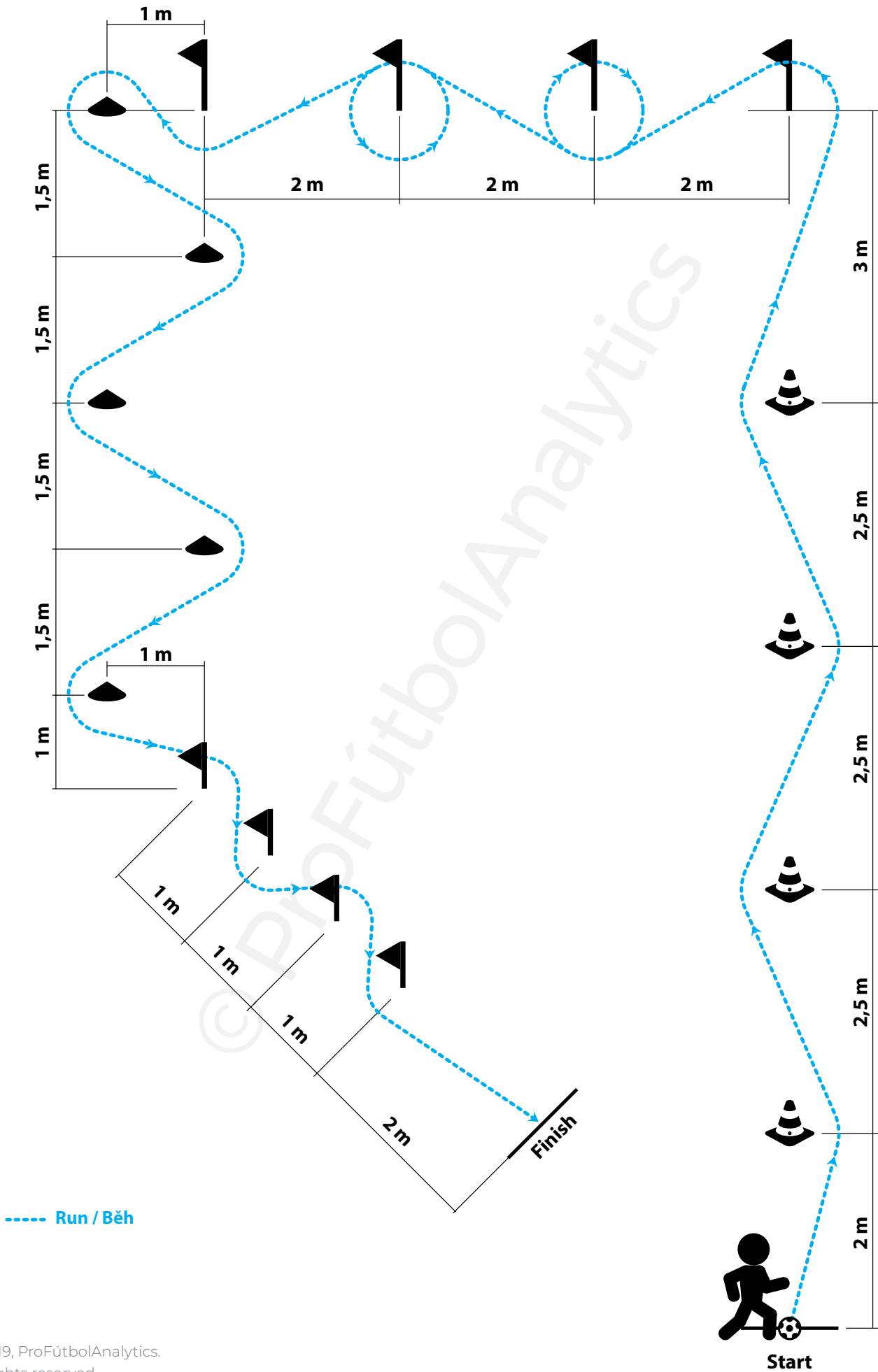
Distance from the 2nd discipline is 1 m. 5 small cones placed in turns on the left/right side, 1.5 m from each other. Do a slalom through them.

#### 4<sup>th</sup> discipline

Distance from the 3rd discipline is 1 m. 4 markers or 4 small slalom poles positioned in a diagonal line, 1 m from each other. Do a slalom through them.







## 5. Technical disciplines

### 5.3a

## Passing Test – passing accuracy age 9-17



### Goal

Evaluation of passing accuracy in run.

### What you need

- 8 balls (size based on the age category)
- 16 cones
- Measurement tape
- Stopwatch

### Test execution

The player kicks **8 balls to 4 designated areas (goals)**: 4 times with the dominant foot and 4 times with the weaker foot, all while running forward. The player runs from the starting line to the place from which the pass is executed. After the pass, he/she makes an outer circle to return to the starting line for another ball. The test ends with the 8th pass. The stopwatch stops when the player touches the last ball to make the last pass.

