

## **SFDA ELITE METRO**

### ***Aim and Objective***

- Run/Conduct a smooth, and transparent player assessment that is based on the principles of play (i.e. Attacking & Defending), and supported by the Long Term Player Development Program (LTDP) :
  1. Place every player on appropriate team, and level – dictated by the play’s ability.
    - This will help the player to continue developing in the game.
  2. Process effective, simple, and easy to understand by our membership.
- ***Method Of Assessment/Evaluation***
  1. Use Small Sided Game (SSG) ranging from 4v4 to 8v8.
  2. One to Two players will be rotated/moved by Evaluation Staff from grid to grid after about 5 minutes of continuous play in the grid the Staff in question is evaluating.
  3. Grid Size may range from 20x30 to higher grid size based on player ability, technical, and tactical factors.
- ***Rationale for Using SSG Methodology***
  1. SSG mimics the real context that players will use in competition/game (i.e. transition from one skill to the next that is real and present in every game/competition).
  2. Players are assessed on their execution of technique, skills, and movements similar to that in the game.
  3. During Warm-Up: Players never run laps around the field.
- ***Our Player Evaluations is Based on the Following Two Criteria in Line with LTPD***  
*Please note: both these two criteria involve mental awareness (i.e. decision making process).*
  1. ***Physical Literacy***
    - Execute gymnastic type movements soccer related (e.g. turning, jumping, running sideways & backwards, coordination and balance movements, reactive & accelerative speed.
  2. ***Ball Literacy***
    - Ability to keep ball under control, dribble, kick, shoot, make a pass, receive a pass/ball in motion, and defend.
- ***Goalkeeper Evaluations***

In today’s (modern) game, goalkeepers are required to be nearly as good with their feet as in-field players. Hence, it is important that this factor be taken into account when assessing/evaluating keepers. The following components will be taken into account during evaluation sessions:

- ***Footwork***
- ***Basic Handling Techniques***
- ***Catching Highballs***
- ***Making Recovery Saves***
- ***Reaction Saves***
- ***Ball Distribution (i.e. with both hands, and feet)***

## ***Principles of Play (The Game)***

<b><i>Defending (Don't have ball)</i></b>	<b><i>Attacking (have ball)</i></b>
<b><i>Immediate Chase</i></b> – ability to track behind ball & opponent.	<b><i>Penetration</i></b> – ability to get behind opponent(s) by passing, dribbling, or shooting.
<b><i>Pressure</i></b> – ability to deny forward ball movement by preventing opponent from passing, dribbling, or shooting.	<b><i>Support</i></b> - ability to move around ball to provide passing options for the player on the ball to maintain possession, or penetrate.
<b><i>Cover</i></b> – ability to provide defensive help for the pressing player.	<b><i>Mobility</i></b> – ability to break down defenders by making runs that create space, and pull apart the compactness of a defensive organization.
<b><i>Balance</i></b> – ability of players away from the ball to restrict space, and track down opponents making runs towards the goal.	<b><i>Width and Depth</i></b> – ability of a team to spread out the opponent's defensive organization.
<b><i>Compactness</i></b> – ability of players to deny opponents space by moving as a unit.	<b><i>Creative</i></b> – Ability to make something happen, sometimes from out of nothing (i.e. difficult situation).

### ***Explanation of Two Important Terms often misunderstood, and/or misused.***

- ***Technique*** – Simply refers to player's ability to pass, receive, head, shoot, and dribble the ball when there are no opponents, or defenders attempting to dispose ball of the player in question
- ***Skill*** – Sometimes referred to as "***Technique under pressure***", executing the ball techniques above mentioned, with one or more opponents attempting to disposes the ball from the player in possession. Hence, we use SSG to evaluate our player – evaluate technical execution under pressure.