

Protocol for Talent Identification, Talent  
Assessment Induction/Retention and  
Weeding Out for Football

## **Overview**

The Khelo India scheme has been introduced to revive the sports culture in India at the grass-root level by building a strong framework for all sports played in our country. The scheme covers multiple aspects such as playfield development, community coaching, sports infrastructure, talent development, and physical education in schools.

As a part of the scheme, thousands of athletes are selected and inducted every year for targeted support in the accredited academies and centre of excellence across the country. The selection of athletes is overseen jointly with the national sports federations through committees for talent identification and development functioning at the zonal and national level.

## **Talent Identification and Development**

The process of talent identification and development under the Khelo India scheme broadly involves the following steps:

- 1. Screening:** Committees set up for talent identification visit various events, competitions and conduct open trials to scout for athletes with potential to excel at the sport.
- 2. Assessment Camps:** All shortlisted athletes are called for assessment camps where various tests, activities and matches are conducted to select the final set of scholars to be inducted into the Khelo India scheme as per slots available in that discipline.
- 3. Monitoring:** The scholars periodically go through tests and assessments, and their results are documented and analyzed to monitor their progress.
- 4. Review and De-selection:** A review is conducted annually and a progress report on a common template is prepared for each scholar. Those who do not meet a minimum criterion of improvement or have surpassed the age criteria will be de-selected and a fresh set will be inducted in their place.

# **Description of Test Protocols for Football**

## **FITNESS TESTING IN FOOTBALL**

### **1. Yo-Yo test**

General guidelines for administration of YoYo test:

Yo- Yo test comprises of many variants depending on the level of the athlete, gender and age. The variation can be adopted while testing. Variations are presented in the below tables for ready reference.

#### **Male**

	Intermittent Endurance	IntenseIntermittent Capacity
Well trained	Yo-Yo IE2	Yo-YO IR2
Youth (12-16 years)	Yo-Yo IE1	Yo-YO IR1
Boys (8-12 years)	Yo-Yo IE1	Yo-Yo IE2

#### **Female**

	Intermittent Endurance	IntenseIntermittent Capacity
Well trained	Yo-Yo IE2	Yo-Yo IR2
Youth (12-16 years)	Yo-Yo IE1	Yo-YoIR1
Boys (8-12 years)	Yo-Yo IE1	Yo-Yo IR1

## 1a. Yo-Yo Intermittent Endurance test

### (TESTING OF INTERMITTENT ENDURANCE CAPACITY)

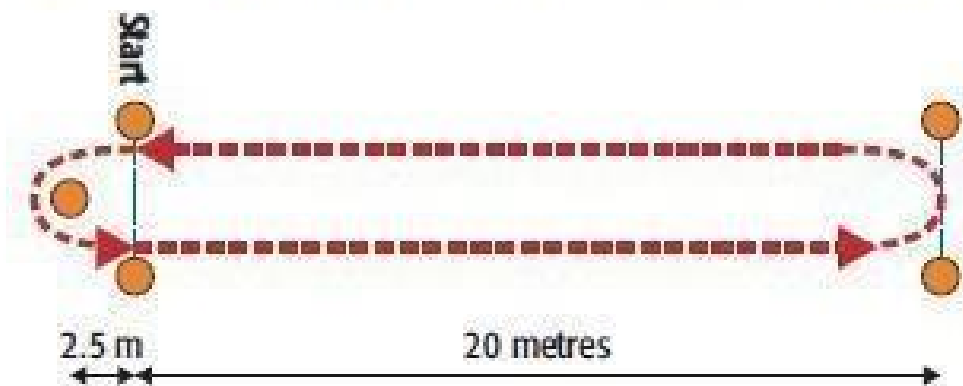
#### Aim:

The Yo-Yo intermittent endurance test evaluates a Football player's ability to repeatedly perform intermittent running over a prolonged period

**Materials:** The description of the tests and test signals are provided in a CD-rom. To perform the test a CD-player, a tape measure, markers/cones, a stopwatch and a pencil are needed.

The yo-yo test is based on the same principle as the Multistage Fitness Test, however a 5-s Recovery period is included after every pair of 20-m shuttles. The reason for this is to more closely simulate the intermittent exercise pattern of football match play. The aim of the test is to complete as many shuttles as possible while keeping up the required pace.

### Test course of the Yo-Yo Intermittent Endurance Test



Test circuit. Two markers are placed on the ground exactly 20 m apart (two lines can also be used) and a third marker is placed 2.5 m behind the start marker.