#### The order of the passes:

1 <sup>st</sup> pass:	Goal 1	5 <sup>th</sup> pass:	Goal 1
2 <sup>nd</sup> pass:	Goal 2	6 <sup>th</sup> pass:	Goal 2
3 <sup>rd</sup> pass:	Goal 3	7 <sup>th</sup> pass:	Goal 3
4 <sup>th</sup> pass:	Goal 4	8 <sup>th</sup> pass:	Goal 4

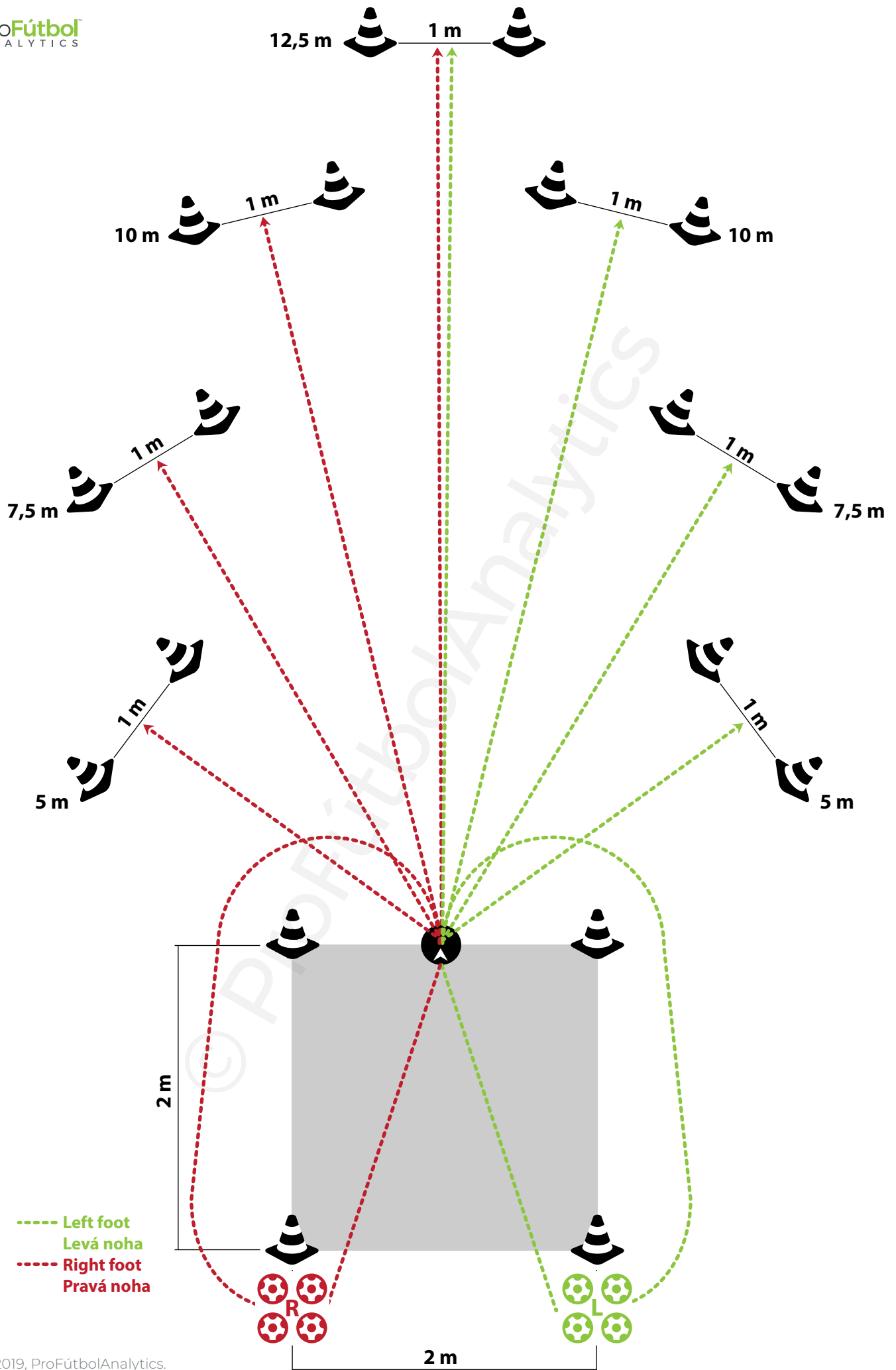
### Measured value

We write down the number of hit goals or markers, while hitting the marker from inside also counts (each goal grants one point, maximum is eight points) and the time to complete the discipline. The score has a higher value. When the score is equal the decisive factor is time.

