



Soccer Form Assessment Level 1



Basic Dribble

Date _____ Hour _____

Student _____

Observe the basic dribble a total of six times. Watch the "Ready," "Step" and "Tap" phases the first three times, and the "Step 2" and "Tap 2" phases the next three times. Each phase has a picture and a description.

Look at each picture and read the description. Observe to see if this part is performed correctly. If correct the first time, check (✓) box 1 above the picture; if correct the second time, check (✓) box 2; if correct the third time, check (✓) box 3. Place a dot (•) in the box if performed incorrectly. All three boxes will be checked only if that part of the basic dribble was correctly performed all three times. Repeat this procedure for each picture.

1 2 3



Ready

- Ready position
- Weight forward

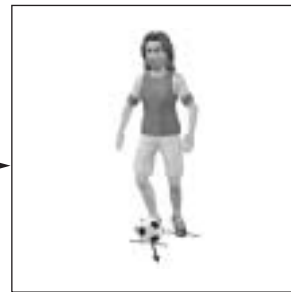
1 2 3



Step

- Step beside & behind ball
- Heel up
- Knee & hip flexed
- Lean forward

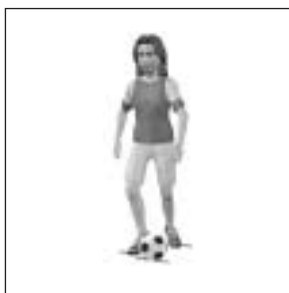
1 2 3



Tap

- Knee flexed & out
- Ankle flexed
- Inside of foot
- Short distance

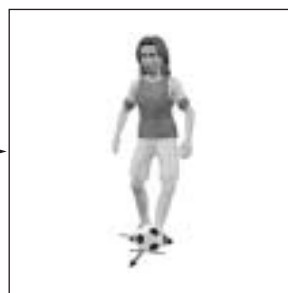
1 2 3



Step 2

- Step beside and behind ball
- Heel up
- Knee & hip flexed
- Lean forward

1 2 3



Tap 2

- Use other foot
- Knee flexed & out
- Ankle flexed
- Inside of foot
- Short distance

How many pictures have 2 or 3 boxes checked (✓)? _____

Observer _____



Soccer Form Assessment Activity: Level 1



Basic Dribble

Basic Dribble Shuttle

Partner Assessment

Objective:

Receive feedback on basic dribble

Equipment:

One soccer ball per two students
One position marker per student
One pair of shin guards per student
Grass marking paint
One assessment form per student
One pencil per two students
Clipboards (optional)

Preparation:

Copy assessment forms.
Organize assessment materials.
Mark two parallel lines five yards apart and at least 40 yards long. Place a position marker every three yards on each line.

Teacher Assessment

Objective:

Assess students on basic dribble form

Equipment:

Three soccer balls
Six position markers
One pair of shin guards per student
Grass marking paint
One assessment form per student
Pencil
Clipboard
Equipment for other practice stations

Preparation:

Write student names on assessment forms.
Mark two parallel lines five yards apart and about 20 yards long. Place a position marker every three yards on each line.
Set up other practice stations.

Partner Procedure

- Explain the purpose of the assessment (i.e., give and receive feedback on basic dribble form).
- Emphasize the importance of providing effective feedback.
- Divide the class into pairs.
- Explain and demonstrate the assessment procedure.
 - Students will work in pairs. Student A is the dribbler and Student B is the observer and recorder.
 - Student A places the soccer ball on the line and stands behind it.
 - Student B stays to the side of Student A, with Student A's assessment form.
 - Student A dribbles the ball from one line to the other line, using correct form. Once at the other line, Student A places the ball on the line and dribbles it back to the first line. Once again, Student A stops the ball on the line and dribbles it to the other line.
 - Student B watches these first three attempts for correct execution of the "Ready," "Step" and "Tap" phases of the basic dribble using one foot¹ and places a check in the box numbered 1, 2 or 3 every time a correct execution is observed and dot if the execution is not correct.
 - Student B focuses on the other foot for the next three attempts.
 - After Student A has dribbled the ball six times, Students A and B switch roles.
- Distribute a soccer ball, two assessment forms, a pencil and a clipboard to each pair.
- Tell students to each put the date, hour and his/her name at the top of the assessment.
- Position pairs of students at the position markers along one of the lines.

Teacher Procedure

- Explain the purpose of the assessment (i.e., demonstration of basic dribble form).
- Review the elements of form you will assess students on.
- Organize students into squads of six to eight students.
- Identify a series of soccer practice stations that squads will rotate through. Basic dribble will be one of those stations.
- When students rotate to the basic dribble station, have two or three students simultaneously perform the activity described above.
- Record the results of your observations on the assessment form.
- When all students in the squad have been assessed, rotate the next squad to the station. Continue the rotations until all students have been assessed.

¹Both feet are used in the basic dribble. Students observe their partner's form by focusing on each foot separately, to correspond with the sequence of graphics.