

OSA 'Technical Benchmark Exercises'



Introduction



The exercises are designed with U12 to U13 players in mind, are geared towards motivating players to spend time on their own, improve their ball control, short range passing, speed and agility with the ball, and, the use of their instep for driven balls and shooting. A player that controls the ball is a player that helps control the tempo of the game and contributes to the team's tactical abilities.

We hope you find these technical exercises fun, challenging and rewarding. We hope to inspire players to spend more time with the ball through this cultural and behavioral revolution.



Outline & Order



EXERCISES

1. Head Juggling - x 1 attempt
2. Ball Mastery - x 1 attempt on each instep
3. Dribbling & Turning – x 1 attempt
4. Controlled Running with the Ball – x 3 attempts
5. Passing & Receiving (GK's included) – x 1 attempt
6. Power Shooting – x 1 attempt
7. Driven Long Balls (GK's included) – x 1 attempt
8. Hand Ball Distribution (GK's only) – x 1 attempt

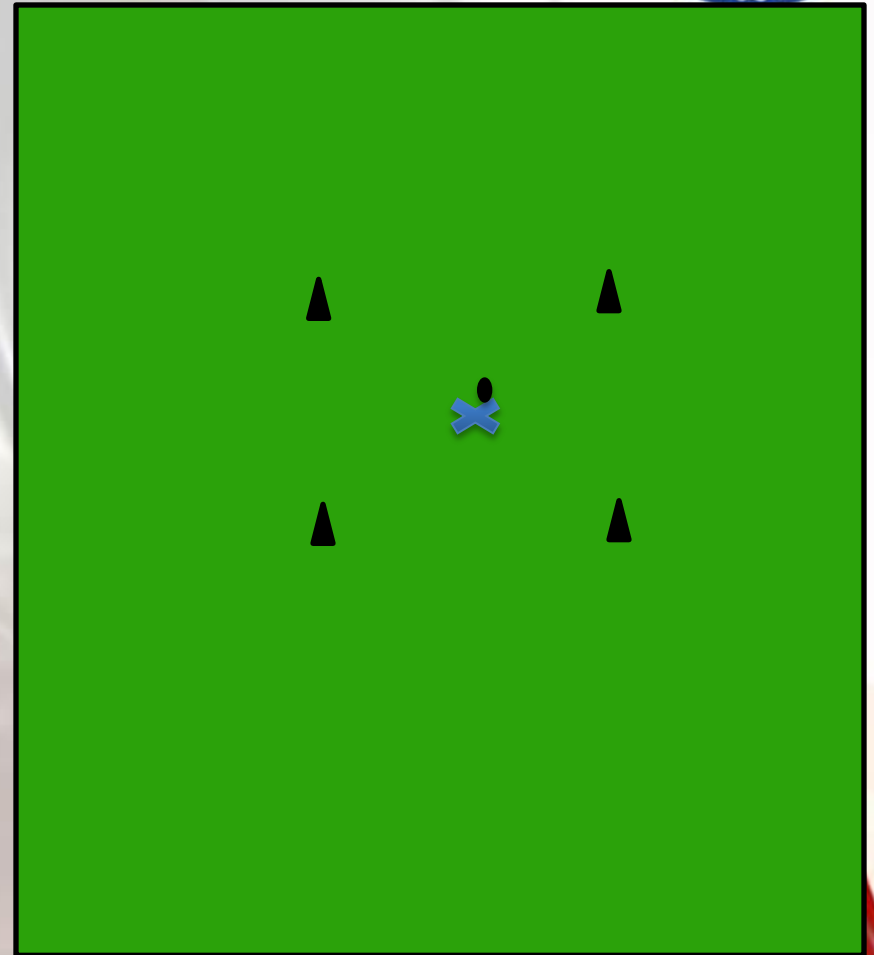
Warm-up



Recommended Warm-up



- Warm-up every player before exercises begin.
- In a 5x5 grid, one or two players per ball.
- Do some dribbling and change of directions in the grid with a ball for 10-15 seconds each.
- Give each player 10-15 seconds to try each of the juggling exercises:
 - Head Juggling
 - Instep Right Juggling
 - Instep Left Juggling
- Recommend maximum of 5 minutes for the above warm-up phase, as too much warm-up time will pre-fatigue players. And, the exercises progressively warm-up players so they are not at risk for injury.
- Start the Exercises!
- Keep Score!
- Consistency in 'judging' is important!
- Good Luck!



