

# INDIVIDUAL Soccer Skills Assessment

## Worksheet for Participants on a TEAM



**Special Olympics**  
Washington

**BSAT WORKSHEET** to determine a team's overall BSAT.

**Determine each person's BSAT score and insert onto the TEAM BSAT WORKSHEET - DO NOT SEND with FINAL REGISTRATION**

Name: \_\_\_\_\_

Athlete

Partner

Date of Eval: \_\_\_\_/\_\_\_\_/\_\_\_\_

Jersey Number: \_\_\_\_\_

Coach's Name: \_\_\_\_\_

Team Name: \_\_\_\_\_

Delegation: \_\_\_\_\_

Evaluator Name: \_\_\_\_\_

### 5 skill components - plus goalkeeper:

#### A. Game Awareness and General Understanding

(one choice - the most representative of the athlete's skill level)

- Player needs a lot of coaching/prompting in order to get through practice, does not understand the basic rules of soccer, does not understand positioning on the field and often does not use proper tactical skills with ball **(1)**
- Player understands the basic rules of soccer and is able to understand coaching techniques being offered at practice, needs reminders on proper technique **(2)**
- Player has a high level of understanding of rules and concepts of the game, able to progress quickly in skills learned **(3)**

SCORE:

#### B. Dribbling-Ball Control

(one choice - the most representative of the athlete's skill level)

- Player has difficulty dribbling and controlling the ball overall, does not exhibit correct technique of using inside/outside of foot, often uses toe to kick ball, would not be able to keep the ball when defended **(1)**
- Player has a mid-range of skill in ball control and dribbling, able to use the inside of foot when dribbling and could dribble in and out of cones if asked. Able to keep ball for up to 15-20 yards when being defended **(2)**
- Player is highly capable of dribbling with both inside and outside foot while controlling the ball, player is able to dribble forward with pace under pressure of defense for a longer distance **(3)**

SCORE:

#### C. Passing

(one choice - the most representative of the athlete's skill level)

- Player has difficulty using correct technique when passing ball, is NOT able to hit a target pass at a distance of 10 yards or less while stationary **(1)**
- Player has difficulty using correct technique when passing ball, but IS able to hit a target at a short distance of 10 yards or less while stationary, increased control of the direction in which the ball goes **(2)**
- Player able to use correct technique (instep or inside foot) and can hit a target of 10 yards or more, can complete skill while stationary or in motion, able to visualize and attempt lead pass to teammate **(3)** Uses correct technique (inside and outside foot) and can hit a longer distances when moving or stationary, is also able to hit targets as they move across the field, can also execute lead passes to teammate **(4)**

SCORE:



## D. Shooting

(one choice - the most representative of the athlete's skill level)

- Player does not exhibit correct technique, by a stationary ball not able to hit target within goal frame from penalty spot **(1)**
- Player attempts to use instep when shooting from stationary position, is not able to consistently hit target within goal frame from penalty spot **(2)**
- Player uses correct technique (instep) when shooting from stationary position, is often able to get shot on target within goal frame at multiple (Example: 18 yard box, penalty spot, 6 yard box) **(3)**
- Player consistently uses correct technique when shooting from either stationary or moving position, able to hit target from multiple distances (Example: 40 yards, 18 yard box, penalty spot, 6 yard box) **(4)**

SCORE:

## E. Defense

(one choice - the most representative of the athlete's skill level)

- Player does not understand defensive technique and is uncontrolled in their attempts to retrieve the ball without fouling opponent **(1)**
- Player has a mid-level of understanding when it comes to defensive concepts and positioning, is able to apply learned skills to games immediately, shows control when defending, still unsure of how to lead defender away from goal **(2)**
- Player has a high level of understanding of defensive positioning and concepts, able to identify the direction in which to push players (away from goal), exhibits correct body positioning when defending, successfully identifies when to attack without fouling opponent **(3)**

SCORE:

OVERALL RATING:

The maximum amount of points able to achieve is 17.

This section is to be complete for your **primary** goalkeeper (Individual), if you have multiple, please pick the athlete you feel will spend the most time in goal:

## E. Goalkeeping

(one choice- the most representative of the athlete's skill level)

- Player maintains concentration on field, but has a hard time with proper goalkeeper technique and concepts (when to come out, proper diving technique) **(1)**
- Player maintains concentration on field, understands goalkeeper technique and concepts and works hard to implement skills (saves a good amount of shots, able to read the field and make decisions on plays) **(2)**
- Player has a high level of understanding of the position, saves more shots and able to anticipate plays on field as they formulate. (secures high ball with both hands working together as one unit, dives on side of body, distributes the ball) **(3)**

GOALKEEPER SCORE: