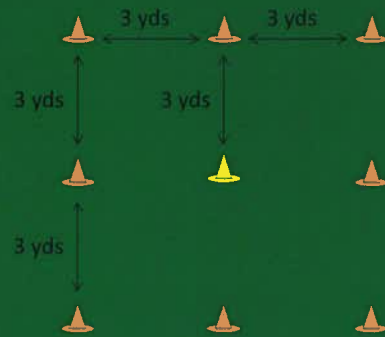




TechEx Technical Assessment

Grid Setup

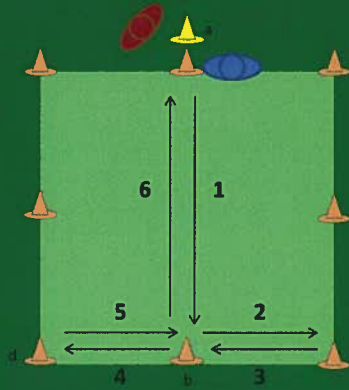


1. Speed & Agility



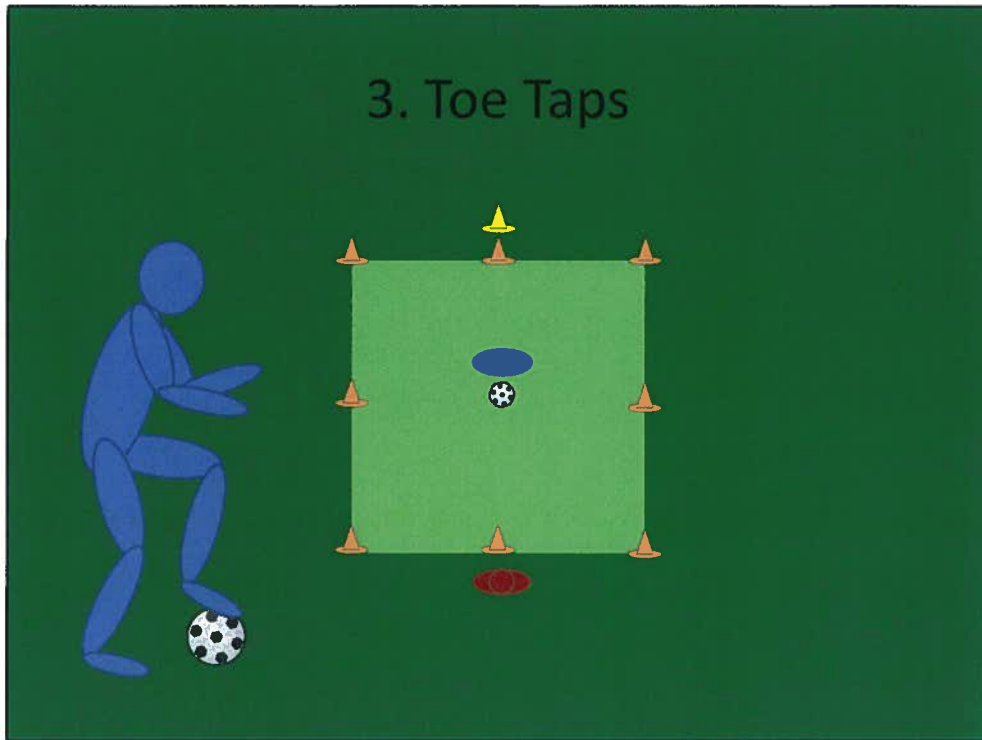
Beginning at the yellow cone, the player sprints completely around the grid to the start and returns in the opposite direction. Player continues for 30 seconds, collecting 1 point for every cone they pass (8 points for 1 time around the grid).

2. T - Test



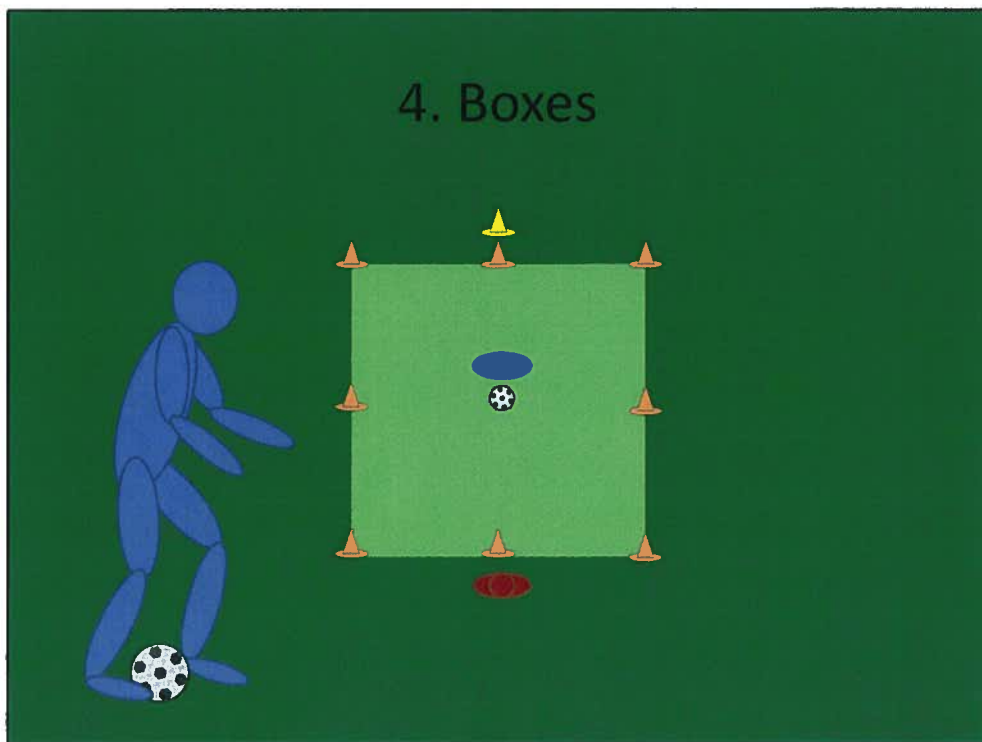
Beginning at the yellow cone (a), the players sprints forward to the cone (b) touching the cone with their right hand, then shuffles laterally left and touch the cone (c) with their left hand and then shuffles laterally right and touch the second cone (d) with their right hand, then shuffles back to the center and touches the cone (b) with their left hand, then backpedals to and touches the yellow cone (a) with either hand. Player continues cycle for 30 seconds, receiving a point every time they touch a cone in the correct sequence (6 point for 1 time though the cycle).