Performing the test: Yo-Yo endurance lasts for 5-20 minutes of running and consists of a 5-20 sec interval of running inter-spread by a 5 sec rest period. The CD-rom that follows the Yo-Yo test package provides the information about how to perform the test and gives the signal to control the speed. Briefly the player runs forward 20 meters at a speed, so that the player reaches the 20 meter marker exactly at the time of the signal. A turn is made at the 20 meter markers and the player runs back to the starting marker which has to be reached at

the time of the next signal. Then the player has a 5 - second break running slowly around the third marker placed 2.5 meters behind. If the players run too quickly he/she must wait at the marker until the next signal. It is recommended that the players upon turning switches between left and right foot to avoid one sided load on the body. The course is repeated until failure to complete the shuttle run in time on two occasions. The first time the start marker is not reached a warning is given (yellow card) and the second time the test is terminated (red card).The last running interval that a player has completed before being excluded from the test is noted and the test result is expressed as the total running distance covered in the test.

**Two levels:** The Yo-Yo Intermittent Endurance test has two levels. Level 1 is for youth, recreational and moderately trained players and level two for the well trained and the elite players. The difference between the test is that the level 2 test starts at, and maintains, a higher running speed than the level 1 test. The yo -yo ie1 test is initiated at 7 km/h and has a slow and gradual increase in running speed. The YO-YO IE2 test starts at a speed of 8 km/h within the first two minutes.

**Test result.** Test result is expressed as total running distance covered

## 1b. TESTING OF INTENSE INTERMITTENT EXERCISE CAPACITY

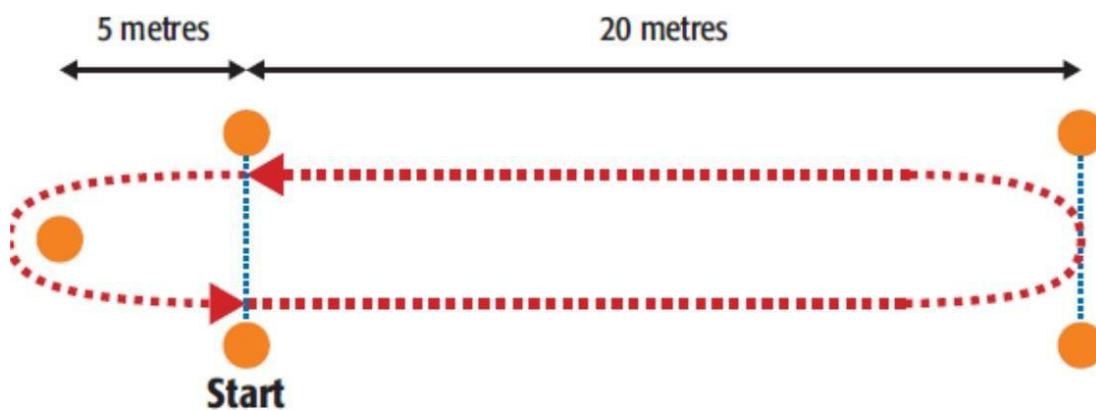
A test of the ability to perform Football specific repeated high intensity exercise.

**(Aerobic-Anaerobic Capacity)**

**Aim:** To evaluate a player's capacity to recover after repeated intense exercise of a similar nature as in a football game.

**Materials:** The description of the tests and test signals are provided in a CD-rom. To perform the test a CD-player, a tape measure, markers/cones, a stopwatch and a pencil are needed

### Test Course of the Yo-Yo Intermittent Recovery Test



- Test circuit. Two markers are placed on the ground exactly 20 m apart (two lines can also be used) and a third marker is placed 5 m behind the start marker.

- Performing the test.: Yo-Yo IR test last for 5-15 minutes of running and consists of 2x 20 meters interval of running interspread by a regular short rest periods 10 sec . The CD –rom that follows the Yo –Yo test package provides the information about how to perform the test and gives the signal to control the speed. Briefly the player runs forward 20 meters at a speed, so that the player reaches the 20 meter marker exactly at the time of the signal. A turn is made at the 20 meter markers and the player runs back to the starting marker which has to be reached at the time of the next signal. Then the player has a 10- second break running slowly around the third marker placed 5 meters behind. If the players run too quickly he/she must wait at the marker until the next signal. It is recommended that that the players upon turning switches between left and right foot to avoid one sided load on the body. The course is repeated until failure to complete the shuttle run in time on two occasions. The first time the start marker is not reached a warning is given(yellow card) and the second time the test is terminated (red card).The last running interval that a player has completed before being excluded from the test is noted and the test result is expressed as the total running distance covered in the test.

- **Two levels:** The Yo–Yo IR test has two levels. Level 1 is for Youth, recreational and moderately trained players, and the level 2 for well trained and elite trained players. The difference between the test is that the level 2 test starts at, and maintains, a higher running speed than the level 1 test. The Yo–Yo IR1 test is initiated at a speed of 10 km/hour compared to 13 km/hour for Yo-Yo IR2 and the progression in speed is slower.

**Test result:** Test result is expressed as total running distance covered and the same can be converted to VO<sub>2</sub> max values by using the prediction formula given below.