### Instructions for coaches

The players have to sit down approx. 2 m behind the one who executes the test. After a player finishes his run, he goes to the goals (behind them) to collect the balls of the player who is just executing the test. The coach has to prepare 8 balls at the starting line, 4 on the left side and 4 on the right side. He/she can also pass this task to another player/coach. The coach explains that successful hits and time are measured in this test. The player executes the pass in run first 4 times with the dominant foot and then 4 times with the weaker foot. A right-footed player starts on the left side (red corner) and a left-footed player on the right side (green corner).

**It's important to explain the player that he/she should gain speed in the part without ball and then fully concentrate when running with the ball to the passing line (2 m).**



## 5. Technical disciplines

### 5.3b

## Passing Test – passing accuracy age 6-8



### Goal

Evaluation of passing accuracy in run.

### What you need

- 8 balls (size based on the age category)
- 16 cones
- Measurement tape
- Stopwatch

### Test execution

The player kicks **8 balls to 4 designated areas (cones)**: 4 times with the dominant foot and 4 times with the weaker foot, all while running forward. The player runs from the starting line to the place from which the pass is executed. After the pass, he/she makes an outer circle to return to the starting line for another ball. The test ends with the 8th pass. The stopwatch stops when the player touches the last ball to make the last pass.

#### The order of the passes:

1 <sup>st</sup> pass:	Goal 1	5 <sup>th</sup> pass:	Goal 1
2 <sup>nd</sup> pass:	Goal 2	6 <sup>th</sup> pass:	Goal 2
3 <sup>rd</sup> pass:	Goal 3	7 <sup>th</sup> pass:	Goal 3
4 <sup>th</sup> pass:	Goal 4	8 <sup>th</sup> pass:	Goal 4

