



**UNIVERSITA' DEGLI STUDI DI
ROMA "TOR VERGATA"**
Facoltà di Medicina e Chirurgia
Corsi di Laurea in Scienze Motorie



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Social Soccer Testing

User's Manual



Performance Tests

Physical Testing

The **yo-yo intermittent recovery test level 1** (YYIRT1) is a well-validated and well-documented test, for young players too, that is used to measure the aerobic capacity of the participants. The participants will be instructed to perform a series of 20 m shuttle runs, synchronized, following a cadence set by an audio metronome with a 10-second rest interval between every 40 m. As the test continues the interval time between the signals reduces and the participants have to increase their speed accordingly. The objective for players is to perform as many shuttles as possible until exhaustion. Participants will be given one warning to catch up after the first missed signal. The results used in the analysis will correspond to the total number of the metres covered.

A **30 m sprint test** will be also administered where participants have to complete two trials of 30 m maximal sprint with a walk back recovery between each test and a total recovery time of 2 minute between each sprint. Acceleration time over 10 m will be also computed by the means of electric photocells.

At the end of physical testing we should have the following information, about the participants:

1. Aerobic capacity (YYIRT1)
2. Acceleration from a still standing position ($m*s^{-2}$) – 10 m
3. Sprint capacity – speed ($m*s^{-1}$).

Soccer Skill tests

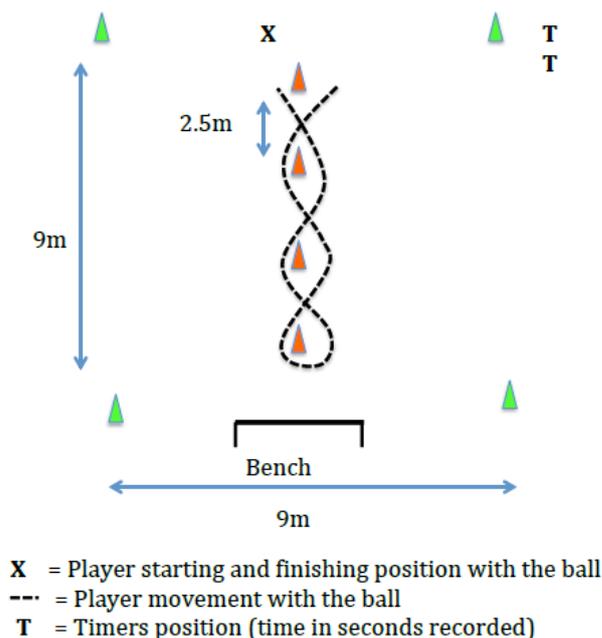
The battery of **skills tests** to be administered includes four tests. The tests will be administered in station format in no specific order. A familiarization of the technical skills tests and a verbal explanation and demonstration will be given to participants prior the start of each test.

Skill Test 1 – dribbling with a pass

For the test dribbling with a pass four (4) cones will be placed in a line 2.25 m apart within a 9 x 9 square and a flat bench measuring 1.5 m x 0.30 m will be placed on the end line. Participants will be instructed to dribble the ball around the first four cones in slalom fashion, complete a wall pass against the bench and dribble around the four cones back to the starting line. The objective is to complete the

exercise in the fastest time possible without knocking over cones, stepping out of the square and controlling the ball only with feet. If a cone is knocked over, participants have to place it upright and continue with the test. Electronic chronograph will be used to measure the time spent from the beginning to the end of the trial. (Figure 1).

