

Overload 4 Cones

Pull, Swipe, Touch, Touch, Push (PSTTP)



Description

Athlete touches the ball using a specific dribbling combination for 30 seconds.

Test by Beast Mode Soccer (www.beastmodesoccer.com).

Purpose

To measure an athlete's advanced ball control.

level	coaches	equipment		
L1	1	 4 cones	 1 ball	 1 stopwatch

Directions

Before running test, review directions with athletes.

1. Setup

Up to three athletes may be tested at one time, per coach.

2. Coach Role

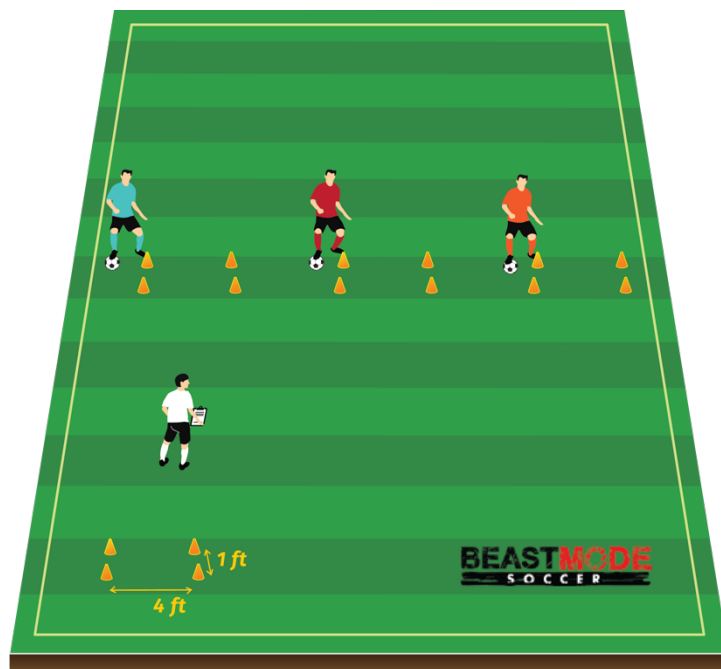
When coach says "go," athletes should start the combination. The coach will manage a countdown on the timer for 30 seconds, while watching to ensure athletes properly execute the combination.

3. Repetitions

Athlete starts with the ball at the top of the two cones on one side they: Pull, Roll, Roll, Roll, Stop, Touch, Push (PRRRSTP) to the other side of the cones and past the top corner of the 4th cone. This equals one rep. Repeat the process going the opposite direction, which will reverse which feet do which activity.

4. Scoring

As soon as 30 seconds are up, yell "stop!" Athletes then report how many reps they completed. This number is their score.



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What Could Go Wrong

1. If an athlete hits the cone there is no fault as this will naturally lower their repetition count.
2. If an athlete accidentally knocks the ball away, they must start the rep over from the side they started. Meaning if the athlete messes up halfway through a rep, they can't start over from the halfway point and continue for one rep. They must start the rep over from the side they started on.

Key Points

1. If you are doing this as a team make sure you have at least 3 yards of space between each test so athletes don't run into each other if they take bad touches.
2. If the wrong combination is executed, the athlete must start the rep over. That's why there are no time penalties, as this will naturally impact the score.

