



SOMERVILLE HC - SKILL TESTING

Somerville undertakes individual skill testing for both its Junior and Youth programmes.

Why:

The club has three specific reasons for testing its developing players ...

1. Individual skill testing forms a part of our **trial process** along with physical testing (age group dependent) and match/game play.
2. Individual skill testing ensures the club has a **methodological approach** to its coaching programme. In this way we are more able to assess individual needs – “targeted coaching”.
 - Collected data enables the club to identify specific skill weaknesses across an age range of developing athletes.
 - Collected data enables the club to compare year upon year the capacity and content of our Junior and Youth programme.
3. Developing players are given a **specific core skill** blue-print. From this they are able to practice and compare themselves with similar aged athletes.

Who:

Skill tests are carried out on the clubs developing players ...

Funsticks	- subjective grip assessment only.
Ministicks	- Yardstick (includes grip assessment), Star Dribble.
Kiwisticks	- Star Dribble, Slalom, Push/Receive, Push Power, Hit Power.
Kwiksticks	- Slalom, Push/Receive, Push Power, Hit Power.
Youth	- Slalom, Push/Receive, Push Power, Hit Power.

The Tests:

With the exception of the Grip Assessment (Funsticks) all other Skill tests are non-subjective and are based solely on performing a task over time/distance.

Yardstick
Star Dribble
Slalom
Push/Receive
Push Power
Hit Power

How:

The tests are described on the club website [SKILL TESTS](#)

When:

Tests are carried out at the start of each season (Trials) and towards the end of the season.

Results:

Results are recorded and kept on file. The best 5 individual scores in each skill category are displayed on the club website annually along with the average statistic for the age group.

--- ACCURACY --- ACCOUNTABILITY --- ACHIEVABILITY ---