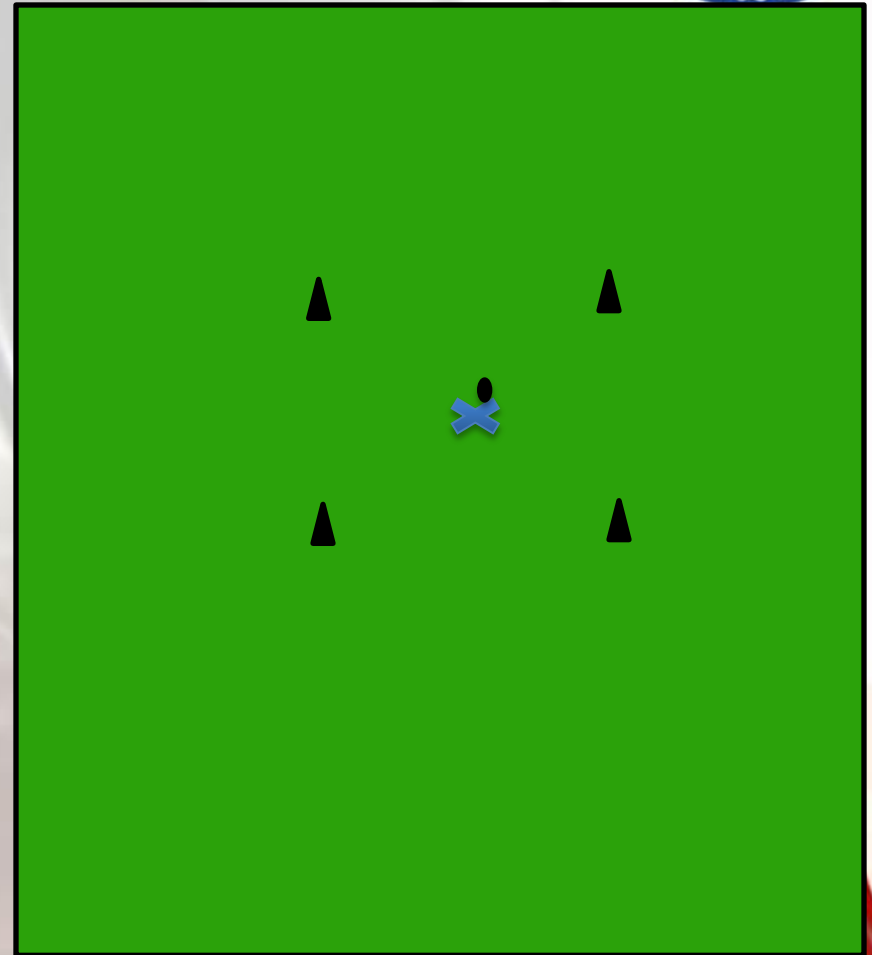


**8 Player Technical
Benchmark Exercises
2 GK Included
1Gk Specific**

Head Juggling



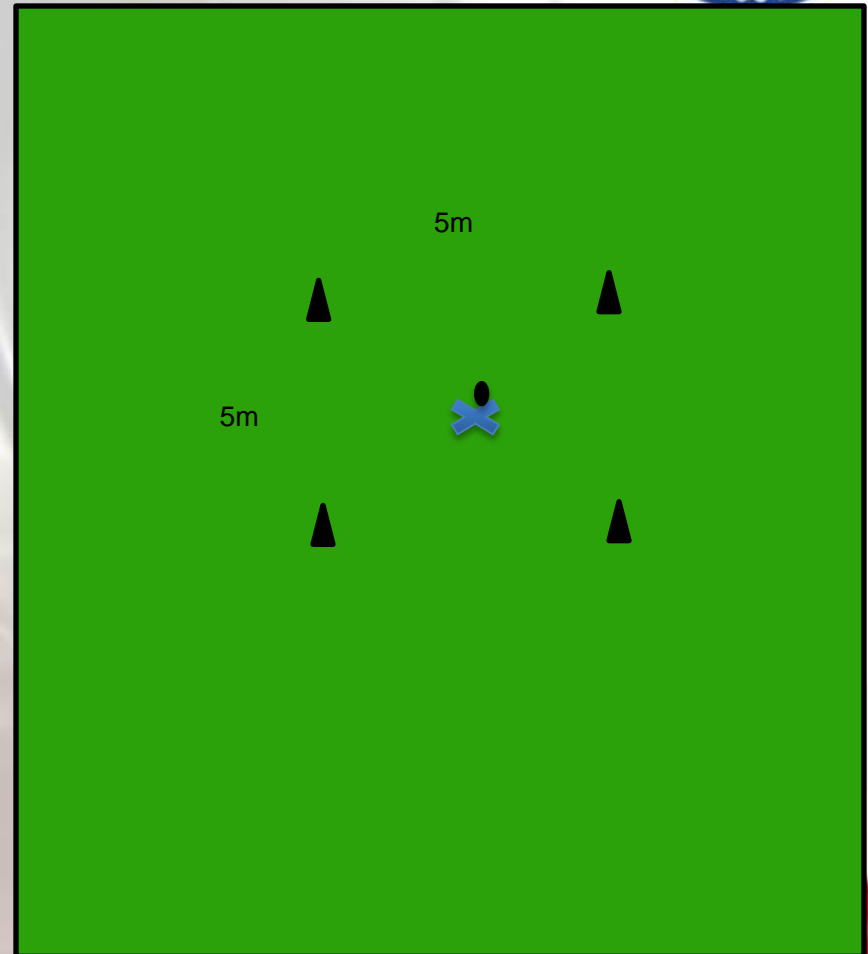
- Purpose: This exercise is designed to assess the skill of heading.
- Equipment and Field Organization:
 - 1 ball; stopwatch and tape measure
 - Player works in a 5 x 5 yard grid
- Instructions:
 - Ball starts in the hands; player juggles the ball with her head.
 - If the ball touches the ground, or, is played with another surface, or the player steps out of the grid the player picks up the ball and starts juggling and recounting.
- Scoring:
 - The player has **60 seconds** to achieve her maximum consecutive juggles.
 - Each head juggle counts as one point.
 - Use of another body part stops the count.
 - Stepping out of the grid stops the count.
 - The player's maximum consecutive number of head juggles is recorded.