**Formula to calculate predicted Vo<sub>2</sub> Max from Yo-Yo Intermittent Recovery test.**

$$\begin{aligned} \text{YY1R1:Vo}_2 \text{ Max (ml/kg/min)} &= \text{IR1 distance (m)} \times 0.008 \\ + 36.4 \text{ YY1R2:Vo}_2 \text{ Max (ml/kg/min)} &= \text{IR2 distance (m)} \times \\ &0.0136 + 45.3 \end{aligned}$$

### **Summary - Yo-Yo Intermittent Recovery Test**

I.The Yo-Yo IR test provides valid information about a player's football specific fatigue-resistance and ability to recover from high intense exercise.

II.It is closely related to high intensity performance in a football game and can be used to access the capacity of a player to perform repeated intense exercise in a game and to evaluate seasonal changes in physical performance of players.

III. The test can also be used to monitor the maximal heart rate.

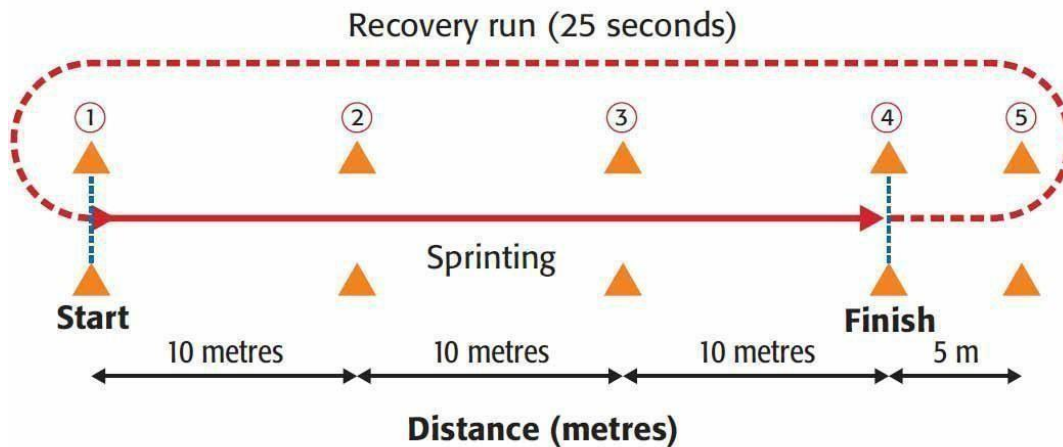
## 2. TESTING OF SPEED

**Name of Test:** Linear Sprint Test

**Aim :**To evaluate Peak and repeated Linear sprinting ability of the players

**Materials:** Stop watch, measuring tape,8 markers (height preferably > 1.5 meters) and a pen.

### Test Course for the Linear Sprint Test



#### Description of the test:

The players starts at gate 1 with one foot on the starting line and other foot behind the line.the test leader countdown three,two,one go”,then then the players starts running and sprints through the 30 meters gate (4).Since the players tends to decelerate before the 30 meters gate (4),the sprint course is extended by five meters to ensure that the true 30 meter sprint performance is recorded.The 10-,20-,30- meters sprint time must be measured individually.In that case,two test leaders should preferably measure each sprint and average should be used as a test result.

To test the ability to perform repeated sprints the 30 meters sprint can be repeated 5 times, each separated by exactly 25 seconds of recovery,After the first sprint the player has seconds to jog back to the starting line.Then the countdown made.Sprint time for all the five sprints is measured.The results are the time of the fastest sprint and the total time of all sprints,representing the players ability to do the repeated sprints.In addition,a fatigue Index



can be calculated as the difference, expressed in percentage, between the fastest time and the time of the fifth sprint, which provides information about the ability to maintain sprint performance.

Age (years)	30m-1 (seconds)	30m-2 (seconds)	30m-3 (seconds)	30m-4 (seconds)	30m-5 (seconds)	Mean (seconds)	Best (seconds)	Fatigue Index (%)
11	5.24	5.45	5.56	5.63	5.62	5.50	5.24	7.3
12	5.09	5.22	5.39	5.45	5.49	5.33	5.09	7.9
13	4.95	5.05	5.17	5.21	5.25	5.13	4.95	6.1
14	4.60	4.70	4.79	4.82	4.86	4.75	4.60	5.7
15	4.35	4.45	4.56	4.58	4.65	4.52	4.35	6.9
16	4.29	4.37	4.45	4.52	4.55	4.44	4.29	6.1
17	4.26	4.34	4.42	4.48	4.54	4.41	4.26	6.6
18	4.20	4.29	4.37	4.43	4.49	4.36	4.20	6.9

**SCORING:** Sprint – 5 times

Recovery-25sec/repetition

All the sprint time is measured

Result: Fastest Sprint

Total time of all the sprints and average of all Sprints.

