

Mc Donald Soccer Test

McDonald Soccer Skill Test

The McDonald Soccer Skill Test involves a player kicking a ball against a wall as many times as possible in 30 seconds. The test is designed to measure general soccer ability, though mainly trapping and passing skills, and is appropriate for most levels.

Test Description

Equipment Required: a wall, 30 feet wide and 11.5 feet high, 3 soccer balls and stopwatch.

Procedure: A soccer ball is placed on a line, marked 9 feet from the wall. Another two soccer balls are left 9 feet behind the line in the center of the test area. On the signal, "Go," the player kicks the ball against the wall as many times as possible in 30 seconds. In the event of a wild kick, the player may either retrieve the original ball or use one of the two spare balls. (it is OK to use the hands to retrieve a ball). All kicks must be performed from the ground behind the restraining line. The test is repeated four times.

Scoring: The number of kicks in each 30 second period is recorded, with the highest total being the score.