

Game/Activity: Elementary to Senior Soccer Class or Athletics

Grade Level: K – 12

Description:

It is important to test student athletes and let them know what skills or components of fitness can be improved. Assessing students in various areas allows them to understand what they need to improve. It creates direction in their learning and understanding of the “beautiful game”. Several tests can measure soccer skills and fitness levels, but it is important to simulate game like situations and intensity to attain true measures. It is also important for student athletes to consider the test as a challenge. The Red Bull soccer academy provides some great challenge activities students can do in class, at practice or on their own. The following link provides a starting point for senior athletes, coaches and teachers in soccer.

<https://www.redbullsacademy.com/training/player-tools/skills-challenge/>

Pay close attention to the videos and rubrics which help students understand what their scores mean, but also consider that this program is designed for students focused and dedicated to soccer. Your PHE class may need to adapt the rubrics to suit your age, grade, skill level. In our senior PHE Athletics class we create a circuit of testing once a month and students assess themselves and keep record of their progress in their journals.

Information: obtain from: redbull soccer academy

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