Fatigue index= (last sprint-fastest sprint)/fastest sprint x100%

**Example for calculation:**

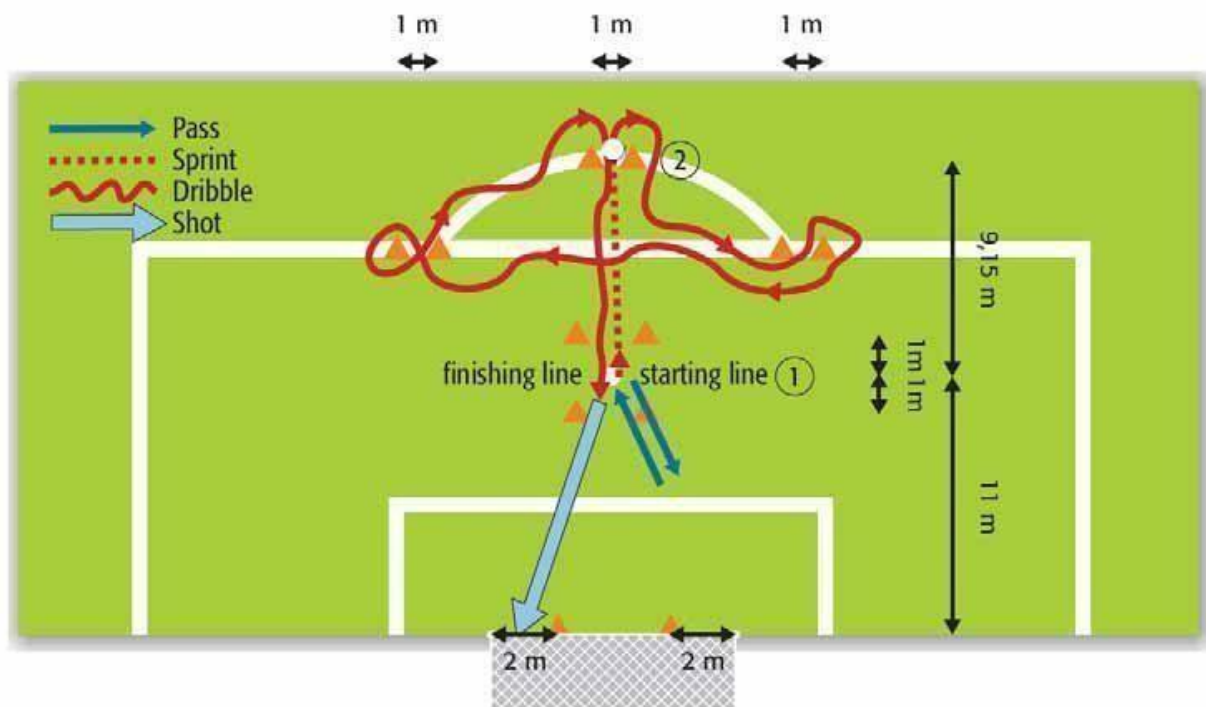
$$4.5\text{secs} - 4.0 \text{secs.} / 4.0\text{secs} \times 100\% = 12.5\%$$

### 3. Creative speed test

**Aim:** To evaluate the sprinting and coordination ability when dribbling with the ball.

**Materials:** Stop watch, measuring tape, 12 markers (height preferably > 1.5 meters) and a pen.

#### Test Course of the Creative Speed Test



#### Descriptions:

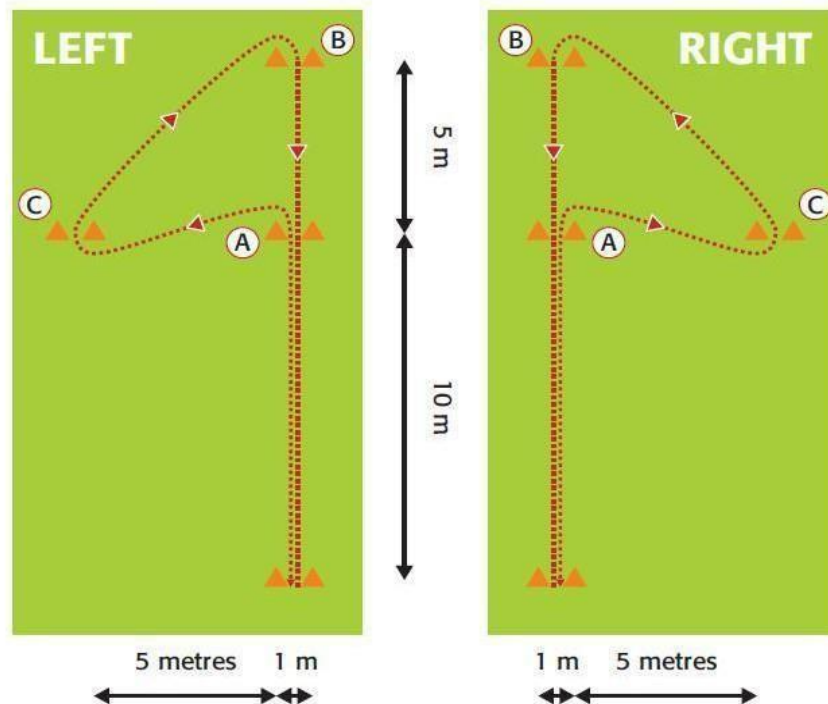
The players starts in the middle of the starting zone (at the penalty spot:point 1) with the back to the test course,A ball is passed to the players from a distance of two meters and when the player has returned the ball,the players turns around and sprint to the points 2.Alternately,the test leaders countdown three,two,one,"go",then the players turn around and sprints to point 2.At a point 2 the players take the ball and is dribbling as shown on the figure.When the players get back to point 2 ,he/she kicks the ball forward and finish by shooting from the starting zone (point 1).The ball has to go into one of the corners of the