3. Toe Taps



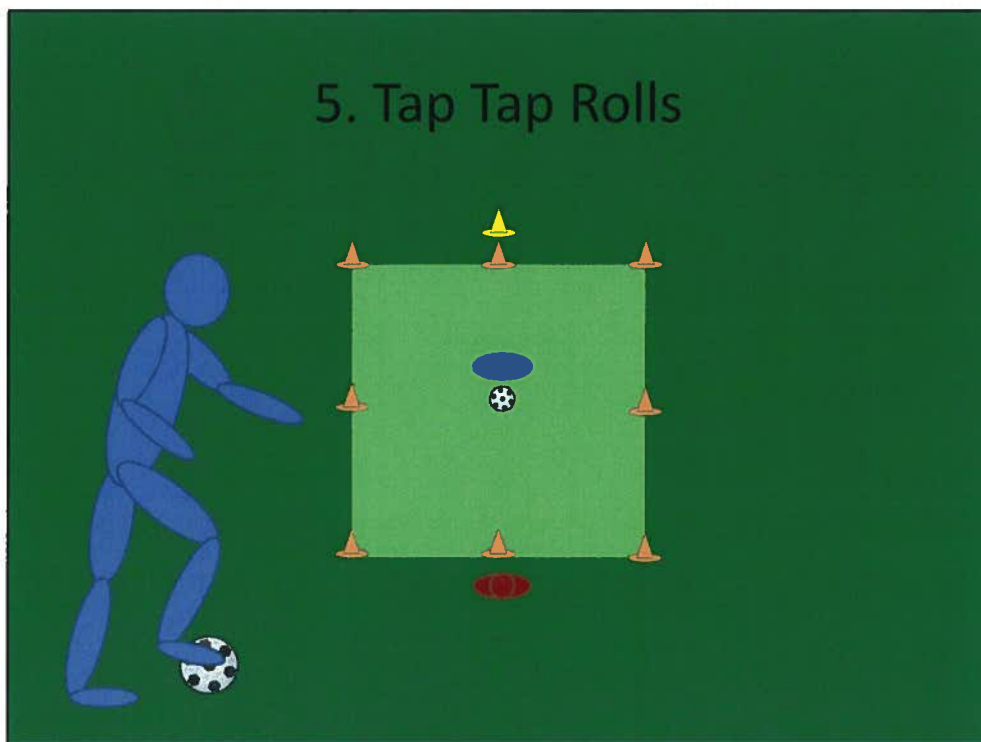
For 30 seconds, the player receives a point for every touch the top of the ball with the sole of each foot.

4. Boxes



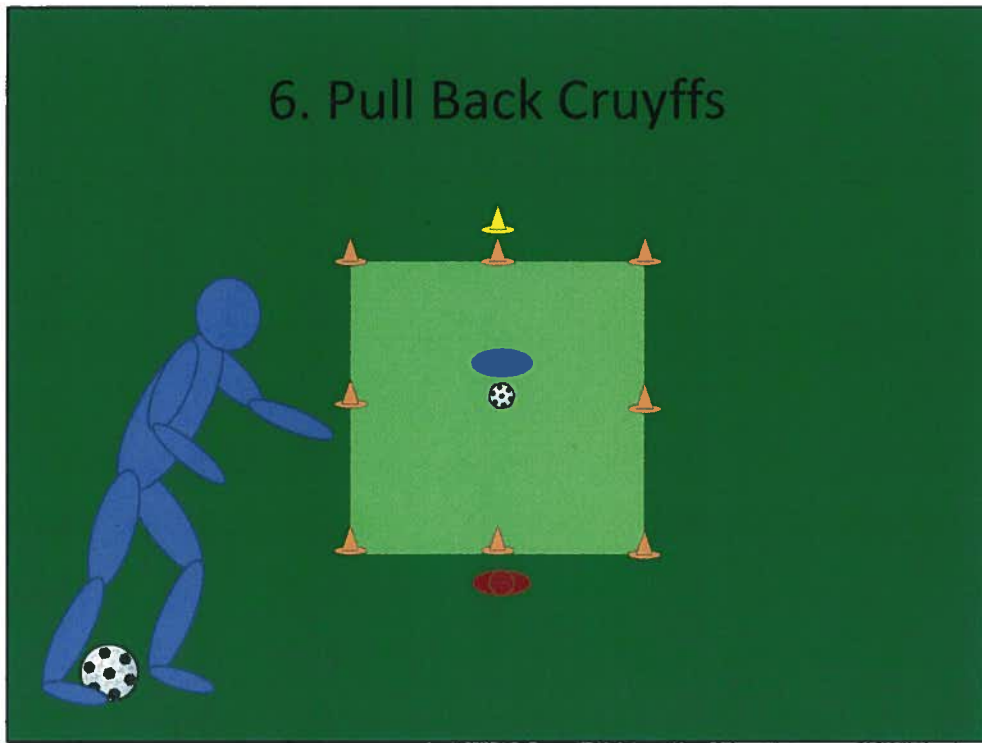
For 30 seconds, the player pushes the ball back and forth in between their feet, receiving a point for every touch of the ball.

