

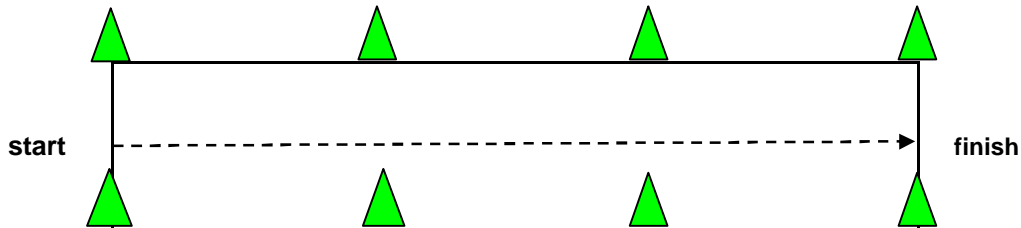
TONKA UNITED SOCCER SIX CHALLENGE

Test No 1* Running with the Ball

Grid Area: 30 x 2 yards

Cones: 8

Path of Player: ----->



The Challenge: To run the ball as quickly as possible in a straight line from the starting line over the finish line.

The Start: The time starts when the player plays the ball out of the feet and crosses the start line.

The Task: The player must run the ball down the course from the start to the finish as quickly as possible staying between the marker cones.

The Finish: The test ends when the ball and the player cross the finish line.

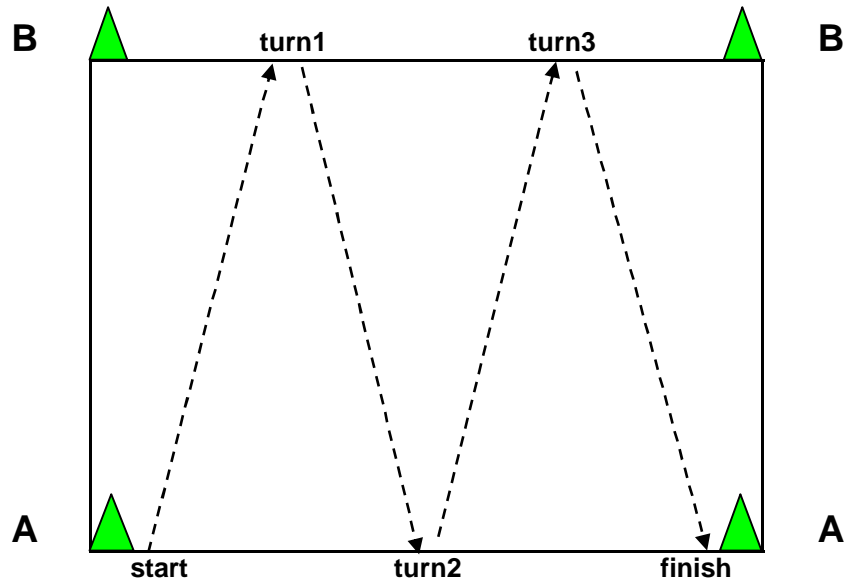
TONKA TEST TIPS

Turns & Change of Direction:

Keep the ball out of the feet by using touches with the laces of your shoe and try not to interrupt your stride pattern.

Test No 2* Turning and Changing Direction

Grid Area: 5 x 5 yards
Cones: 4, Placed in each corner
Target Lines: A & B
Path of Player: - - - - ->



The Challenge: To complete three repetitions of three turns with the ball as quickly as possible using 3 different methods to change direction.
3 methods: The outside cut, the inside cut and the pull back.

The Start: The time begins when the player plays the ball over line A.

The Task: The player must control the ball across the grid taking the ball from line A five yards to line B. Having crossed line B the player turns and controls the ball over line A. The player turns for the second time and controls the ball over line B. To complete the task the player returns the ball to the starting line A and stops the ball over the line. The ball must cross the lines A & B on each turn. The ball must stay within the 5 yard grid at all times. This exercise needs to be repeated 3 times, selecting a different turning technique on each occasion.

The Finish: After completing the three turns and crossing lines A & B between the two cones the player must place his/her foot on the ball. All three turning times are added together to get a total time.