Ball Mastery



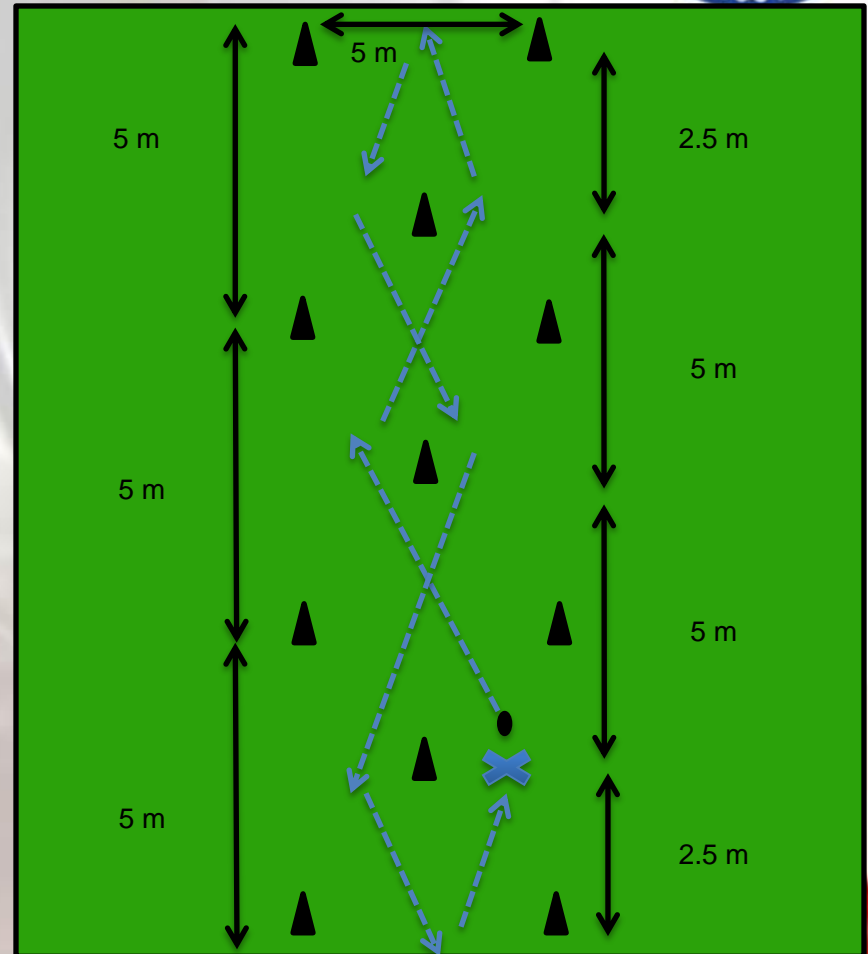
- Purpose: This exercise is designed to assess controlled juggling ability.
- Equipment and Field Organization:
 - 1 ball; stopwatch and tape measure
 - Player works in a 5m x 5m grid
- Instructions:
 - Ball starts in the hands.
 - Player juggles the ball in the specific sequence - right foot, left foot, right thigh, left thigh. Once the sequence is completed with the touch on the left thigh the player should repeat the sequence with the next touch beginning again with the right foot. Note that left footed players may perform the mirror image beginning with the left foot.
 - If the ball touches the ground, or is played with another surface, she may pick up the ball and start juggling and re-counting again.
- Scoring:
 - The player has **60 seconds** to achieve her maximum consecutive juggles on each exercise.
 - Each juggle counts as one point.
 - Use of another body part stops the count.
 - Stepping out of the grid stops the count.
 - The player's maximum consecutive number of juggles is recorded.



