



Futures Trial Testing Information

Below you will find the Futures Trials diagrams that give specific instructions on how to set up both a field player and a goalkeeper test. It is **imperative** that you run the test exactly how the instructions state. This will ensure that all athletes will be given the same test and results will be more consistent on the same playing surface.

Field Player Test Notes:

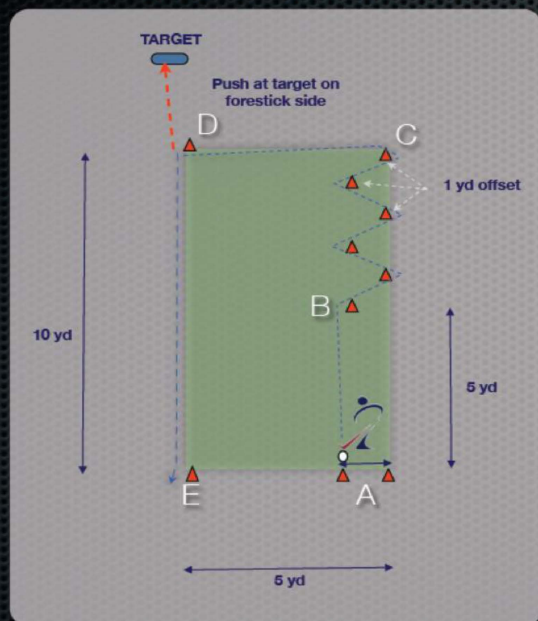
- Use a tape measure to mark off the test. It should be exactly 10 yards long and 5 yards wide.
- Begin at A with athletes back turned to B. They are to make 20, 1 yard pulls. Do not count the pull if it is not a yard wide.
- Feet and ball are to go around the markers from B to C.
- Dribble to D and get feet around to push on the fore stick toward the target. Does not matter if ball hits the target.
- Encourage athlete to sprint through the line at E.

Goal Keeper Test Notes:

- Set test up exactly how pictured in the diagram below.
- This test should be done twice, once for the left foot and once for the right foot.
- Left Foot Instructions:
 - Start at A in balanced position
 - Sprint to B and kick ball to sideline (using left foot)
 - Sprint back to A (touch A)
 - Sprint and slide on cone C to knock it back 1 yard (use left foot)
 - Sprint backwards to A (touch A)
 - Sprint to ball D, dive and push ball over near sideline (on forestick)
 - Sprint back to A and be balanced
- Right Foot Instructions:
 - Start at A in balanced position
 - Sprint to D and kick ball to sideline (use right foot)
 - Sprint back to A (touch A)
 - Sprint and slide on cone C to knock it back 1 yard (use right foot)
 - Sprint backward to A (touch A)
 - Sprint to ball B, dive and push ball over near sideline (on forestick)
 - Sprint back to A and be balanced



Futures Field Player Test



10yd x 5yd Box

1. Begin at A and start clock
2. Drag 20 x over 1yd
3. Turn and dribble to B
4. Dribble to C (feet and ball around markers)
5. Dribble to D and push **on forestick** at target
6. Sprint to E (without ball)
7. Record Time as player Finishes at E

Complete test twice (2) and record results



Goal Keeper Test (in full equipment)



Set up

A marker is set up 2yd from center of goal line
 Keeper starts and finishes in balanced position
 A ball will be on B and D
 Cone will be at C with a marking 1m in front
 Keeper must run backwards only after clearing C
 Keeper must push ball on forestick over sideline
 Time stops when keeper returns to A and is in *Balanced* position

1. Start at A in balanced position
2. Sprint to B and kick ball to sideline
3. Sprint back to A (touch A)
4. Sprint and slide on Cone C to knock it back 1yd
5. Sprint *backwards* to A (touch A)
6. Sprint to ball D and push ball over near side line (on forestick)
7. Sprint back to A and be balanced

REPEAT Twice (2) and record times

1. Start at A in balanced position
2. Sprint to D and kick ball to sideline
3. Sprint back to A (touch A)
4. Sprint and slide on Cone C to knock it back 1 yd
5. Sprint *backwards* to A (touch A)
6. Sprint to ball B and push ball over near side line (on forestick)
7. Sprint back to A and be balanced

REPEAT Twice (2) and record times