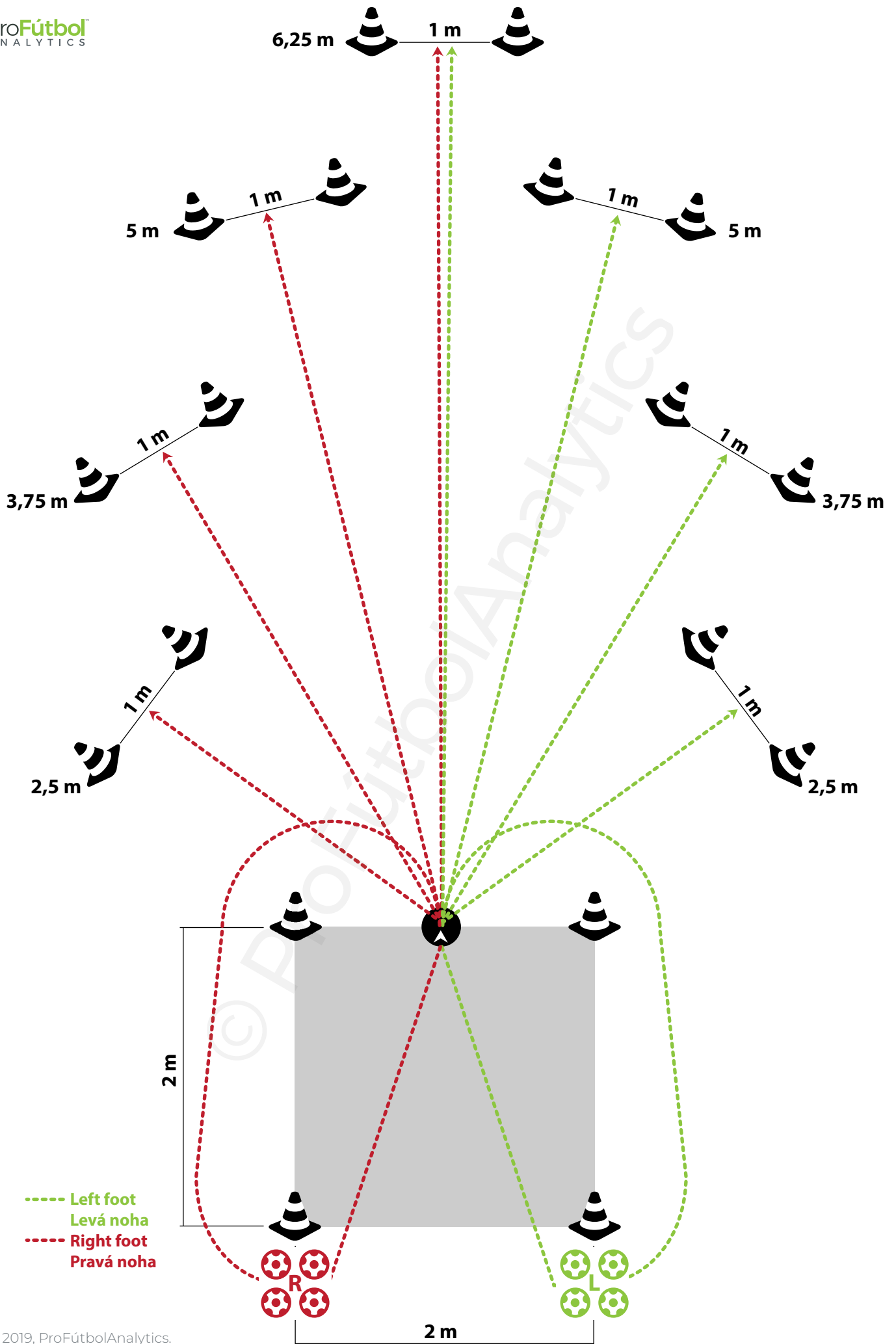
### Measured value

We write down the number of hit goals or markers, while hitting the marker from inside also counts (each goal grants one point, maximum is eight points) and the time to complete the discipline. The score has a higher value. When the score is equal the decisive factor is time.

### Instructions for coaches

The players have to sit down approx. 2 m behind the one who executes the test. After a player finishes his run, he goes to the goals (behind them) to collect the balls of the player who is just executing the test. The coach has to prepare 8 balls at the starting line, 4 on the left side and 4 on the right side. He/she can also pass this task to another player/coach. The coach explains that successful hits and time are measured in this test. The player executes the pass in run first 4 times with the dominant foot and then 4 times with the weaker foot. A right-footed player starts on the left side (red corner) and a left-footed player on the right side (green corner).

**It's important to explain the player that he/she should gain speed in the part without ball and then fully concentrate when running with the ball to the passing line (2 m).**





## 5. Technical disciplines

### 5.4a

## Shooting Test – shooting accuracy age 13-17



### Goal

Evaluation of the player's shooting accuracy with both the dominant and the weaker foot.

### What you need

- 8 balls (size based on the age category)
- 4 cones
- Measurement tape
- Ribbon or visible rope
- Stopwatch

### Test execution

A ribbon/rope is placed horizontally in the middle of the goal, **122 cm high**, and on both sides vertically to the ground, 100 cm from the posts. The player runs with a ball from the starting cone (17 m from the goal) to the shooting spot (11 m from the goal – penalty mark) and shoots. After shooting the ball, **he/she runs around the starting cone to return and take another ball**, while he/she always returns on the given side, as described in the picture. He/she continues this way until the last shooting attempt. The stopwatch stops when the player touches the last ball to take the last shot.

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot. A right-footed player starts on the left side (red corner) and a left-footed player on the right side (green corner).**

#### Important:

The bellow picture is meant for players of soccer / association football (10+1).

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot.**

#### 4 shots with the dominant foot: RIGHT foot from the left corner – RED

- |                                |                     |
|--------------------------------|---------------------|
| 1 <sup>st</sup> shot (zone 1): | BOTTOM RIGHT corner |
| 2 <sup>nd</sup> shot (zone 2): | TOP RIGHT corner    |
| 3 <sup>rd</sup> shot (zone 3): | BOTTOM LEFT corner  |
| 4 <sup>th</sup> shot (zone 4): | TOP LEFT corner     |

