

Figure 8 Dribble

Dribbling for Speed with Change of Direction

Description

Athlete dribbles in a figure 8 three times as fast possible 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 dribbling with different surfaces of the feet, control and acceleration and deceleration.

level	coaches	equipment	
L2	1	 1 Ball	 2 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. Athlete sprints in a figure 8 three total times and coach stops timer on statUP app when the athlete passes the finish line.

Coach records athlete's time without the ball.

Each time the athlete messes up the figure 8 pattern around the cone - i.e. he goes right of the cone instead of left - add 2 seconds to the total time.

2. Attempt 2 - With Ball

Athletes then repeat this test, one at a time, while dribbling the ball in a figure 8 three total times.

Each time the athlete messes up the figure 8 pattern around the cone - i.e. he goes right of the cone instead of left - add 2 seconds to the total time.

3. Scoring

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

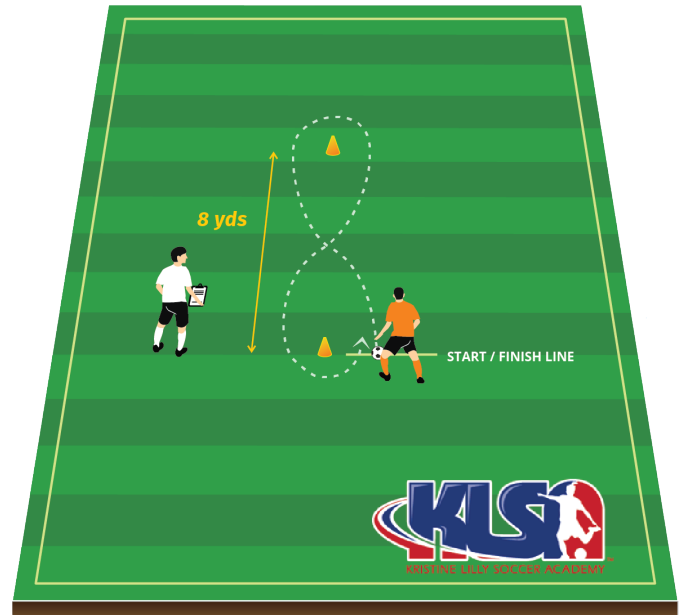


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What Could Go Wrong

1. **Athlete dribbles into cones.** If this happens, it's okay. No time additions are given because this will naturally slow down his time.
2. **Athlete fails to do the correct figure 8 pattern.** Each time the athlete messes up the figure 8 pattern around the cone, verbally let him know what he needs to do.

Key Points

1. **Coach at Start / Finish line.** Coach should stand at the start / finish line and say "go" when the athlete is ready. This way the coach can see exactly when an athlete crosses the finish line with the ball.
2. **Line management.** Once an athlete runs the test without the ball, send him 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. Athletes should run without the ball as hard as he 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 Figure 8 Dribble time without the ball will be recorded on his statUP profile.