TONKA TEST TIPS

Turns & Change of Direction:

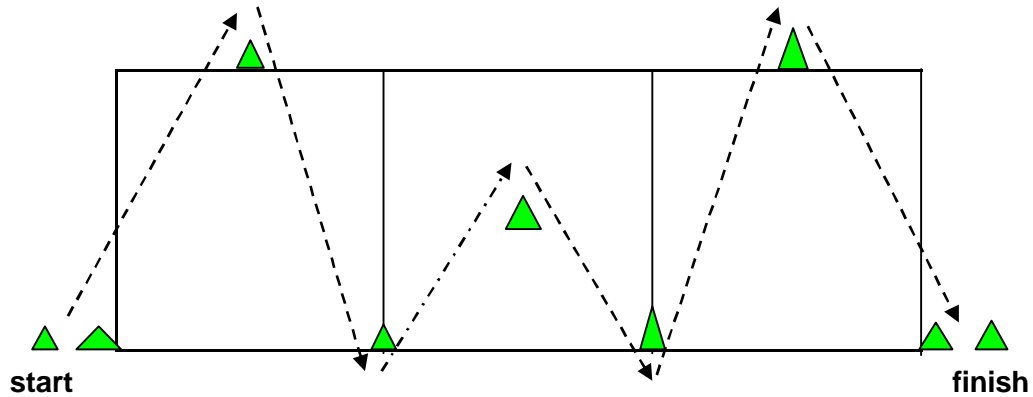
Select your turn and stick to it, start slowly, relax the shoulders bend your knees at the turns, play the ball out of the feet.

Test No 3* Dribbling and Control

Grid Area: 30 x 10 yards

Cones: 9, 2 gates 2 yards apart

Path of Player: - - - - ->



The Challenge: To control and dribble the ball as quickly as possible around the cones from the start to the finish.

The Start: The time starts when the player plays the ball through the starting gates.

The Task: The player must control and dribble the ball around all the cones and go through the finishing gate.

The Finish: The time ends when the player plays the ball over the line between the cones at the finishing gate.

TONKA TEST TIPS

Dribbling & Control:

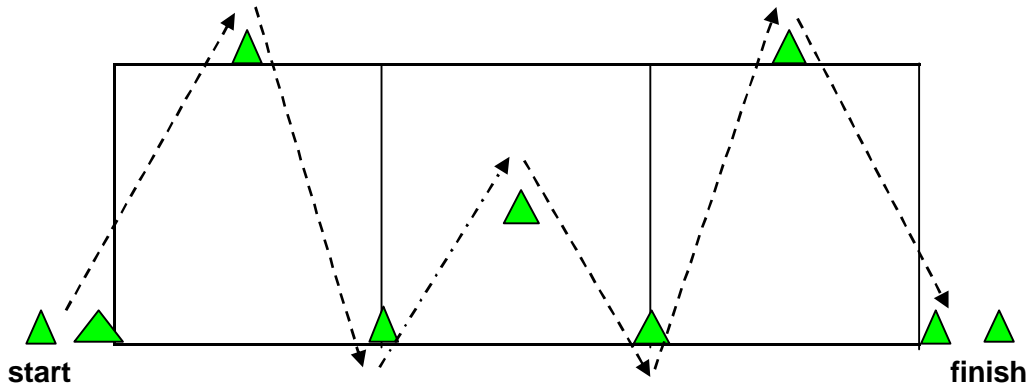
Relax the shoulders and play the ball out of the feet within a comfortable playing distance. Go around each cone slowly, bend your knees and sprint away. Keep your head up so you are prepared for the next cone.

Test No 4* Speed and Flexibility

Grid Area: 30 x 10 yards

Cones: 9, 2 gates 2 yards apart

Path of player: ----->



The Challenge: To sprint as quickly as possible around the cones from the start to the finish gates.

The Start: The time starts when the player crosses the starting line.

The Task: The player must sprint down the course as quickly as possible going around the cones and through the finish gate.

The Finish: The time ends when the player crosses the finishing line.

TONKA TEST TIPS

Speed and Flexibility:

Keep low when reaching turns by bending the knees. Take short quick steps around cones and accelerate away.