#### 4 shots with the weaker foot: LEFT foot from the right corner – GREEN

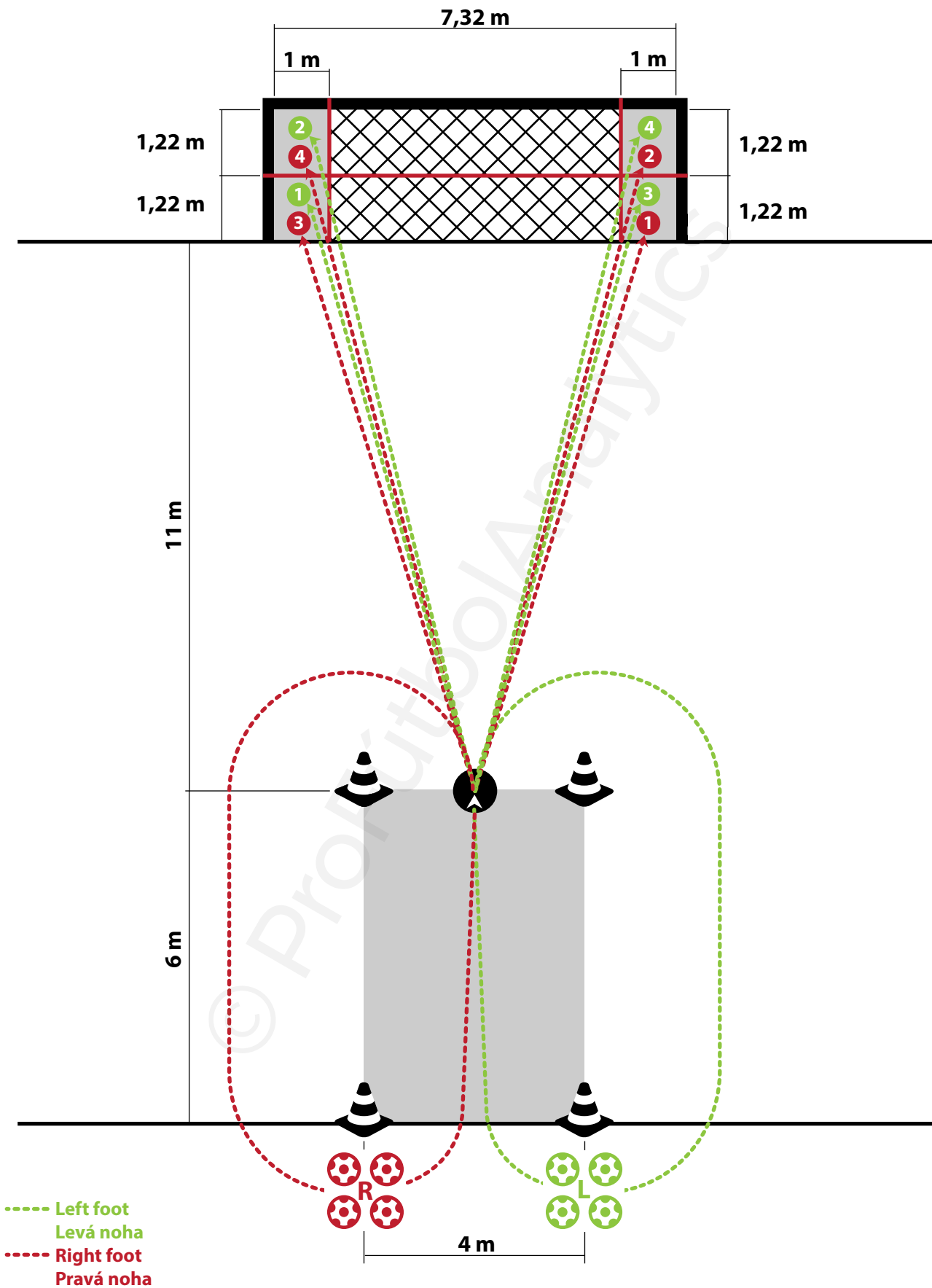
- |                                |                     |
|--------------------------------|---------------------|
| 5 <sup>th</sup> shot (zone 1): | BOTTOM LEFT corner  |
| 6 <sup>th</sup> shot (zone 2): | TOP LEFT corner     |
| 7 <sup>th</sup> shot (zone 3): | BOTTOM RIGHT corner |
| 8 <sup>th</sup> shot (zone 4): | TOP RIGHT corner    |

### Measured value

Number of hits in each zone (1 point for each bottom zone, 2 points for each top zone, up to 12 points total) and time. The score has a higher weight. When the score is equal, the decisive factor is time.

### Instructions for coaches

The coach ensures there are no other people except the player who is performing the test in the test area. The coach determines the order in which the players perform the test. The coach has to prepare 8 balls at the starting line. He/she can also pass this task to another player/coach. The player shoots in run first 4 times with the dominant foot and then 4 times with the weaker foot.



## 5.4b

### Shooting Test – shooting accuracy age 9-12



#### Goal

Evaluation of the player's shooting accuracy with both the dominant and the weaker foot.

#### What you need

- 8 balls (size based on the age category)
- 4 cones
- Measurement tape
- Ribbon or visible rope
- Stopwatch

#### Test execution

A ribbon/rope is placed horizontally in the middle of the goal, **100 cm high**, and on both sides vertically to the ground, **88 cm** from the posts. The player runs with a ball from the starting cone (14 m from the goal) to the shooting spot (8 m from the goal) and shoots. After shooting the ball, **he/she runs around the starting cone to return and take another ball**, while he/she always returns on the given side, as described in the picture. He/she continues this way until the last shooting attempt. The stopwatch stops when the player touches the last ball to take the last shot.