goal,otherwise the test result is not valid and the player has to repeat the test.If the stopwatch is used,it is started when the player touches the ball passed to him/her or when the starter say“go” and is stopped when the ball passes the goal line.

#### 4. Testing of Agility

**Aim:** To evaluate the speed, explosion, body control and the ability to change direction over arange angles and directions.

#### Test Course of the Arrow-headed Agility Test



**Materials:** Stop watch/electronic timing equipment e.g photocells, a measuring tape, 12 markers (height preferably > 1.5 meters) and a pen.

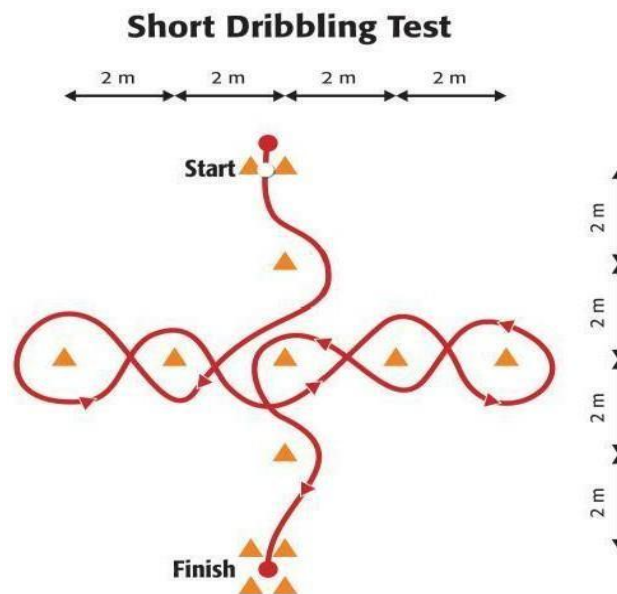
#### Description of the test:

The markers are placed with three sets in an arrowhead shape, and one set to indicate the start and the finish line. The player stands with one foot on the starting line and the other foot behind the starting line in a sprint start position. On a count down from three (three-two-one, "go") the players run as fast as possible from the starting line to the middle marker (A), turns to run through the side marker (C), through the far marker (B) and back through the start/finish. The player completes two trails, one to the left and one to the right, separated by at least 5 minutes of recovery. If cones are used, the test is not valid if the players

steps over a cone instead of around it. The test result is the total time to complete the test for the left and the right turning trails. The time is recorded in seconds to the nearest two decimal places for each direction.

## 5. SHORT DRIBBLING TEST

**Aim:** To evaluate coordination and speed with the ball.



**Materials:** Stop watch, measuring tape, 11 markers and a pen

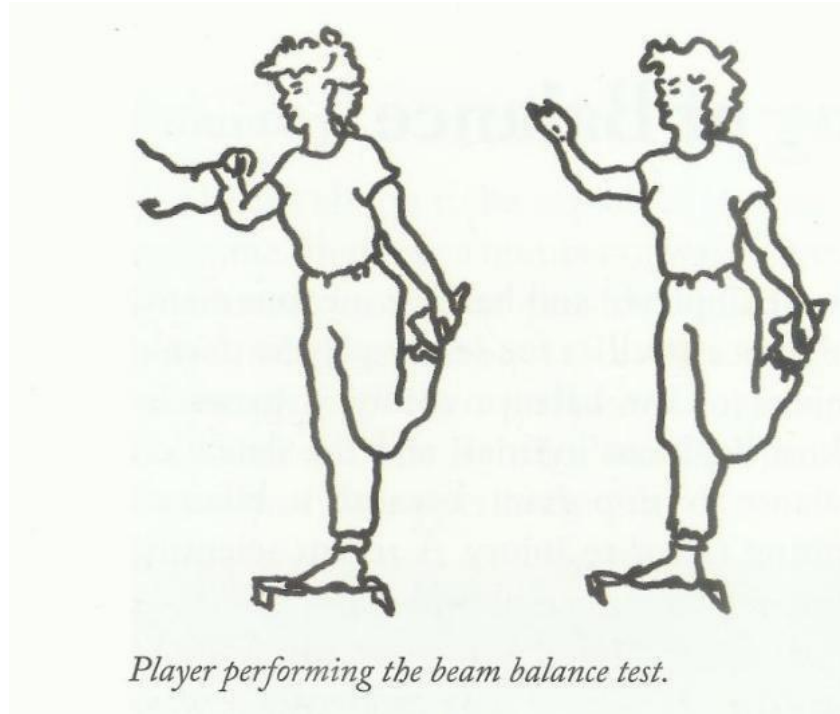
### Description:

The markers are placed as shown in the figure above. The player starts with one foot on the starting line and the other foot behind the line. The test leader counts down three, two, one, "GO", then the player starts dribbling as indicated in the figure. If cones are used, the test is not valid if the player steps over a cone instead of around it. The test result is the time to complete the test. The time is recorded in seconds to the nearest two decimals.

## 6. Balance test

**Aims:** To evaluate the balance ability of the players

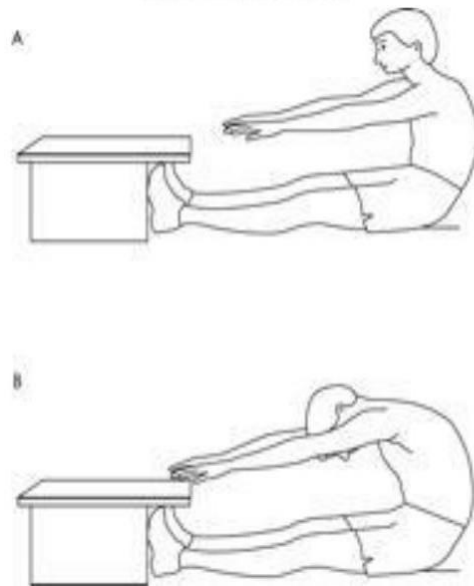
**MATERIALS:** A balance beam (50- cm long x 3 cm wide x 5cm height), a stop-watch and a pen.



### **Description:**

The player places one foot on the middle of the beam and captures balance while holding a pen. When the player stands without support the clock is started and the clock is stopped when the player loses balance and falls off the beam. The player then starts up again and continues until he/she in total has been on the beam for one minute. The test result is the number of falls. The test should be performed with both legs.

## 7. FLEXIBILITY TEST (SIT AND REACH TEST)



**Aim:** To assess the Flexibility of Trunk. (Trunk extensors)

### **Test procedure:**

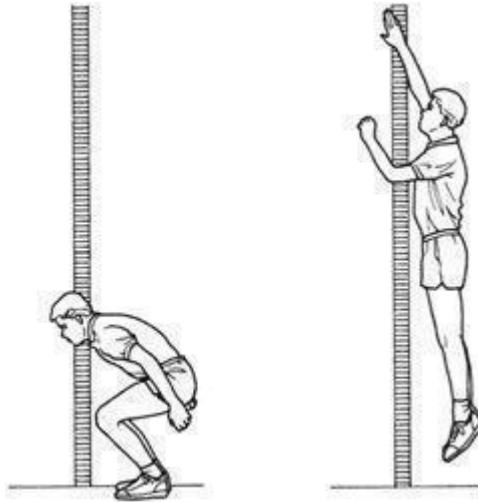
The basic outline of the sit and reach test is described below. Some of the more popular variations are described in more detail above.

**Equipment required:** sit and reach box(or alternatively a ruler can be used, and a step or box).

**Procedure:** This test involves sitting on the floor with legs stretched out straight ahead. Shoes should be removed. The soles of the feet are placed flat against the box. Both knees should be locked and pressed flat to the floor - the tester may assist by holding them down. With the palms facing downwards, and the hands on top of each other or side by side, the subject reaches forward along the measuring line as far as possible. Ensure that the hands remain at the same level, not one reaching further forward than the other. After some practice, the subject reaches out and holds that position for one-two seconds while the distance is recorded. Make sure there are no jerky movements.

**Scoring:** The score is recorded to the nearest centimeter or half inch as the distance reached by the hand. Use the level of the feet as the zero mark.

### 8. Explosive Strength Test:-



**Aim: To assess the explosive leg power and jumping ability Vertical**

#### **Jump-**

1. The tester rubs chalk on the fingertips of the athlete's dominant hand.
2. The athlete stands on the dominant shoulder about 6 inches from the wall and with both feet on the floor, reaches as high as possible with the dominant hand and makes a chalk mark on the Wall.
3. The athlete then lowers the dominant hand and without a preparatory performs a counter movement by quickly flexing the knees and hips, moving the trunk forward and downward and swinging the arm backward. During the jump, the dominant arm reaches upward, while the non dominant arms move downward relative to the body.
4. At the highest point in the jump, the athlete places a second chalk mark on the wall with the fingers of the dominant hand using a swiping motion of the fingers. The score is the vertical distance between the two chalk marks.
5. The best of three trials is recorded to the nearest 0.5 inches 1.0 cm.