Figure 1: Diagram of test set up for skill test 1 - Dribbling skill test with pass

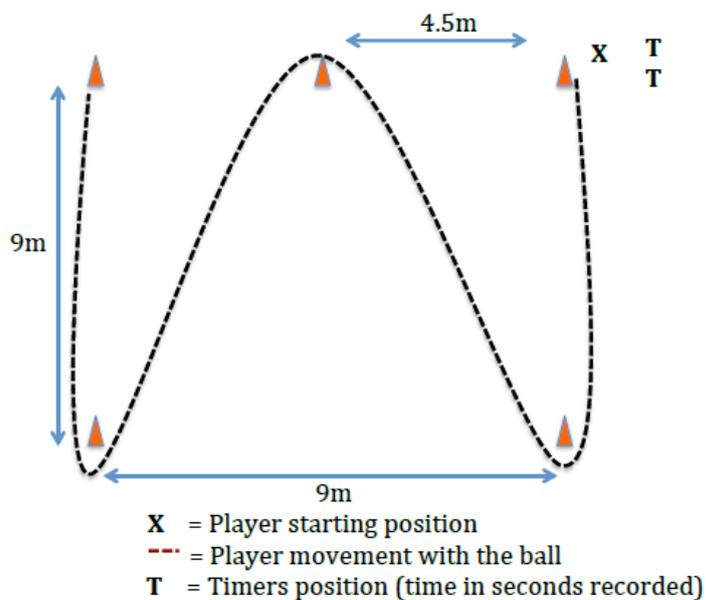


Skill Test 2 – dribbling speed

For the test of dribbling speed, a cone will be placed on each corner of a 9 x 9m square. A fifth cone will be placed midway (4.5 m) on the line of where the test begin. Therefore, one end has three cones (one at each corner and a third midway) and the other will have two cones (one at each corner). Beginning at one corner, the participant will have to dribble around the three cones (corner directly opposite the starting cone, the cone placed midway, and the cone diagonally opposite the starting cone) in slalom fashion, and the dribble the ball into the fifth cone (i.e. not with a pass). The objective will be to complete the drill in the fastest time possible by controlling the ball only with feet without knocking down the cones. If a cone will be knocked down, the participant will have to place it upright and continue the test. The overall slalom distance will be therefore about 40 m. Electronic

chronograph will be used to measure the time spent from the beginning to the end of the trial. (Figure 2).

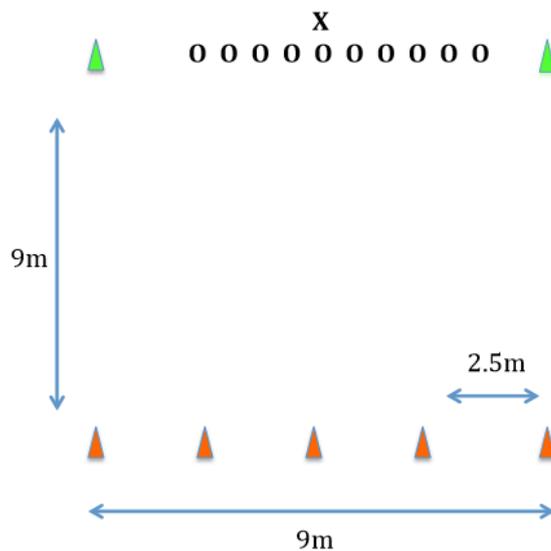
Figure 2: Diagram of test set up for skill test 2 - Dribbling speed



Skill Test 3 – passing drill

For the passing drill five targets will be placed 2.5 m apart at the end of a 9 x 9 m square. The participant will be instructed to stand outside the square at the opposite line of the target. The objective is to hit the targets in succession from one to five with two attempt being allowed for each target for a total of ten attempts. The score that will be used for the analysis will be recorded as the number of targets hit successfully, the maximum score being ten (figure 3).