5. Tap Tap Rolls



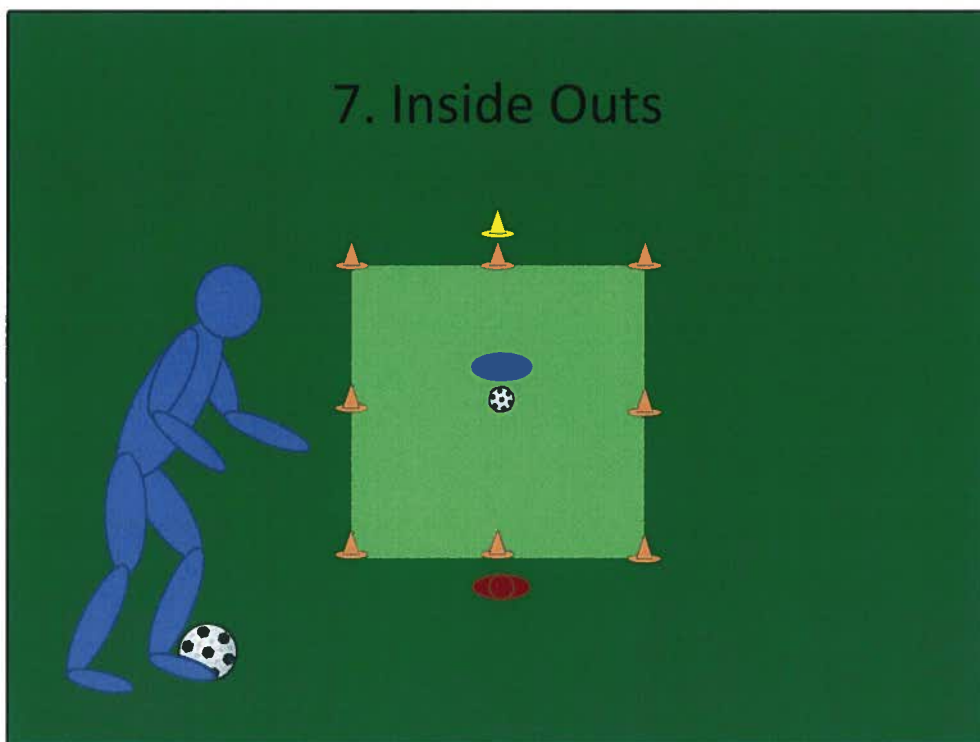
For 30 seconds, the player pushes the ball back and forth in between their feet then completes a roll over (alternating each time which foot rolls the ball) (right foot tap, left foot tap, right foot roll – left foot tap, right foot tap, left foot roll) , receiving a point for every completed cycle of tap, tap, roll.

6. Pull Back Cruyffs

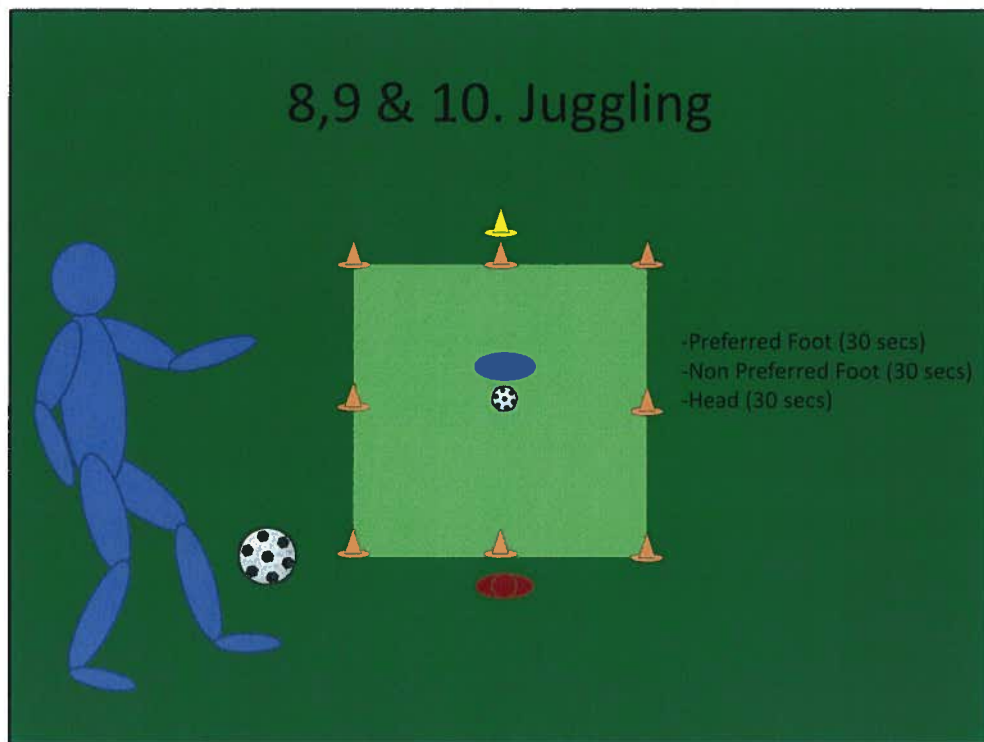


For 30 seconds, the player pulls the ball back with one foot behind their standing leg and pushes it behind their body (creating an L movement with the ball), repeating the movement with the opposite foot, receiving a point for every completed Pull Back Cruyff.

