

RMSC SOCCER SKILL EVALUATIONS

SCORING AVERAGES - Since 1996

AGE	5	6	7	8	9	10	11	12	13	14
JUGGLING AVERAGE	2	3	4	5	7	11	23	30	38	44
TOUCHES AVERAGE	61	71	86	94	107	116	127	135	140	141
DRIBBLING AVERAGE	43	63	91	105	116	125	134	136	138	139
PASSING AVERAGE	17	23	28	29	31	33	37	39	41	41
SHOOTING AVERAGE	69	76	83	87	90	93	96	97	97	96
TOTAL AVERAGE	190	233	295	318	349	378	417	436	451	460

SCORING RECORDS - Since 1996

AGE	5	6	7	8	9	10	11	12	13	14
JUGGLING RECORD	6	11	31	26	163	101	511	867	346	407
TOUCHES RECORD	109	150	167	162	178	186	184	196	205	198
DRIBBLING RECORD	130	135	145	160	165	160	160	165	165	165
PASSING RECORD	65	80	85	80	80	95	90	100	100	85
SHOOTING RECORD	150	155	160	195	200	200	200	180	190	190
TOTAL RECORD	370	433	499	499	594	565	978	1324	849	883

SKILL #1 - JUGGLING



- Players Juggle for a set amount of time (5 or 10 minutes)
- Keeping the ball in the air with the FEET, THIGHS, CHEST and HEAD.
- Count the number of touches *in a row* without letting the ball hit the ground.
- Record player's BEST score under the JUGGLING column.



SKILL #2 - BALL TOUCHES

- Players in Pairs
- One player COUNTS the number of touches while their partner does the TOUCHES.
- Count the number of touches ON TOP of the ball with the SOLES of the FEET in one minute.
- Partners reverse roles.
- Record score under BALL TOUCHES column.



SKILL #3 - DRIBBLING COURSE

The diagram shows a dribbling course starting at a 'START' line (1 YD) and ending at an 'FINISH' line (1 YD). The course includes four main sections: 'CIRCLES' with three 4-yard segments, 'SLALOM' with four 2-yard segments, 'ZIG-ZAG' with two 4-yard segments, and a 'SPRINT' section of 12 yards. A player silhouette is shown in the sprint section.

- Players are timed through the course
- Points are awarded based on time (See Dribbling Course Scoring)
- 1 SECOND PENALTY for knocking over a cone or missing a section
- Record score under DRIBBLING section

DRIBBLING COURSE SCORING

TIME	SCORE	TIME	SCORE
0 - 9.99	200 pts	50 - 51.99	95 pts
10 - 11.99	195	52 - 53.99	90
12 - 13.99	190	54 - 55.99	85
14 - 15.99	185	56 - 57.99	80
16 - 17.99	180	58 - 59.99	75
18 - 19.99	175	1:00-1:01.99	70
20 - 21.99	170	1:02-1:03.99	65
22 - 23.99	165	1:04-1:05.99	60
24 - 25.99	160	1:06-1:07.99	55
26 - 27.99	155	1:08-1:09.99	50
28 - 29.99	150	1:10-1:11.99	45
30 - 31.99	145	1:12-1:13.99	40
32 - 33.99	140	1:14-1:15.99	35
34 - 35.99	135	1:16-1:17.99	30
36 - 37.99	130	1:18-1:19.99	25
38 - 39.99	125	1:20-1:21.99	20
40 - 41.99	120	1:22-1:23.99	15
42 - 43.99	115	1:24-1:25.99	10
44 - 45.99	110	1:26-1:27.99	5
46 - 47.99	105	1:28-1:29.99	3
48 - 49.99	100	1:30 & Over	1

BASIC TRAINING - 130