Dribbling & Turning



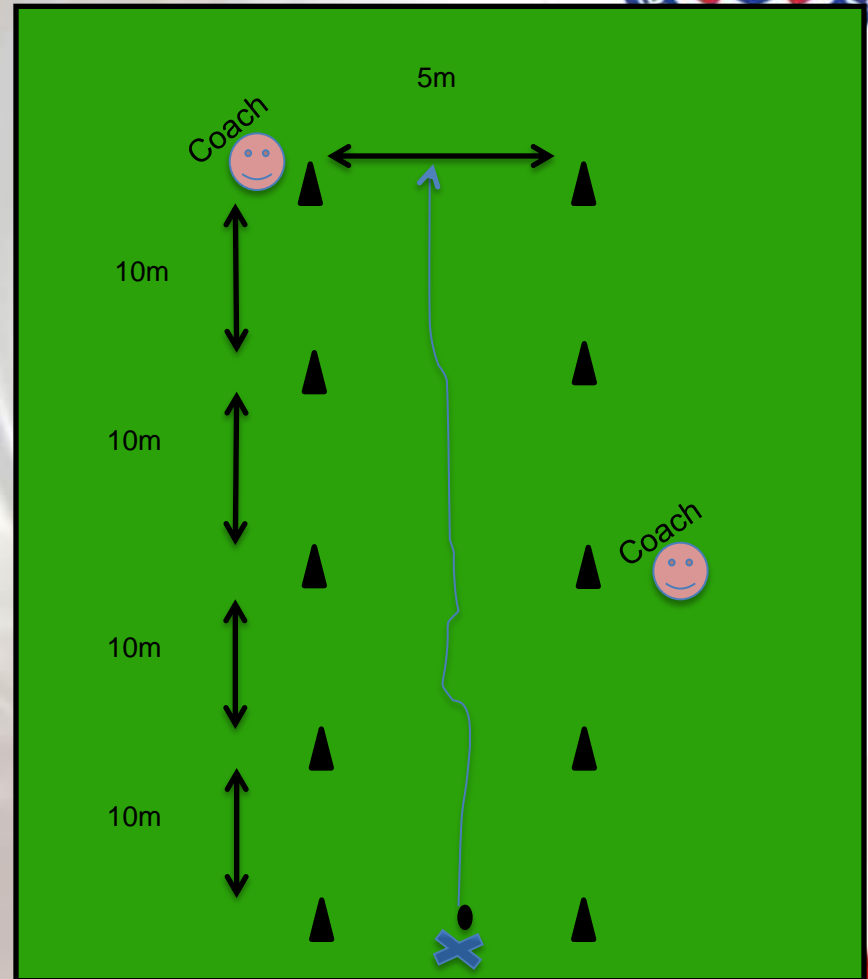
- Purpose: This figure 8 exercise is designed to assess the ability to dribble and turn in tight spaces, with control, speed and agility.
- Equipment and Field Organization:
 - 1 ball; 3 cones; stopwatch and tape measure
 - Three 5 x 5 m boxes with one cone in the middle point of each as shown
- Instructions:
 - The player starts on one side of the first cone.
 - Player must dribble around each cone in a figure-8 pattern, without touching the cone, using both feet and trying to use both the inside and outside of her feet; she may also use the sole of her feet.
 - After the last of the 3 central cones the player must carry the ball over the line marked by the gate before turning
 - Left footed players can start on the left side of the cone
- Scoring:
 - The player has **45 seconds** to score as many points as possible.
 - Each time the player passes a cone or gate, the player scores a point; a full 'figure 8' counts as 8 points.
 - 1 point is taken away for every cone touched.
 - The player's total score is recorded.



Controlled Running with the Ball



- Purpose: This exercise is designed to assess the ability to dribble at speed and in control.
- Equipment and Field Organization:
 - 1 ball; 10 cones; stopwatch and tape measure
 - 4 consecutive 5m x 10m grids (to create one long 5m x 40m channel).
- Instructions:
 - The player starts on one end of the channel.
 - Time starts when the player starts the dribble.
 - The player must take a **minimum of four touches** in each 5 x 10 yard grid.
 - The total time is recorded once both the player and the ball cross the finish line.
 - The player takes the test three times.
- Scoring:
 - Player must dribble using both feet from one end to the other, taking a minimum of 4 touches in each grid and finish within **8.0-8.5 seconds** to successfully accomplish this test.
 - Each player will be given 3 attempts.
 - The player's **lowest time on a successful 8.0-8.5 seconds or less dribble** is recorded.



Passing & Receiving (GK Included)



- Purpose: This exercise is designed to assess the ability to accurately and consistently pass and receive over short distances.