7. Inside Outs



For 30 seconds, the player pushes the ball back and forth using the inside of one foot and then outside of the other before reversing (inside right foot, outside left foot, inside left foot, outside right foot, repeat), receiving a point for every inside-outside of the ball.



For 30 seconds, the player attempts to juggle using the Preferred (strong) foot, receiving a point for every consecutive juggle with the Preferred foot. The player may use the non-preferred foot, thighs or head to keep the ball in the air, though only receives points for juggles completed with the Preferred foot. If the ball hits the ground or the player leaves the grid, the player restarts at 0, keeping their highest score.

For 30 seconds, the player attempts to juggle using the Preferred (strong) foot, receiving a point for every consecutive juggle with the Preferred foot. The player may use the non-preferred foot, thighs or head to keep the ball in the air, though only receives points for juggles completed with the Preferred foot. If the ball hits the ground or the player leaves the grid, the player restarts at 0, keeping their highest score.

For 30 seconds, the player attempts to juggle using their Head, receiving a point for every consecutive juggle with their Head. The player may use their feet or thighs to keep the ball in the air, though only receives points for juggles completed with their Head. If the ball hits the ground or the player leaves the grid, the player restarts at 0, keeping their highest score.

11, 12, 13 & 14. Aerial Control



For 30 seconds, the player receives the ball (tossed underhand by their partner/coach). The player must receive the ball with one touch by their foot and volley the ball back with their foot to their partner's/coach's hands, receiving a point for every catch by the partner/coach.

For 30 seconds, the player receives the ball (tossed underhand by their partner/coach). The player must receive the ball with one touch by their thigh and volley the ball back with their foot to their partner's/coach's hands, receiving a point for every catch by the partner/coach.

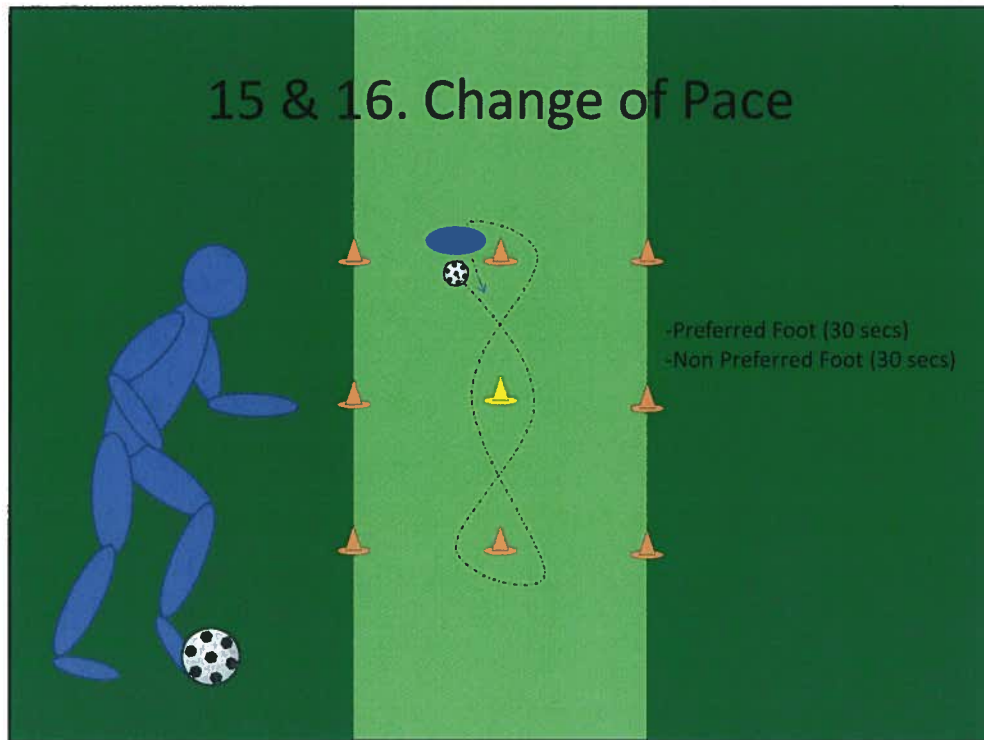
For 30 seconds, the player receives the ball (tossed underhand by their partner/coach). The player must receive the ball with one touch by their chest and volley the ball back with their foot to their partner's/coach's hands, receiving a point for every catch by the partner/coach.

For 30 seconds, the player receives the ball (tossed underhand by their partner/coach). The player must receive the ball with one touch by their head and volley the ball back with their foot to their partner's/coach's hands, receiving a point for every catch by the partner/coach.