Figure 3: Diagram of test set up for skill test 3 - Passing

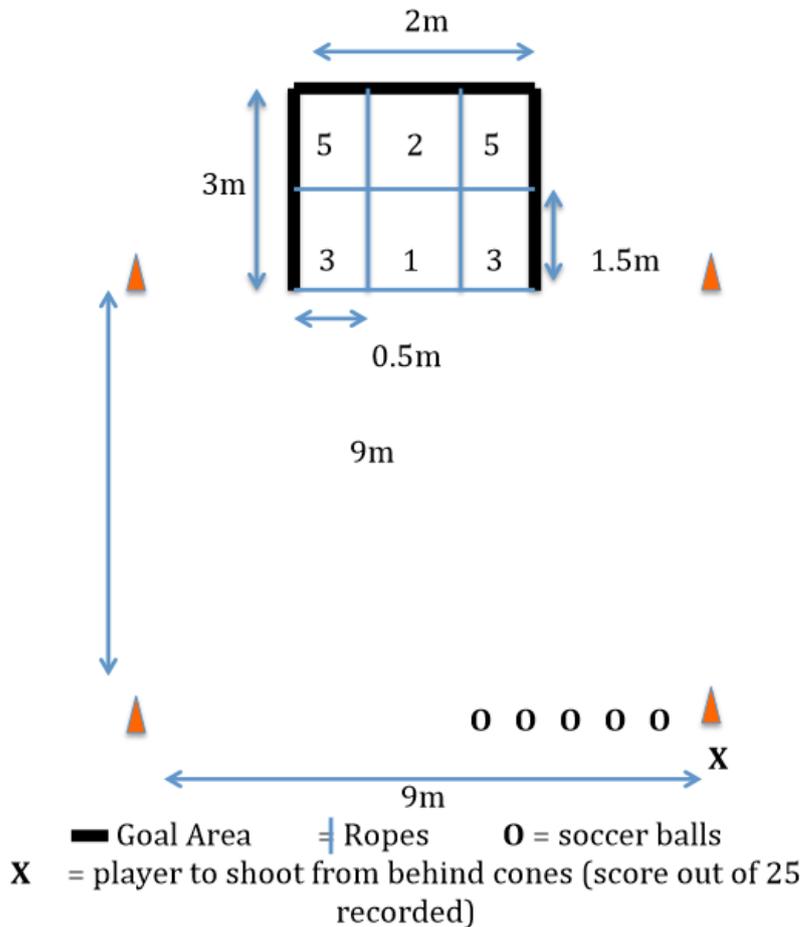


X = Players to stand behind green cones (players have two passing attempts at each cone)
O = soccer balls
Score out of 10 recorded

Skill Test 4 – shooting accuracy

Shooting accuracy will be measured by participants having five attempts at kicking a ball at a 2 x 3 m goal set up on the end line of a 9 x 9 m square. The target will be divided by rope into six sections. One rope is placed horizontally between the posts at a height of 1.5 m. Two ropes will be dropped from crossbar, 0.5 m from each post. The scoring allocation of points will be as follows: five points for the upper right and upper left sections and two points for the upper middle section. Three points will be allocated for the lower right and lower left sections and one point for the lower middle section. Players will stay at the opposite line of the goal with the total score from all five kicks being recorded used in the analysis. The maximum score possible is 25 points (figure 4).

Figure 4: Diagram of test set up for skill test 4 - Shooting accuracy



Technical evaluation

Each qualified coach participating to this project will be asked to provide a technical and objective evaluation for each player of his/her team involved in the study, through the observation of a match/tournament of 5 vs 5 (Small Sided Game). All players will be evaluated with regard to their performance on ten football elements:

1. First touch
2. Awareness and overall control,
3. Control from the air
4. Short passing (under 10 m)
5. Long passing (over 10 m)



6. Dribbling
7. Turning
8. Shooting accuracy
9. Two footedness
10. Attitude.

Each element will be given a point between 1-5. Each point describes a player's performance as follows: 1- very poor; 2-poor; 3-fair; 4-good and 5-very good.

"5 vs 5" Tournament Rules

Two pitches will be marked out each measuring 30 m (length) x 25 m (width). The pitch has two goals measuring 2.4 m x 1.2 m placed midway (i.e. 15 m) along the goal line. The players will be randomly allocated into the teams participating. The game will last five minutes with a 3-minute passive rest period given between matches.

The rules of the games include no goalkeepers, players could have unlimited touches with the ball and players could not be offside. If the ball goes out of play, players will pass the ball into the field instead of throw-ins. Verbal coach encouragement and feedback will be not allowed in the games.