

Section 3.1 Assessment of 5-a-side soccer

**5-a-side soccer (football) skill assessment for individuals  
with visual impairments**

**Beta (Development) Stage**

**Last Revision: 04/18/2019**

BETA DEVELOPMENT

**Equipment List:**

- 10 auditory soccer balls
- 2 playground balls
- 3 polyspots
- 3 pop-up round goals (pug pop-ups)
- 2 stop watches
- 1 5-a-side soccer goal
- 6 dome cones
- 6 blindfolds
- Wall
- Floor tape
- 2 video cameras (research)

**Skill #1: Push-Passing (Dominant and Nondominant Foot)**

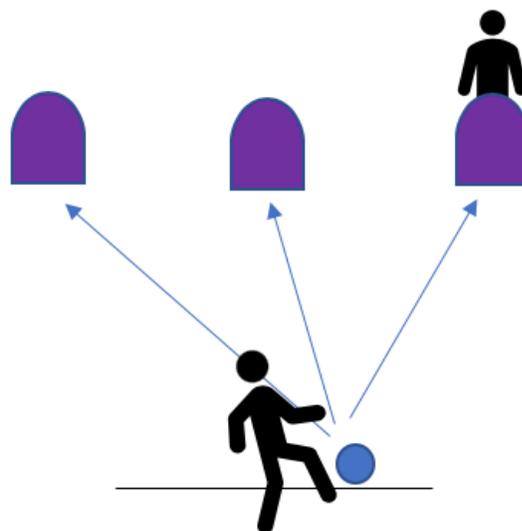
The athlete will take 6 passes/shots from each foot, using both the dominant and nondominant foot. The passes will be in a set sequence shooting order, towards 3 different goals (i.e., left, center, right). The athlete will be passing/shooting from a distance of 5 meters directly in front of the center goal. Both the left and right goals will be in line with and 2 meters from the **outer edge** of the center goal to the **outer edge** of the left/right goals. The guide will move behind the center of the goal being shot on/passed to in the set sequence to provide auditory cues to the athlete. The order of the direction of the passes should be: passer's left, passer's right, passer's center (repeat).

**Evaluation Criteria:**

- Accuracy: athletes will be scored (successful completion = 1, unsuccessful completion = 0) for each attempt, for a total score of 6 points for each foot possible.
- Time: athletes will be timed in their reaction to the auditory cues from the guide. Time will start once the initial cue is given until the athlete makes contact with the ball.

**Equipment Needed:**

- 3 pop-up round goals (pug pop-ups)
- 6 auditory soccer balls
- Stop watch



## Skill #2: Shooting Zones

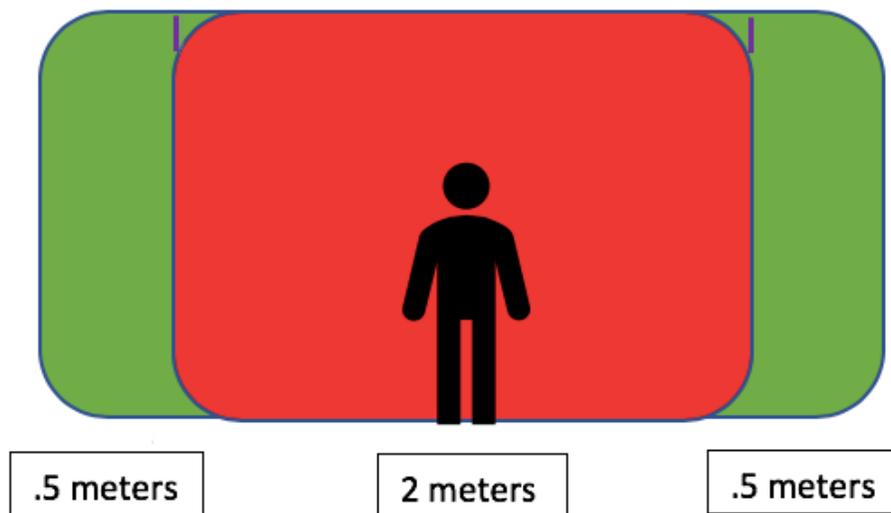
The athlete will take 5 penalty shots with both their dominant and nondominant foot on the goal. The ball will be stationary, with the shots being taken from 6 meters away from the goal. The guide will be behind the center of the goal being shot on to provide auditory cues to the athlete. From the midline of the crossbar, put one strip of tape 1 meter to the right of the midline (on the crossbar) and one strip of tape 1 meter to the left of the midline (on the crossbar). The space between the two strips of tape is the red zone (2 meters). The space outside of the pieces of tape is the green zone (0.5 meters on each side).

### Evaluation Criteria:

- Accuracy: miss goal = 0, red zone = 1 point, and green zone = 2 points.