DRIBBLING



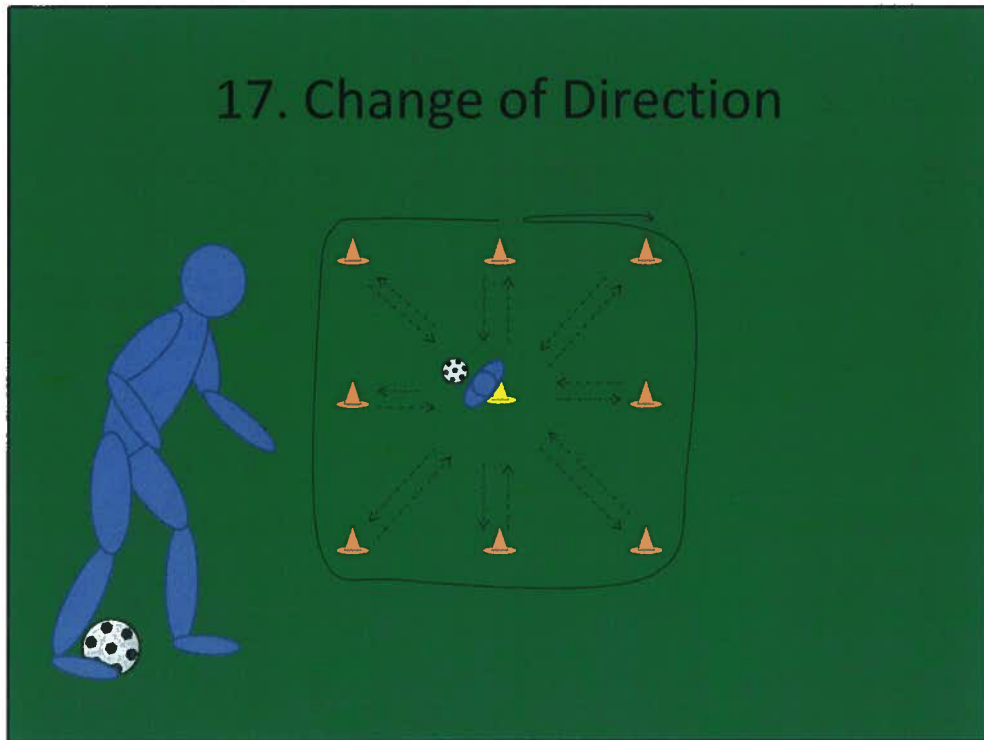
15 & 16. Change of Pace



Beginning on either side of the yellow cone, for 30 seconds the player will dribble using their Preferred foot in a weaving motion through the 3 central cones, receiving a point every time they dribble past a cone (1 point is deducted every time the ball is touch by the Non Preferred foot or hits a cone).

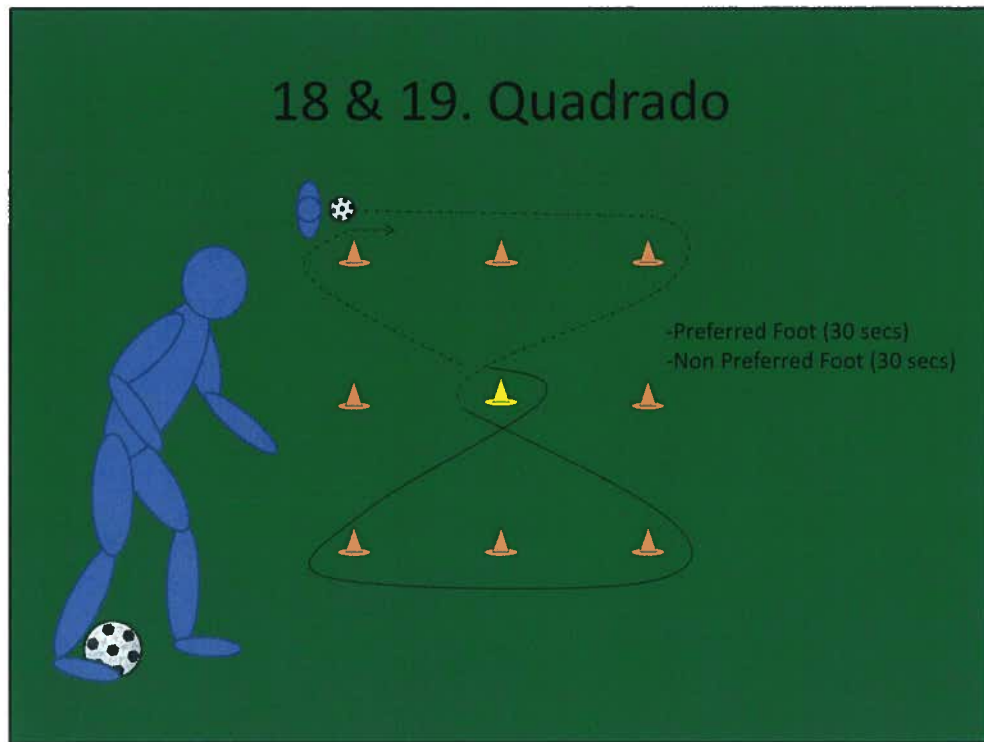
Beginning on either side of the yellow cone, for 30 seconds the player will dribble using their Non Preferred foot in a weaving motion through the 3 central cones, receiving a point every time they dribble past a cone (1 point is deducted every time the ball is touch by the Preferred foot or hits a cone).

17. Change of Direction



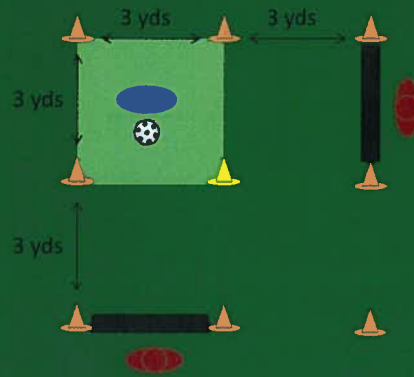
Beginning at the yellow cone, for 30 seconds the player will dribble using either foot towards an outside cone and then back to the yellow cone, continuing around until the dribble to every outside cone, then reverses the cycle, receiving a point every time they dribble back into the center cone.