- Equipment and Field Organization:

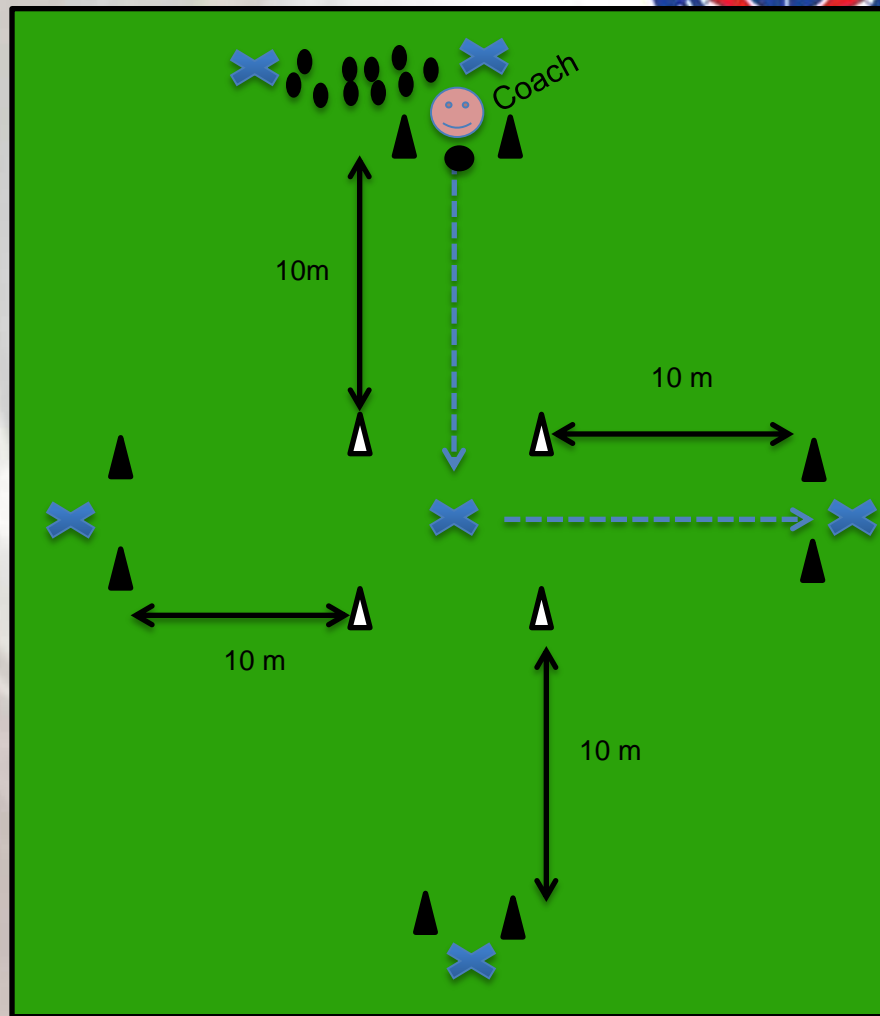
- 10+ balls; 12 cones; stopwatch and tape measure
- One 3m x 3m receiving box (white cones)
- Four two-metre wide target gates (black cones) are placed 10m from the front of the receiving box.
- 1 coach (in red) to pass balls into the testing player.
- Extra players act as targets behind each gate and/or to help circulate balls back to coach for fast service.

- Instructions:

- The exercise starts with a pass from the coach.
- The player must control the ball within the receiving box, then prepare and pass it through any of the target gates to score a point.
- Player must use each target gate twice, and, may not use the same gate consecutively. Encourage players to use the furthest gate frequently.

- Scoring:

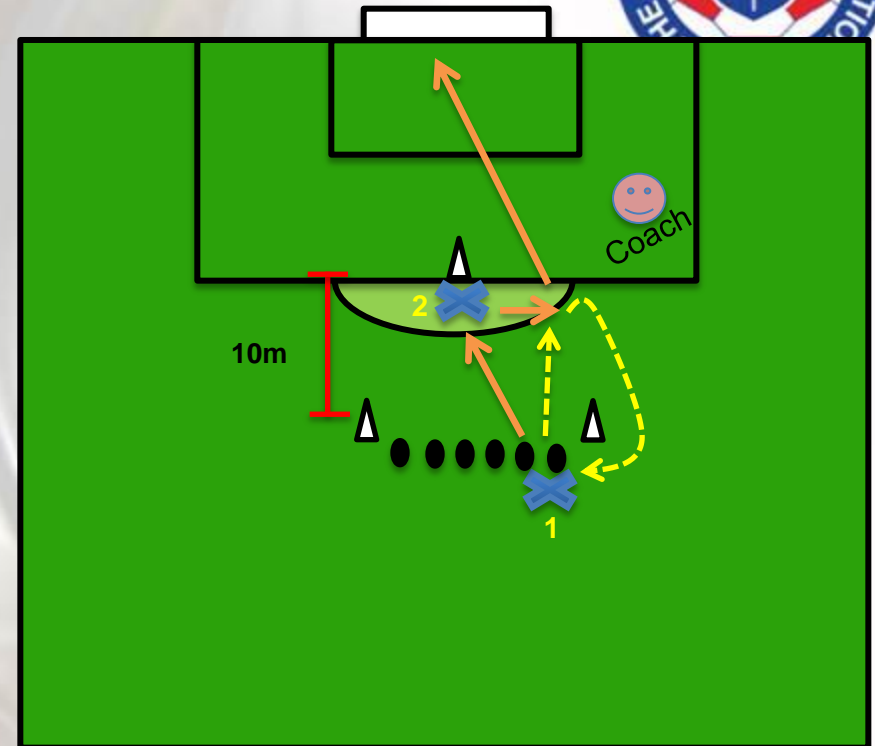
- Player has **45 seconds** to complete as many passes as possible.
- Every pass received in the box, prepared successfully in the box and played through a target gate successfully is a point.
- The total number of passes through the target gates from within the receiving box are recorded.