### Equipment Needed:

- 5-a-side soccer goal
- 2 dome cones
- 5 auditory soccer balls



### Skill #3: Dribbling and Auditory Cue Assessment

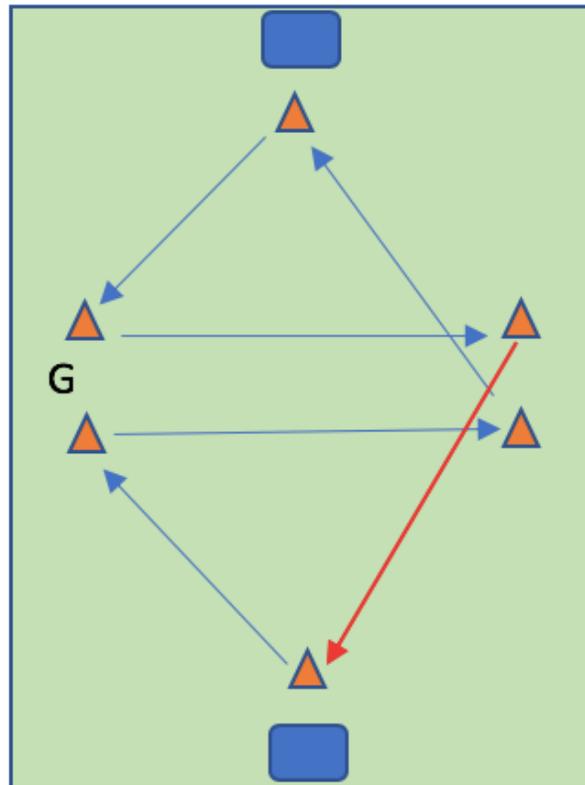
The athlete will dribble blindfolded around an equilateral triangle-shaped course. Each cone will be set 5 meters from the next (see diagram). During this process, they will be following auditory cues from a guide on where to move. Using the top point of the triangle as a reference point, each athlete will go through the course at least once starting from the (a) bottom right side cone and at least once starting from the (b) bottom left side cone. For example, if starting on at the bottom right cone, the participant should turn and face the bottom left cone. After the 'go' command, the participant should dribble straight to the bottom left cone, turn right after passing the bottom left cone, dribble to the top cone, turn right after passing the top cone, and dribble back to original starting place (i.e., the bottom right cone). Time stops after the participant reaches the original starting cone. This would then be repeated with the participant starting at the bottom left cone.

#### Evaluation Criteria:

- Time: each athlete will be timed from the start to finish for each trial.

#### Equipment Needed:

- 6 dome cones
- 1 blindfold
- 2 auditory soccer balls



#### **Skill #4: Pass and Receive Off the Wall (Pre/Post Measure)**

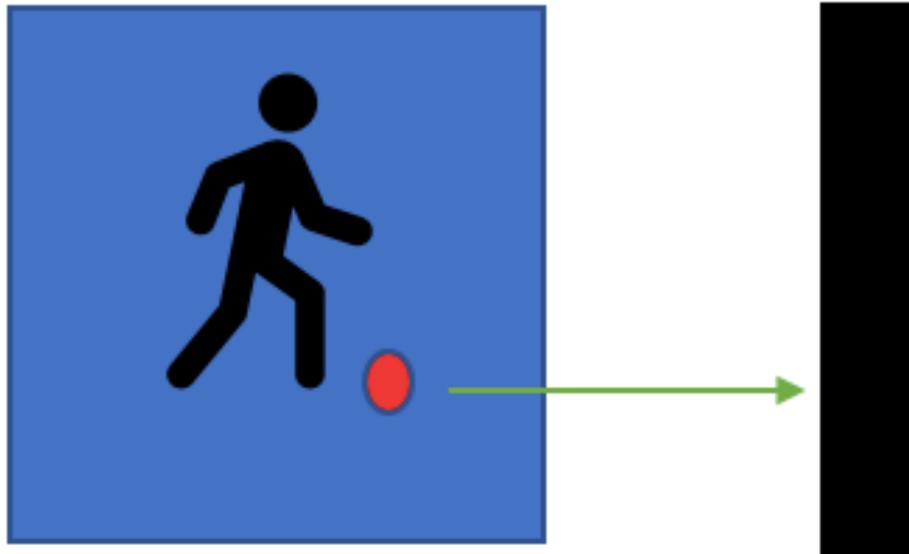
The athlete will make as many consecutive passes and receptions off of the wall in 30 seconds as they can. They will complete 2 trials on their dominant and nondominant foot. The athlete will be positioned 2 meters from the wall and will have a 1-meter x 1-meter zone within which they can move to pass and receive the ball. If the athlete makes an error pass, where the ball goes outside of their zone, a back-up ball(s) will be provided so that they may continue for their remaining time. Athletes are allowed to stop the ball with either foot, as long as each pass is made with the foot being evaluated.

#### **Evaluation Criteria:**

- Frequency: the number of successful passes and receptions (a pass and reception = 1) completed within 30 seconds.