## 9) Test of Leg Strength

Explosive movements such as jumping, accelerating and sprinting are determined by the player's muscle strength and ability to coordinate the movements. In order to determine muscle strength of the lower limbs of a player the squat lift can be used. The squat lift is an effective way to evaluate the capacity to execute explosive movements since multiple joints and muscle groups are used in the lift.

### The Squat Test

**Aim:** To determine the strength of the leg muscles.

**Material:** A squat rack set-up and a pen.

**Description:** Set up the racking pins in a squat rack at a position a few inches below shoulder level. The bar should rest across the back of the player's shoulders so it is supported across the muscles of the shoulder/upper back. It should be across the ridges of the player's shoulder blades. The player should hold the bar with a medium grip. The feet should be placed approximately with a distance of the shoulders. With the bar comfortably on the shoulder/back, the weight is lifted up from the racks (see photo). The player then bends the knees and squat down slowly to an angle of 90° in the knee joint and with a slight arch in the lower back. The player should look straight forward or a little up in order to keep the upper body vertically oriented. Then the player comes back up by pushing up from the heels until he/she is standing straight again. One person should be on each side in order to help lift the load up, if the player is unable to bring the bar back. The squat test is technically difficult and requires that the player has carefully prepared how to execute the movement. It is recommended that the highest weight which the player can lift 5 times, called 5 repetition maximum (5RM), is determined. It is done by increasing the load every time the player is able to do six repetitions. The player should have a rest (>1 minute) between the trails. The test result is the work load corresponding to 1 repetition maximum (1RM), which can be calculated as the load at 5RM is approximately 85% of 1RM. For example, a 5RM squat performance of 150 kg corresponds to a 1RM squat performance of 174 kg (=150 kg/0.85).

### Warm-up

The player must perform a proper warm-up prior to a squat test, and it is recommended to use the same warm-up as described in the counter-movement Jump Test (see page 104). In addition, the player should perform exercises with the back for around three minutes and perform squats with no weights for about two minutes

#### A – Males

##### Squat Test

1 RM (kg)	Rating
>225	Excellent
210-225	Very Good
195-209	Good
180-194	Moderate
165-179	Low
<165	Poor

#### B – Females

##### Squat Test

1RM (kg)	Rating
>175	Excellent
150-175	Very Good
135-149	Good
110-134	Moderate
90-109	Low
<90	Poor

Table: Performance rating of male (A) and female (B) football players based on squat test (1 Repetition Maximum)

## 10) Test of Upper Body Strength

The muscles of the upper body are also important for the football player, and power of the upper body does aid performance in specific game activities. Hence, it has been shown that the length of a throw-in is correlated to

the strength of the chest muscles evaluated as the Bench Press Test performance (see Figure 68). Then, by comparing strength of the chest and arm extensor muscles measured as 1 Repetition Maximum during bench press with throw-in performance, specific training regimes can be developed. For example a player with a low bench press performance, but a long throw-in may benefit substantially from resistance training with high loads. In contrast a player strong in the bench press, but poor in throw-in, should primarily improve the technical or coordination ability related to the throw-in.

### The Bench Press Test

**Aim:** To determine the strength of the chest muscles and arm extensors.

**Material:** A bench press rack set-up and a pen.

**Description:** The player lay on the back on the bench. The weight is then unracked and lowered to the chest at a moderate pace and immediately pressed back up until the arms are fully stretched. The grip width on the bar should always be the same (around 65-80 cm depending on arm length) when a Bench Press Test is performed.

**Warm-up:** The player must perform a proper warm-up for the upper-body prior to the Bench Press Test consisting of low and moderate intensity exercises for the whole body for 5-7 minutes. Then 2 x 10 push-ups and three moderate lifts (around 70% of expected 1 Repetition Maximum) separated by 30 seconds

A - Males		B - Females	
Bench Press Test		Bench press Test	
1 RM (kg)	Rating	1 RM (kg)	Rating
>95	Excellent	>80	Excellent
90-95	Very Good	75-80	Very Good
85-89	Good	70-74	Good
80-84	Moderate	65-69	Moderate
75-79	Low	60-64	Low
<75	Poor	<60	Poor

**Table:** The table shows performance rating of male (A) and Female (B) football players based on the bench press test.

## OPEN SELECTION TRIALS FOR PROVEN TALENT (FOOTBALL)

### ■ SPEED TEST

**Name of Test:** 30 meters Sprint Test

**Aim:** To evaluate the peak linear sprinting ability of the players.

**Materials:** Stopwatch, measuring tape, markers.

**Description of the test:** The player starts with one foot on the starting line and the other foot behind the line. The test leader counts down three, two, one go”, then the players start running and sprint through the 30 meters finish line. The time is recorded and noted down accurately.