Power Shooting



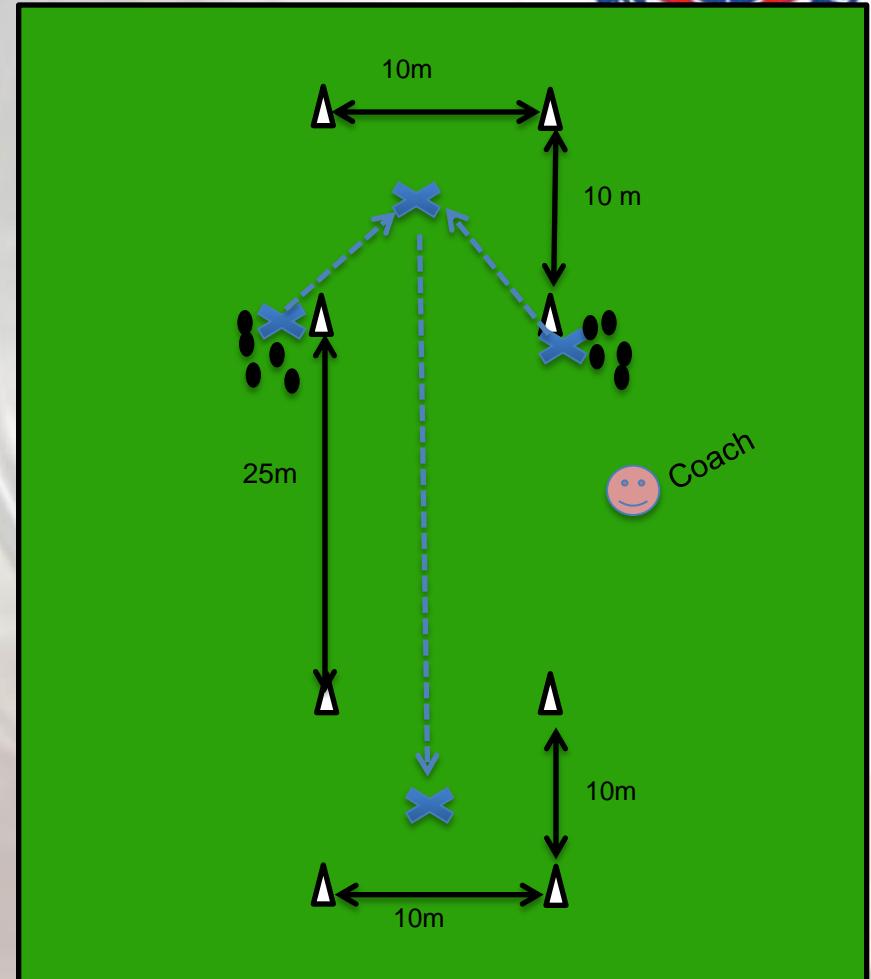
- Purpose: This test is designed to assess the ability to shoot with power and accuracy with the instep of both feet.
- Equipment and Field Organization
 - 1 goal; 6 balls; stopwatch and tape measure
 - The shooting area is outside of the penalty box
 - 6 balls set up 10m from the top of the penalty box.
- Instructions:
 - X1 must pass to X2, X2 sets the ball up for X1 to shoot a moving ball before it crosses the 15 or 18m line.
 - The shot must be taken with the instep.
 - The player shoots 3 balls consecutively with his or her preferred instep, player then shoots the remaining 3 balls with his or her opposite instep.
- Scoring:
 - The player scores a point for each shot with the instep that crosses the goal line in the air, between the posts, below the crossbar, and without a bend on the ball.
 - Shot must be with power and not curled to be considered successful.
 - Player must complete all 6 shots within 45 seconds.
 - The player's maximum score out of 6 attempts is recorded.