#### **Equipment Needed:**

- Wall
- 2 auditory soccer balls
- 4 dome cones
- 1 stop watch



### Skill #5: Goalie Assessment (Only for B2, B3, & B4)

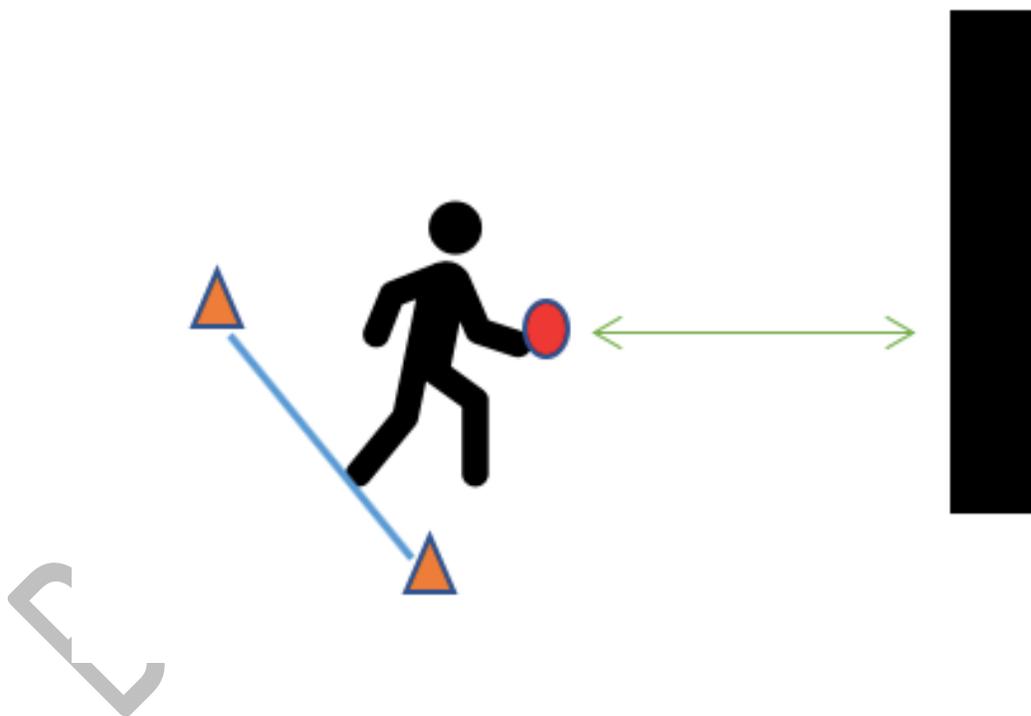
The athlete will make as many consecutive underhand tosses and receptions off of the wall in 30 seconds as they can. They will complete 2 trials. The athlete will be positioned 2 meters from the wall and will have a 1-meter long goal line in which the ball must be caught ahead of to be considered a successful reception. If the athlete makes an error toss, where the ball goes outside of their zone, a back-up ball will be provided so that they may continue for their remaining time. Athletes are allowed to catch the ball using one or two hands, and/or their body, to complete a catch as long as each toss is caught before the goal line.

#### Evaluation Criteria:

- Frequency: the number of successful tosses and receptions (a toss and reception = 1) completed within 30 seconds.

#### Equipment Needed:

- Wall
- 2 playground balls
- 4 dome cones
- 1 stop watch



### 5-a-side Scoring Sheet

ID (if research) or Name (if non-research) \_\_\_\_\_

DOB: \_\_\_\_\_

Sex: \_\_\_\_\_

VI Classification: \_\_\_\_\_

Dominant Foot: \_\_\_\_\_

<b>Push-Pass</b>	Trial 1 (L)	Trial 2 (R)	Trial 3 (C)	Trial 4 (L)	Trial 5 (R)	Trial 6 (C)
D Accuracy	0 / 1	0 / 1	0 / 1	0 / 1	0 / 1	0 / 1
D Time (sec)						
ND Accuracy	0 / 1	0 / 1	0 / 1	0 / 1	0 / 1	0 / 1
ND Time (sec)						

L = passer's left, R = passer's right, C = passer's center  
D = dominant, ND = non-dominant; 0 = unsuccessful, 1 = successful

<b>Shooting Zones</b>	Trial 1	Trial 2	Trial 3	Trial 4	Trial 5
D Points	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2
ND Points	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2	0 / 1 / 2

D = dominant, ND = non-dominant

<b>Dribbling/Auditory</b>	Trial 1	Trial 2
B-R Time (sec)		
B-L Time (sec)		

B-R = starting at bottom right cone. B-L = starting at bottom left cone

<b>Pass/Receive Wall</b>	Trial 1	Trial 2
D Count		
ND Count		

D = dominant, ND = non-dominant

<b>Goalie Wall</b>	Trial 1	Trial 2
Count		