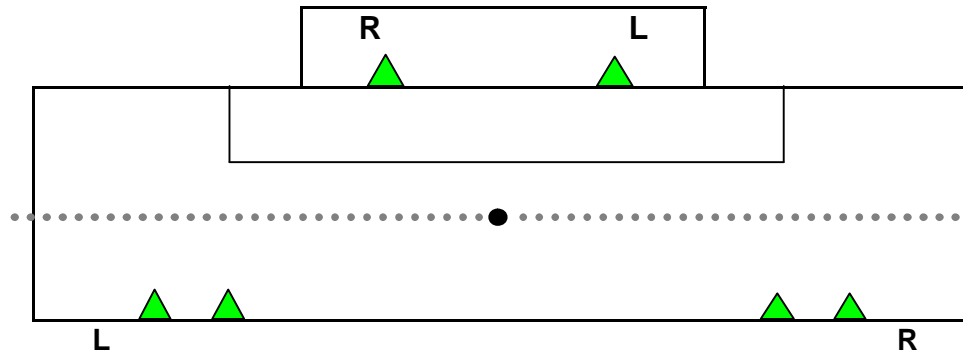
Test No 5* Passing to Score

Grid Area The penalty area 40 x 18 yards.

Cones: 2, On the goal line cones 2 yards inside of the posts.

Discs: A line of discs across the penalty area twelve yards from the goal line.

Cones: 4, Two yards apart on the edge of the penalty box.



The Challenge: To gain the highest points by passing the ball into the target areas at the far side of the goal. Before the ball crosses the discs marked at 12 yards.

The Start: The player starts outside the penalty area and rolls the ball into the box and while the ball is in motion passes it into the goal.

The Task: The player will have six passes, three with the right foot from the right hand side, and three with the left foot from the left hand side. To score three points the ball must travel across the goal line inside the far post and the cone. Two points for a pass in the middle part of the goal. And one point for a pass inside the near post and cone. If the ball hits either the posts or the cones and goes wide of the goal then no points are scored. The ball must fully cross the goal line for points to be awarded.

TONKA TEST TIPS

Passing to Score:

Play the ball out of your feet, focus on the target areas. Use a side foot pass, look for accuracy before power.

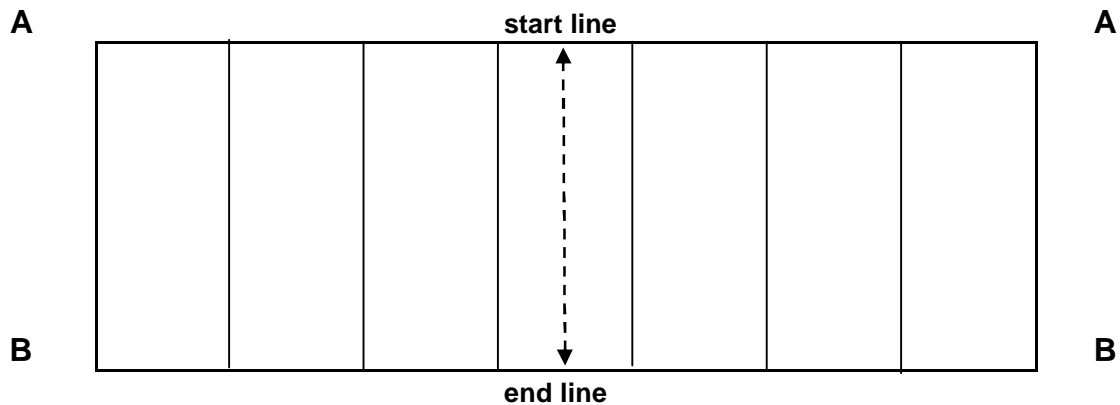
Test No 6* The YoYo Endurance Running

Grid Area 30 x 20 Meters

Cones: 4, One in each corner

Running Lanes: 3 yards

Path of Player: ←-----→



The Challenge: To run for as long and as far as possible without stopping gaining time and distance. During the run the time for running the 20 meters will slowly decrease. Therefore as the time decreases the player has to run faster.

The Start: The YoYo test is on a taped program, and on a given signal, (a beep) the player runs from the start line A, 20 meters to cross the end line B. The player waits for the next signal, (a beep) and runs back to the start crossing the line marked A.

The Finish: The player keeps running back and forth on the signal between the two marker cones until he/she fails to cross the end lines in the allocated time.

TONKA TEST TIPS

YoYo

Endurance: Pace yourself to run on the beep, try not to race the player along side of you, **THIS IS NOT A RACE**, but an endurance test.