Driven Long Ball (GK Included)



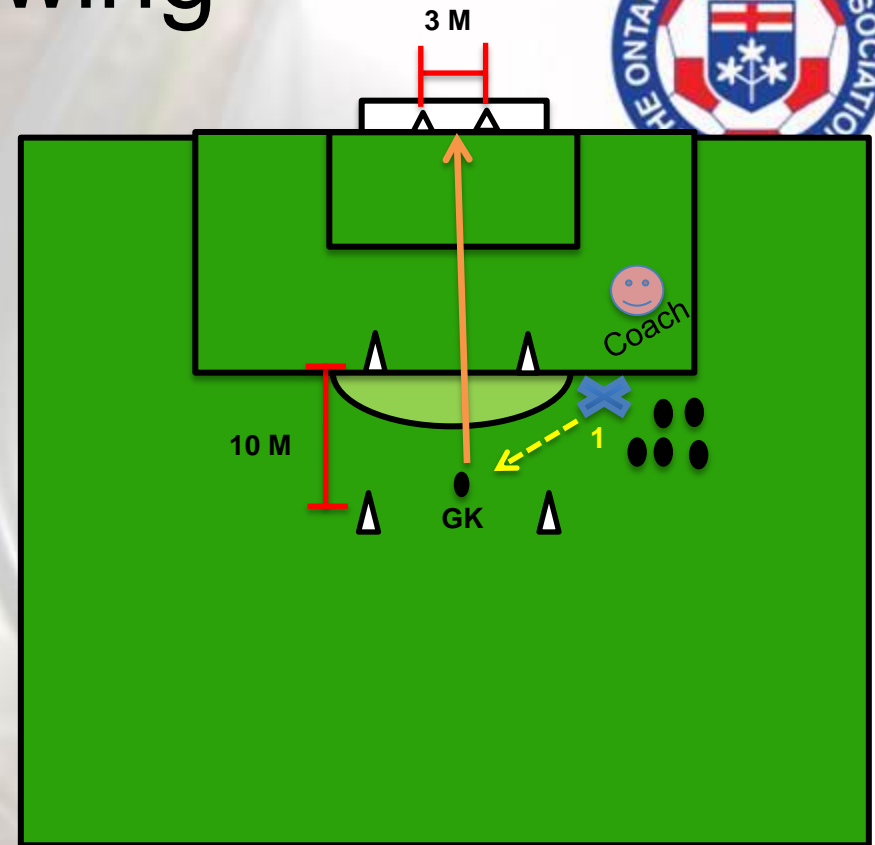
- **Purpose:** This exercise is designed to assess the ability to accurately and consistently hit a long driven ball (without a bend) with the instep of both feet.
- **Equipment and Field Organization:**
 - 8 Cones; 10 Balls and a tape measure
 - Two 10 x 10m grids 25m apart
- **Instructions:**
 - The player receives a ball from outside the grid, and has 2-3 touches to receive and serve a moving ball driven and long into the opposite grid.
 - Player must hit 5 moving balls with her preferred instep and 5 moving balls with her opposite instep.
 - There is no time component to the test.
 - A ball that is not hit with the instep, or, is a bending ball is considered an unsuccessful attempt.
 - If the player takes a bad first touch and does not serve the ball, the player may request a re-do.
- **Scoring:**
 - Every ball that lands on the fly in the opposite grid from an instep driven ball is a successful attempt.
 - Any serve landing outside the grid is unsuccessful.
 - The player's maximum score out of **10 attempts** is recorded.



GK Throwing



- Purpose: This test is designed to assess the ability to throw the ball with power and accuracy with the **over arm throw for males and allow side arm for females.**
- Equipment and Field Organization
 - 1 goal; 6 balls; stopwatch and tape measure
 - The shooting area is outside of the penalty box
 - 6 balls set up 10m from the top of the “D” (22 yards from goal)
- Instructions:
 - X1 must pass to GK, GK picks the ball on the run and throws the ball into the goal between the two cones.
 - The ball must travel in the air the distance into the goal between the cones.
 - The ball can not travel higher than the height of the cross bar.
- Scoring:
 - The player scores a point for each throw that crosses the goal line in the air, between the cones, below the crossbar.
 - The throw can not loop and must be thrown with power to be considered successful.
 - Player must complete **all 6 throws within 45 seconds.**
 - The player’s maximum score out of **6 attempts** is recorded.