18 & 19. Quadrado

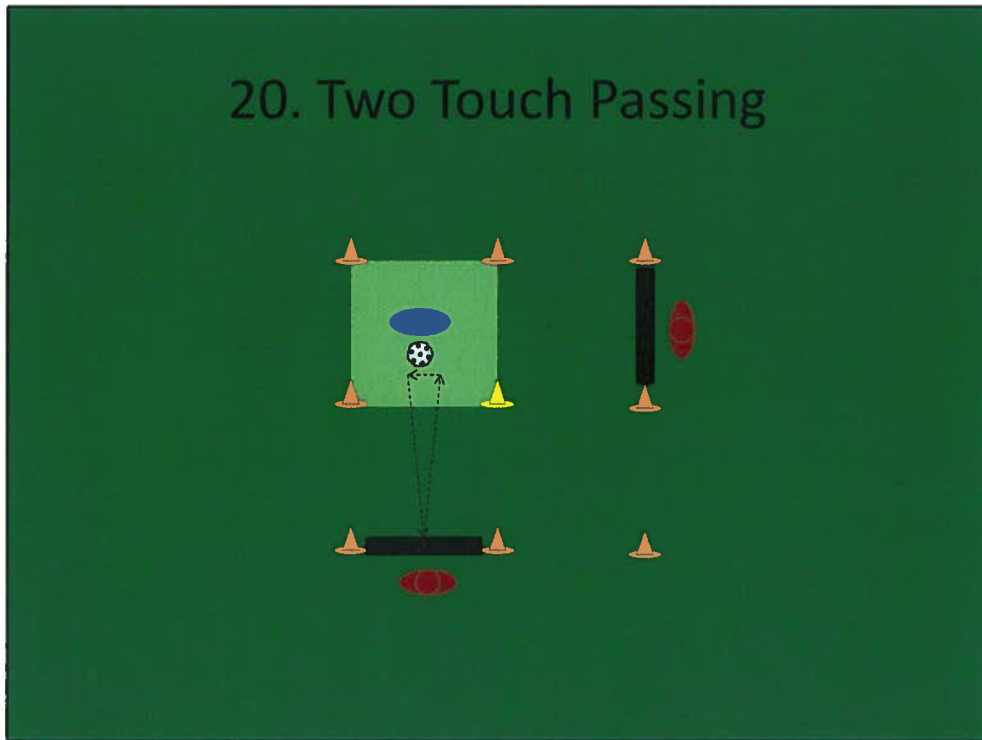


Beginning at any corner of the grid, for 30 seconds the player dribbles around one edge of the grid before turning into the center, dribbling around 90 degrees and leaving the ball at the center cone, then continuing to sprint around the opposite edge of the grid and back in the center to remain dribbling to the starting cone, receiving a point for every cone the player passes (8 points for every cycle).

