

The iSoccer Six

See the Complete 16 Skill National Assessment below

Can You Raise Your Level?

Toe Taps Foundations

20 Seconds
As many as you can do

1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



Juggling PF Juggling NPF

20 Seconds
Take only your high score

1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



Change of Pace PF Change of Pace NPF

20 Seconds
Two Cones 5 Meters Apart
Dribbling in a Figure 8
with One Foot
Each figure 8 is worth
4 points (1 pt=2.5m)

1st Attempt

2nd Attempt



1st Attempt

2nd Attempt



Key:

PF=Preferred Foot • NPF=Non Preferred Foot

The iSoccer National Assessment

What is Your iSoccer Level?



COMFORT & JUGGLING

Toe Taps
Foundations
Juggling PF
Juggling NPF
Juggling Head

DRIBBLING

Change of Pace PF
Change of Pace NPF
Change of Direction
Moves/Scissors

PASSING & RECEIVING

First Touch PF
First Touch NPF
One Touch PF
One Touch NPF

OTHER

Aerial Control
Ball Striking
Speed

www.iSoccer.org

Player and Coach Accounts • Log Scores • Track Progress • Compare to National Standard