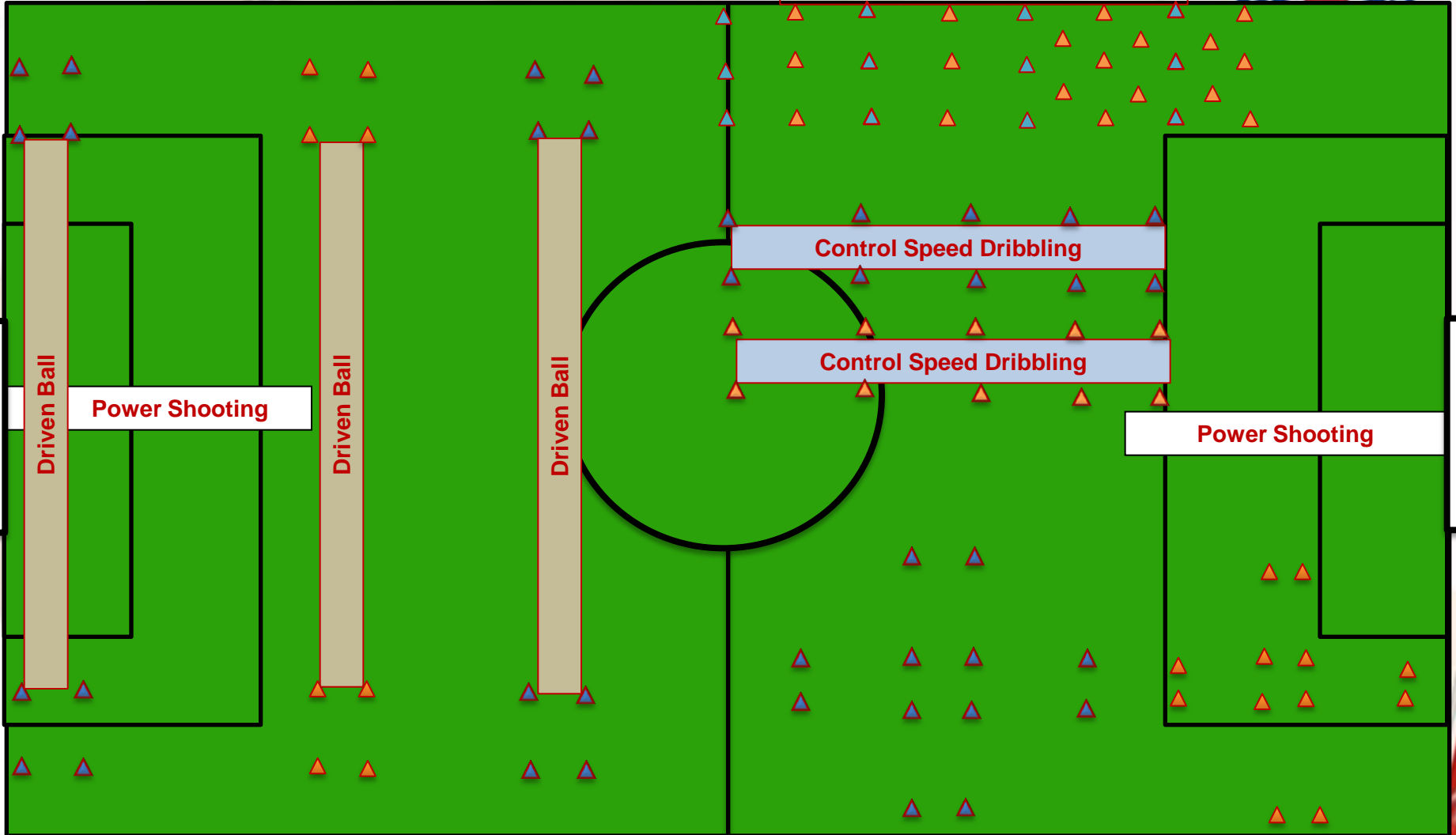
Field Set Up



Field set up to scale

Head Juggling & Ball Mastery
&
Dribbling & Turning

Grids used for warm-up



Power Shooting

Driven Ball

Driven Ball

Driven Ball

Control Speed Dribbling

Control Speed Dribbling

Power Shooting

Receiving & Passing

*Use tape measure for accuracy and 106 cones to set up entire field, or, with fewer cones set up half the exercises and then set up the other half of the exercises

Summary



Goals of Technical Exercises:

1. Measure fundamental technical skills at the Youth National Team level.
2. Measure fundamental technical skills at the Club level.
3. Use results as feedback to players on skills to improve.
4. Encourage players to spend time on their own mastering the ball.
5. Test players three (3) times a year; to provide feedback and personal reward for measurable improvement.

Reminders:

1. Exercises require only: balls, cones, tape measure, stop watches, score cards and pencils.
2. All the exercises can be completed within 1:45 with 2-4 people (less time for teams smaller than 24 players).
3. Pay special attention to how coaches 'judge' the technical quality of execution (first, be technically correct, then build to more success on each test).