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot. A right-footed player starts on the left side (red corner) and a left-footed player on the right side (green corner).**

#### Important:

**The bellow picture is meant for players of "small" soccer / "small" association football.**

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot.**

#### 4 shots with the dominant foot: RIGHT foot from the left corner – RED

- |                                |                     |
|--------------------------------|---------------------|
| 1 <sup>st</sup> shot (zone 1): | BOTTOM RIGHT corner |
| 2 <sup>nd</sup> shot (zone 2): | TOP RIGHT corner    |
| 3 <sup>rd</sup> shot (zone 3): | BOTTOM LEFT corner  |
| 4 <sup>th</sup> shot (zone 4): | TOP LEFT corner     |

#### 4 shots with the weaker foot: LEFT foot from the right corner – GREEN

- |                                |                     |
|--------------------------------|---------------------|
| 5 <sup>th</sup> shot (zone 1): | BOTTOM LEFT corner  |
| 6 <sup>th</sup> shot (zone 2): | TOP LEFT corner     |
| 7 <sup>th</sup> shot (zone 3): | BOTTOM RIGHT corner |
| 8 <sup>th</sup> shot (zone 4): | TOP RIGHT corner    |

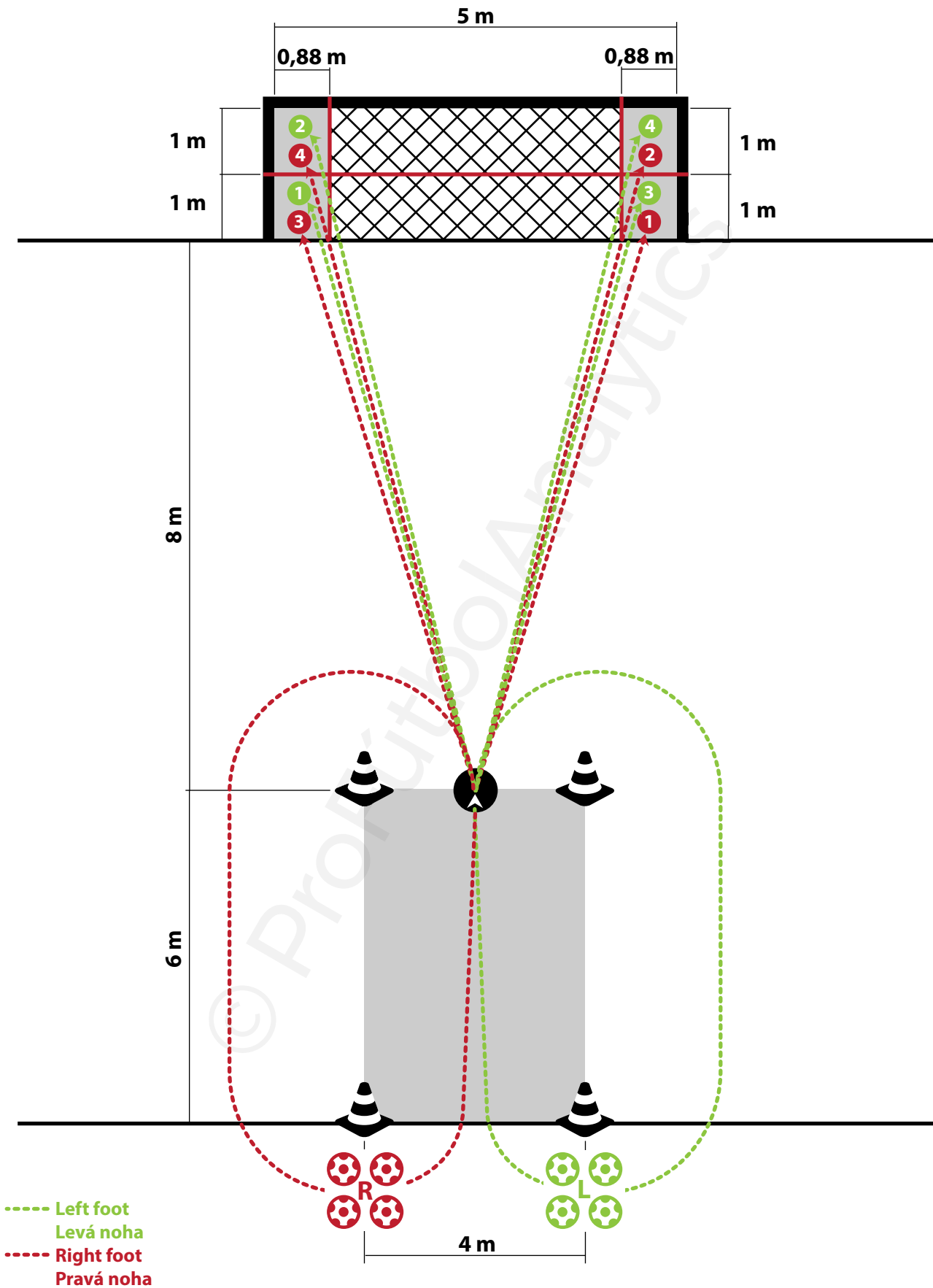
#### Measured value

Number of hits in each zone (1 point for each bottom zone, 2 points for each top zone, up to 12 points total) and time. The score has a higher weight. When the score is equal the decisive factor is time.