PASSING

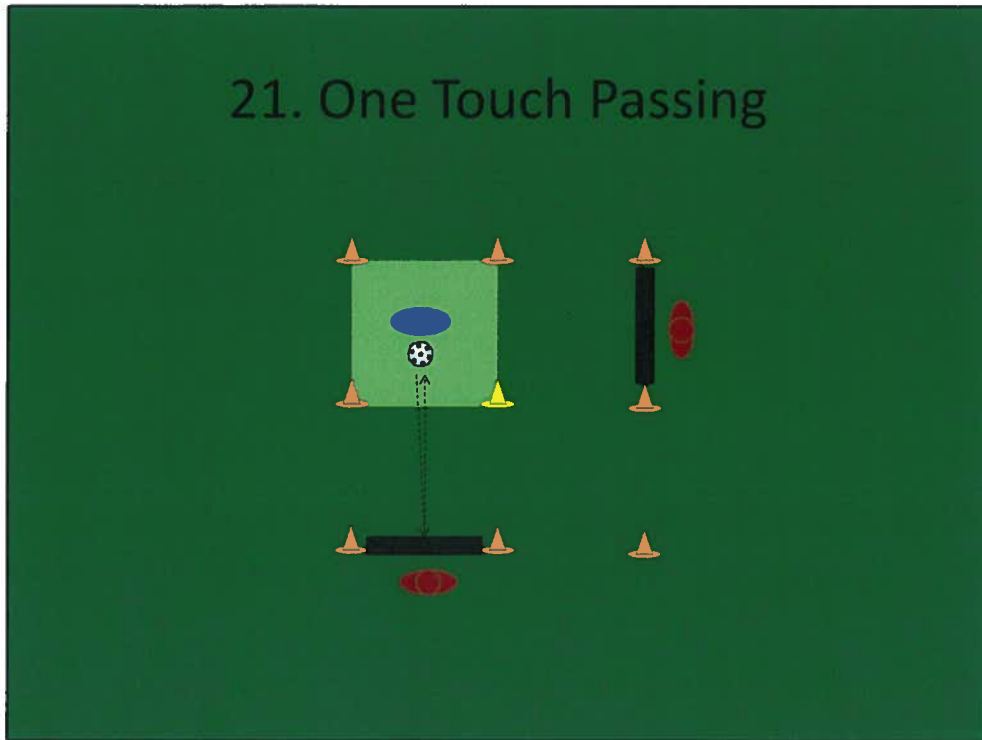


20. Two Touch Passing



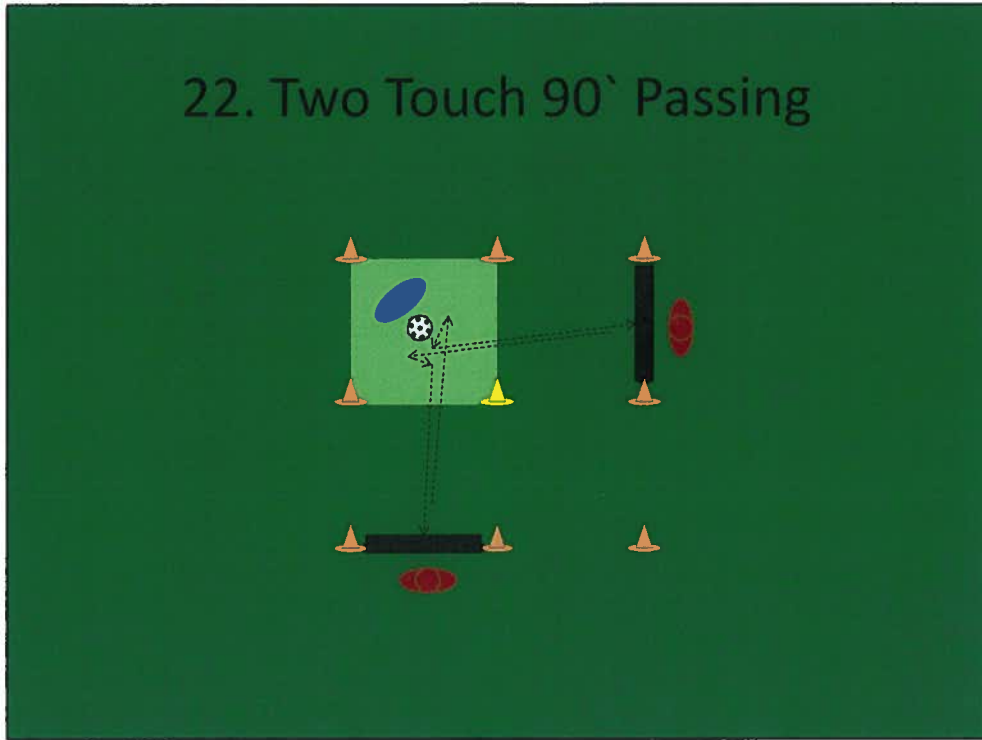
For 30 seconds, the player passes the ball (using both feet) against a rebounder (or to a partner/coach's feet), receiving with one touch and passing again with another touch, receiving a point for every complete two touch pass.

21. One Touch Passing



For 30 seconds, the player passes the ball (using either foot) against a rebounder (or to a partner/coach's feet), receiving and passing again with one touch, receiving a point for every completed one touch pass.

22. Two Touch 90° Passing

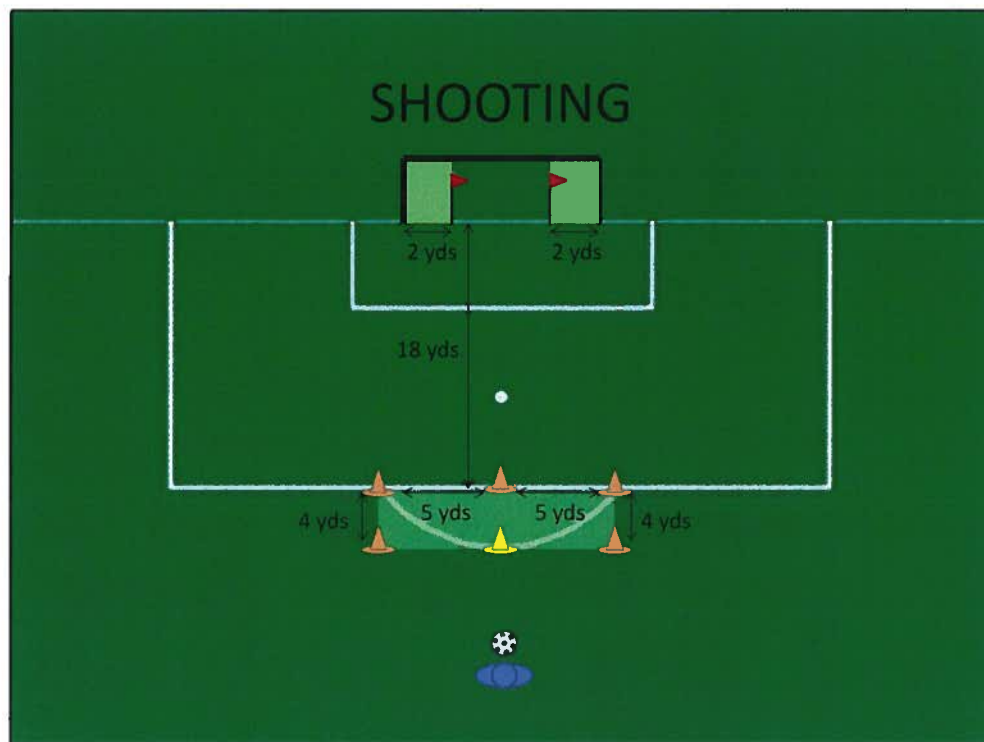


For 30 seconds, the player passes the ball (using both feet) against a rebounder (or to a partner/coach's feet), receiving with one touch and passing against another rebounder (or to another partner/coach's feet) at a 90 degree angle with a second touch, receiving a point for every completed two touch pass.

