

5 Cone Shuttle

Dribbling for Speed with Change of Direction

Description

Athlete dribbles a 5 Cone Shuttle as fast as she can using either foot.

This statUP test was created by USWNT and UNC alumni Kristine Lilly. Kristine is a two-time World Cup Champion & Olympic Gold Medalist.

Visit KristineLilly13.com to sign up to attend a Kristine Lilly Soccer Academy Camp or learn from her Coerver Coaching eBook.

Purpose

To evaluate an athlete's speed and fitness level while dribbling with an emphasis on change of direction, and increase and decrease of speed.

Kristine says, "The US Women's National Team score for the 5 Cone Shuttle without the ball is 30 seconds."

level	coaches	equipment	
L2	1	 1 Ball	 6 Cones

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statUP

Earn Stats That Matter

Directions

Before running test, review directions with athletes.

1. Attempt 1 - Without Ball

Athletes run this test, one at a time without the ball. Coach says "go" and starts timer on statUP app and stops the timer on statUP app when the athlete passes the finish line. Coach records athlete's time without the ball.

If athlete doesn't go all the way to the line with at least one foot, add 2 seconds to her total time.

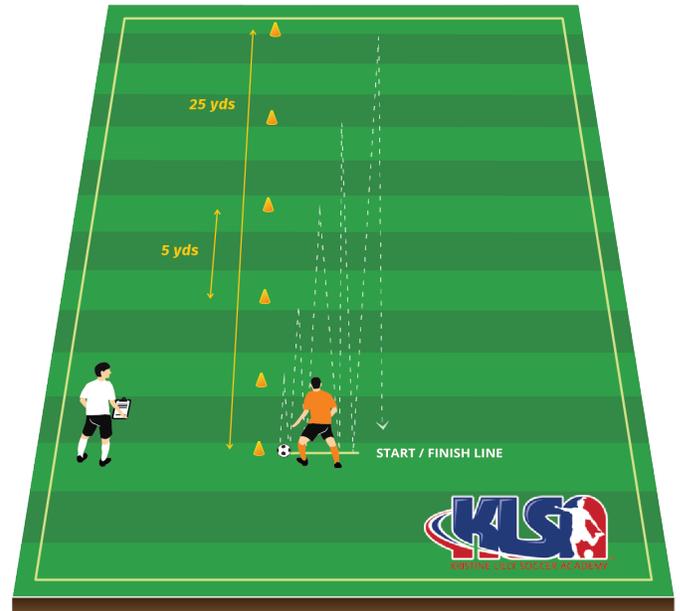
2. Attempt 2 - With Ball

Athletes then repeat this test, one at a time, while dribbling the ball. They must touch the ball at least once in every 5-yard zone. Missing a touch adds 2 seconds to the total.

If athlete doesn't go all the way to the line with at least one foot, add 2 seconds to her total time. The ball doesn't have to go to the line, but at least one foot does.

3. Scoring

Coach records time with and without the ball. Both times matter.



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What Could Go Wrong

- 1. Athlete dribbles into cones.** If this happens, it's okay. No time additions are given because this will naturally slow down the athlete's time.
- 2. Athlete fails to take a touch in every 5-yard zone.** For example, if an athlete kicks the ball 20 yards ahead of the starting line and then takes a second touch at the 20-yard mark, that is not considered full control. The athlete will have passed 4 zones without a touch, which means 4 penalties multiplied by 2-seconds for a total of 8 additional seconds to her final time.

Key Points

- 1. Athlete fails to take a touch in every 5-yard zone.** The ball should be at a standstill. Coach should stand at the start / finish line and say "go" when the athlete is ready. This way the coach can see exactly when she crosses the finish line with the ball.
- 2. Line management.** Once an athlete runs the test without the ball, send them to the back of the line. This gives athletes adequate rest time before the next run of the test. Keep the line's order to avoid scoring mistakes!
- 3. Both Scores Count.** This statUP test is administered without the ball first to establish an athlete's baseline speed. Athlete should run without the ball as hard as she can. The athlete should not try to cheat this test by going slow without the ball in order to look faster with the ball. Pure speed is important too, and statUP is tracking athletes' pure speed. An athlete's 5 Cone Shuttle time without the ball will be recorded on her statUP profile.