#### Instructions for coaches

The coach ensures there are no other people except the player who is performing the test in the test area. The coach determines the order in which the players perform the test. The coach has to prepare 8 balls at the starting line. He/she can also pass this task to another player/coach. The player shoots in run first 4 times with the dominant foot and then 4 times with the weaker foot.





## 5.4c

### Shooting Test – shooting accuracy age 6-8



#### Goal

Evaluation of the player's shooting accuracy with both the dominant and the weaker foot.

#### What you need

- 8 balls (size based on the age category)
- 4 cones
- Measurement tape
- Ribbon or visible rope
- Stopwatch

#### Test execution

A ribbon/rope is placed horizontally in the middle of the goal, **100 cm high**, and on both sides vertically to the ground, **88 cm** from the posts. The player runs with a ball from the starting cone (14 m from the goal) to the shooting spot (8 m from the goal) and shoots. After shooting the ball, **he/she runs around the starting cone to return and take another ball**, while he/she always returns on the given side, as described in the picture. He/she continues this way until the last shooting attempt. The stopwatch stops when the player touches the last ball to take the last shot.

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot. A right-footed player starts on the left side (red corner) and a left-footed player on the right side (green corner).**

#### Important:

**The bellow picture is meant for players of "small" soccer / "small" association football. The players hit only the lower corners.**

**The player shoots first 4 times with the dominant foot and then 4 times with the weaker foot.**

**A RIGHT-FOOTED PLAYER STARTS and shoots 4 times with the dominant RIGHT foot from the left corner – RED**

1. shot (zone 1): BOTTOM RIGHT corner
2. shot (zone 2): BOTTOM RIGHT corner
3. shot (zone 3): BOTTOM LEFT corner
4. shot (zone 4): BOTTOM LEFT corner

**And then shoots 4 times with the weaker LEFT foot from the left corner – GREEN**

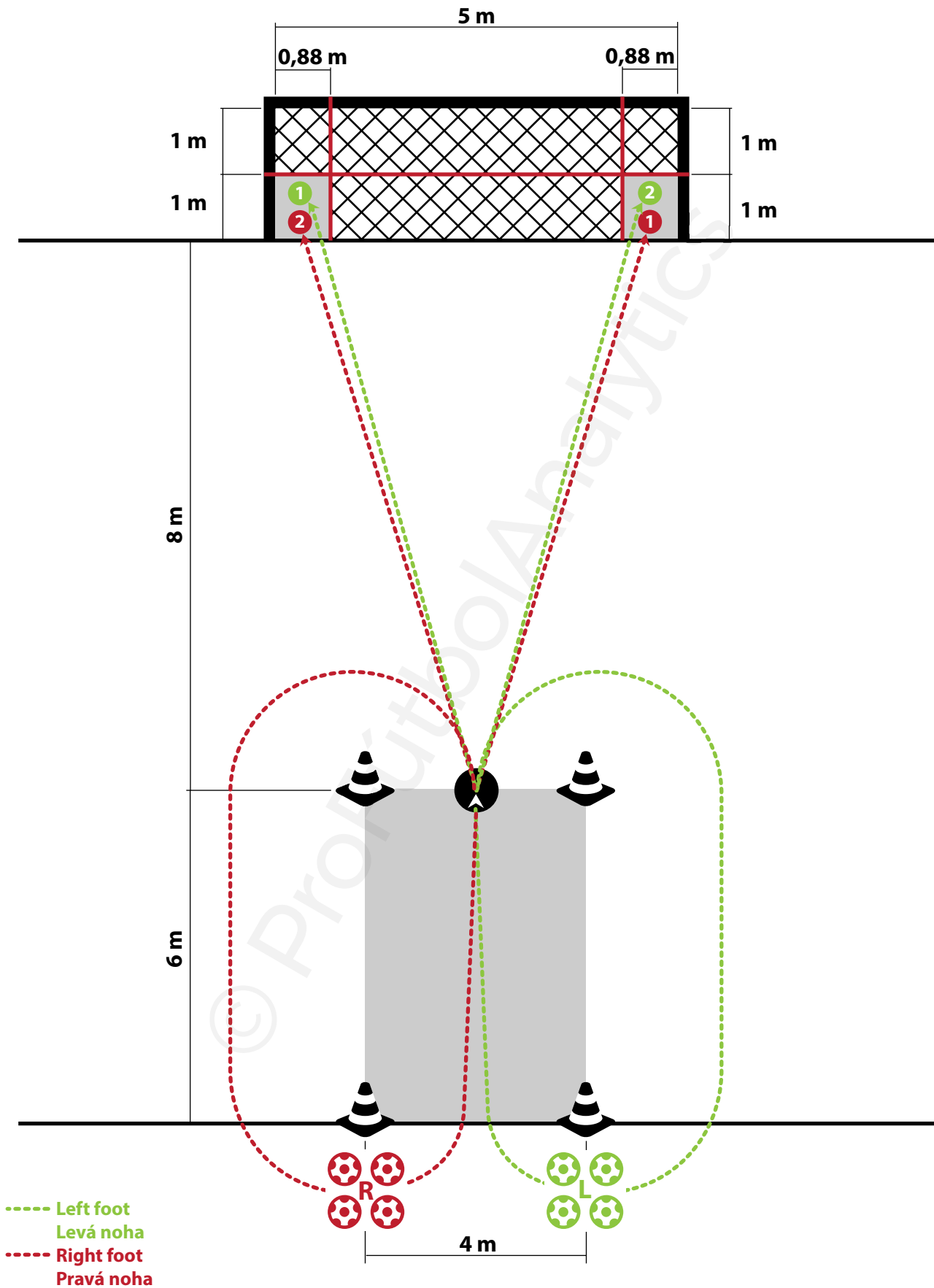
5. shot (zone 1): BOTTOM LEFT corner
6. shot (zone 2): BOTTOM LEFT corner
7. shot (zone 3): BOTTOM RIGHT corner
8. shot (zone 4): BOTTOM RIGHT corner