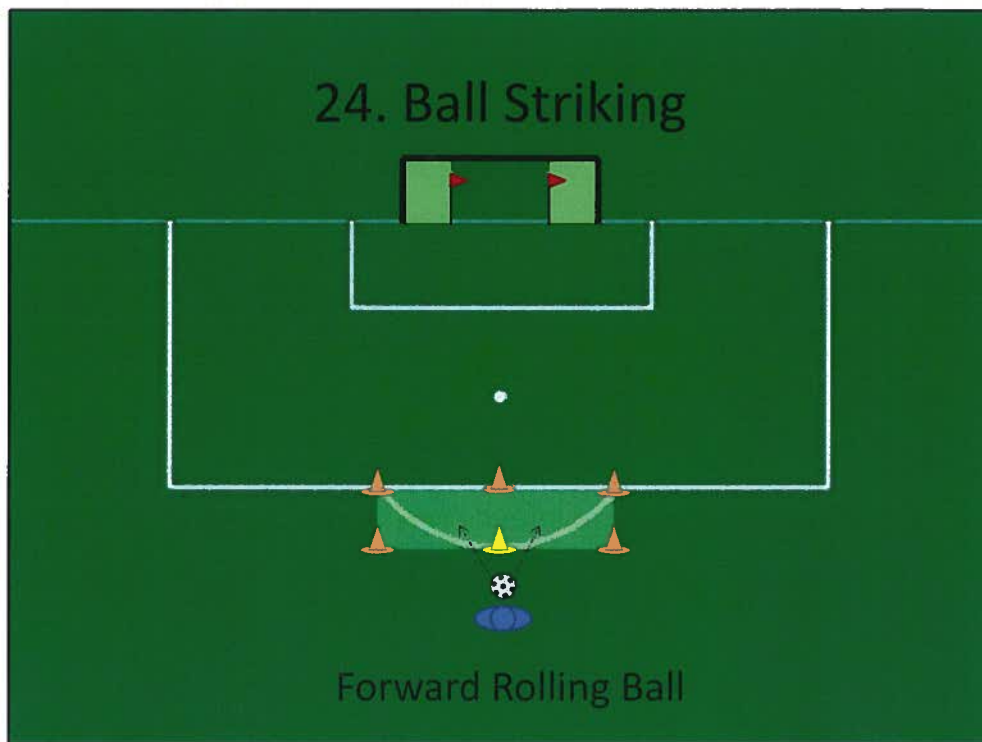
23. One Touch 90° Passing



For 30 seconds, the player passes the ball (using either foot) against a rebounder (or to a partner/coach's feet), receiving and passing against another rebounder (or to another partner/coach's feet) at a 90 degree angle with one touch, receiving a point for every completed one touch pass.

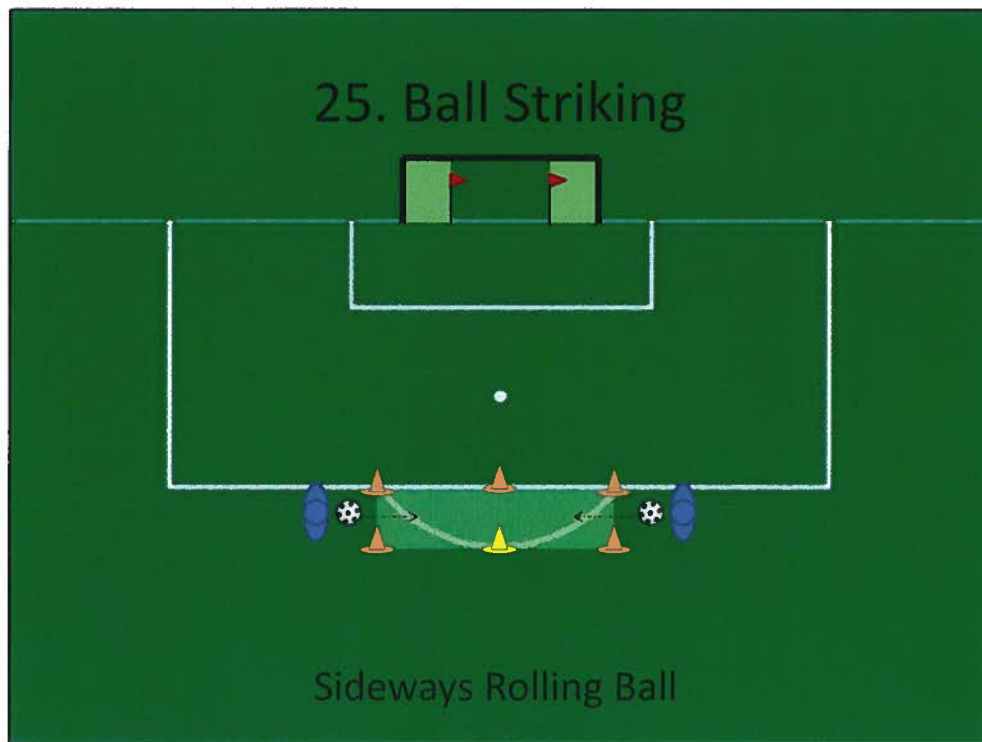


24. Ball Striking



The player has a total of 30 seconds to attempt 10 shots of a forward rolling ball. The player must roll the ball forward and strike the ball before it leaves the designated shooting area, receiving a point for every shot in the designated area of the goal.

25. Ball Striking



The player has a total of 30 seconds to attempt 10 shots of a sideways rolling ball. The player must roll the ball sideways and strike the ball before it leaves the designated shooting area, receiving a point for every shot in the designated area of the goal.