

Skills assessment - How to set up and Score

Kicking

Kicking for goal (preferred non preferred)

- Player to take 12 kicks in total from various ranges - 8 from preferred side and 4 from non preferred side.
- Set up cones approximately 2 meters apart directly in front of goal at the following distances:

| | |
|---------------|--------------------------|
| 25 Metres out | (4 kicks - 2 each foot) |
| 30 Metres out | (4 kicks - 2 each foot) |
| 35 Metres out | (2 kicks preferred foot) |
| 40 Meters out | (2 kicks preferred foot) |
- Observe deficiencies but do not comment during testing (note for correction one to one)
- Players waiting to be tested go behind goal and return balls (practice opportunity)
- Scoring:
 - 15 points per Goal
 - 10 points per Behind
 - 5 points per goal if bounced first within 5 meters
 - 0 points failure to cross goal line or out on the full.

Kicking to space (preferred non preferred)

- Player to take 4 kicks (2 on each side of body)
- Coach to spill ball 3 meters from player, player to gather the ball and head around a designated cone approximately 5 meters away, then proceed to kick to the target area.
- Player must kick from within designated "kick zone" indicated by cones either side 10 metres long x 2 meters wide.
- Steady straighten and kick to the target area approximately 30 meters away (target area to be indicated by cones in a 5 meter circle and 2nd set of circles either side of target zone.
- Scoring:
 - 20 points kick hits the 5 meter zone.
 - 10 points kick hits the 3 meter zones either side of 5mtr zone.
 - 5 points on line but too long.
 - 0 points kick is short or misses the target area.

Agility

Change directions remaining balanced and in control of the footy.

- Set cones Based on the figure **M** 12 meters straight up the line 6 meters back (approx 5 meters in width)
- Player is required to run with the ball and bounce it before turning at each point (4 bounces)
- Player should complete the exercise twice -(starting once from each side).
- Time and score each run (note observations for later comment)
- Scoring for each run:

| | |
|------------|-----|
| 19 seconds | 05 |
| 18 seconds | 15 |
| 17 seconds | 25 |
| 16 seconds | 35 |
| 15 seconds | 45 |
| 14 seconds | 55 |
| 13 seconds | 65 |
| 12 seconds | 75 |
| 11 seconds | 85 |
| 10 seconds | 95 |
| 9 second | 100 |

Apply a 5 point penalty for each bounce dropped.

Handball

- Coach or other player is to handball to player who immediately handballs off to handball target.
- Distances
 - 3 metres away (6 attempts, 3 on each hand)
 - 6 metres away (6 attempts, 3 on each hand)
- Draw circles on tackle bag if target not available.
- Scoring: As per handball target or prewise as below.

| | |
|----|----------------|
| 10 | through middle |
| 7 | within 20 cm |
| 5 | within 30 cm |
| 3 | within 40 cm |
| 0 | outside 40 cm |

(Observe changing feet position to match hands technique etc for later comment.)

Marking

Marking when leading to space.

- Player starts opposite the kicker approximately 20-25 meters away and leads to the space on his left or right approx 10 - 15 meters from the player. (Cones used to indicate the space to run into)
- Ball should be kicked very high in the air allowing the player to run to the designated space and adjust forward or backward to take the ball in the hands.
- Each player to have 5 attempts (2- 3 leading to each side)
- Scoring: 15 Points in Hands (clean one bite)
 10 Points in Hands (Juggle)
 5 Points on chest
 0 Points Dropped Mark

(Could use a player to kick or rotate the marking player to the kicking position)

Marking when leading straight at kicker

- Player starts opposite the kicker approximately 20 – 25 meters away and leads purposefully toward kicker.
- Ball should be kicked to eye level allowing the player to take the ball in his hands directly in front of his eyes.
- Scoring: 15 points in Hands (clean one bite)
 10 Points in Hands (Juggle)
 5 Points Chest Mark
 0 Points Dropped Mark.
- Each player to have 5 attempts.

Gathering

- Player starting position opposite coach 5-7 meters away, ball to be rolled toward player.
- Player to gather the ball and handball to designated player before running around the coach (handball receiver should be positioned close to coach)
- Player to gather the ball as the ball is rolled from the coach side onto player
- After player runs behind coach 2nd ball to be rolled end on end out in front of player so that player can gather ball that is rolling away from him and handball to designated position.
- Repeat until player has had 9 opportunities to gather & handball off.
3 rolled toward the player (fingers down and in front),
3 rolled away from player (spread fingers clasp both sides)
3 rolled side onto player (spread fingers clasp both sides)

(Stay in control and handball on the up, observe technique fingers down, spread etc)
- Scoring:
10 points clean pick up.
5 points picked up but fumbles
0 points if player gets past the footy or misses it.
(2pt deduction if handball does not hit target.)