#### Measured value

Number of HITS in each ZONE (1 point for each bottom zone, up to 8 points total) and the time to finish the discipline. The score has higher weight. When the score is equal the decisive factor is time.

#### Instructions for coaches

The coach ensures there are no other people except the player who is performing the test in the test area. The coach determines the order in which the players perform the test. The coach has to prepare 8 balls at the starting line. He/she can also pass this task to another player/coach. The player shoots in run first 4 times with the dominant foot and then 4 times with the weaker foot.



## 6. Complete list of testing equipment

- Set of 20 cones
- Set of 30 markers
- Set of 4 large slalom poles with flat base
- Set of 4 small slalom poles with flat base
- 2 measurement tapes
- Mat
- Short stick for the coordination test (0.95 m)
- Stopwatch, photocell
- 4 small goals (goal height – 30 cm)
- Ribbon or visible rope
- Colored duct tape to mark position of cones or poles
- 20 balls





## 7. Software

ProFútbolAnalytics uses cloud software for data collection and analysis. Please log in at [app.profutbolanalytics.com](http://app.profutbolanalytics.com) by entering your user name and password

### New Result

This link serves for entering new users, results, and for generating physical and technical reports.

- Click the New Result button -> fill in all the data and click "Create Result".

### All Results

Overview of all entered users

- Click the Edit button -> you can change the existing results.

### Clubs

This link serves for entering new clubs into the application.

- Click the Clubs button -> New clubs
- Enter the required information.

player's progress in the beginning and at the end of the season.

### Video manual

#### 4 DISCIPLINES TECHNICAL:

JUGGLING: [www.youtube.com/watch?v=W7-Gi62tQIs](http://www.youtube.com/watch?v=W7-Gi62tQIs)

PASSING: [www.youtube.com/watch?v=j9L9I\\_mZWG0](http://www.youtube.com/watch?v=j9L9I_mZWG0)

SHOOTING: [www.youtube.com/watch?v=oV\\_90r2\\_1cQ](http://www.youtube.com/watch?v=oV_90r2_1cQ)

DRIBBLING: [www.youtube.com/watch?v=Yp4r1hcV-5Q](http://www.youtube.com/watch?v=Yp4r1hcV-5Q)

#### 6. DISCIPLINES PHYSICAL:

30 M SPRINT TEST: [www.youtube.com/watch?v=QLm-9API7Bc](http://www.youtube.com/watch?v=QLm-9API7Bc)

VAULT COORDINATION TEST: [www.youtube.com/watch?v=uJ8vPx20qrc](http://www.youtube.com/watch?v=uJ8vPx20qrc)

MUSCLE ENDURANCE TEST: [www.youtube.com/watch?v=xR-ukkcDO3I](http://www.youtube.com/watch?v=xR-ukkcDO3I)

AGILITY TEST: [www.youtube.com/watch?v=iqSSewGZS-o](http://www.youtube.com/watch?v=iqSSewGZS-o)

TRIPLE JUMP TEST: [www.youtube.com/watch?v=J\\_cq-BulwWI](http://www.youtube.com/watch?v=J_cq-BulwWI)

1000 M RUN TEST AEROBIC: [www.youtube.com/watch?v=wrSn2Vfms30](http://www.youtube.com/watch?v=wrSn2Vfms30)

#### PROMO

[www.youtube.com/watch?v=ogSPuemUmNY](http://www.youtube.com/watch?v=ogSPuemUmNY)



[www.profutbolanalytics.com](http://www.profutbolanalytics.com)