**Norms for the age group: 16 years to 19 years**

Category	Male (secs)	Female (secs)	Rating Scale
Excellent	<4.0	<4.5	5
Above Average	4.0 - 4.2	4.5-4.6	4
Average	4.3 - 4.4	4.7-4.8	3
Below Average	4.5 - 4.6	4.9-5.0	2
Low	4.7 - 4.8	5.0 - 5.1	1
Poor	>4.8	>5.1	0

**Norms for the age group: 13 years to 15 years**

Category	Male (secs)	Female (secs)	Rating Scale
Excellent	<4.4	<5.2	5
Above Average	4.4 - 4.6	5.2 - 5.4	4
Average	4.7 - 4.8	5.5 - 5.7	3
Below Average	4.9 - 5.0	5.8 - 6.0	2
Low	5.0 - 5.1	6.1 - 6.2	1
Poor	>5.1	>6.2	0

■ **YO YO INTERMITTENT RECOVERY TEST - LEVEL 1**

**Norms for the age group: 16 years to 19 years**

Category	Male (Dist. In metres)	Female (Dist. In metres)	Rating Scale
Excellent	>3000	>2600	5
Very Good	2760 - 3000	2200 - 2560	4
Good	2600 - 2720	1800 - 2160	3
Moderate	2200 - 2560	1520 - 1760	2

<b>Low</b>	1800 - 2160	1200 - 1480	1
<b>Poor</b>	<1800	<1200	0

*\*From Fitness Testing in Football Table 11 Pg. 48.*

**Norms for the age group: Under 18 (Below 18)**

Category	Male (Dist. In metres)	Female (Dist. In metres)	Rating Scale
<b>Excellent</b>	>2200	>1880	5
<b>Very Good</b>	1960 - 2200	1520 - 1880	4
<b>Good</b>	1800 - 1920	1120 - 1480	3
<b>Moderate</b>	1300 - 1760	840 - 1080	2
<b>Low</b>	1360 - 1720	520 - 800	1
<b>Poor</b>	<1360	<520	0

*\*With reference to book Fitness Testing in Football, Fig. 32 (Pg 53 - YOYO IR Level 1 test Performance for girls and boys in different age group)*

**Reference:**

1. Fitness testing in football : Fitness Training in Soccer II By Jens Bangsbo, Magni Mohr · 2012 Pg 50-53
2. Assessments for Sport and Athletic Performance by David H. Fukuda'
3. DICK, F. (1987) *Sprints and Relays*. 5th ed. London, BAAB, p. 22
4. DAVIS, B. et al. (2000) *Physical Education and the Study of Sport*. UK: London, Harcourt Publishers Ltd. p. 125 Table 4.6
5. Santander, Mauro & Anselmi, Horacio & García, Gastón. (2022). Evaluation of the maximum speed in a 30-metre sprint among young Argentine football players. *Archivos de Medicina del Deporte*. 39. 132-37. 10.18176/archmeddeporte.00083.
6. Negra, Yassine & Sammoud, Senda & Myers, Tony & Nevill, Alan & Chaabene, Helmi. (2023). Normative Values for Measures of Physical Fitness Among Tunisian School Children. *Journal of Science in Sport and Exercise*. 6. 10.1007/s42978-023-00219-y.
7. Physical fitness norms for female football players by Guðrún Þórbjörg Sturlaugsdóttir Pg.37

**Evaluation of key performance indicator average of three coaches will be considered as final score**

**A. (ii) Performance assessment with reference to key performance indicator**

**System of awarding points for each key performance indicator**

A five-point scoring system for each skill was adapted. The criteria for awarding points were fixed as suggested by Baumgartner and Jackson (1991).

- ❖ Exceptional ability near perfect for age and sex of the participant-**5 Points**
- ❖ Above average ability, not perfect but quite skillful for the age and sex of the participant-**4 Points**
- ❖ Average ability, typical for the age and sex of the participant- **3 Points**
- ❖ Below-average ability, characterized by more mistakes than is typical performance for age and sex of the participants-**2 Points**
- ❖ Inferior ability, for below typical performance for the age and sex of participants-**1 Point**

## KHELO INDIA ASSESSMENT TEST NORMS FOR FEMALES

### ▪ LINEAR SPRINT (30 Meters)

Average Sprint Time

**Norms for the age group: Girls aged 18 & above years**

Category	Female (secs)	Rating Scale
<b>Excellent</b>	<4.25	5
<b>V. Good</b>	4.25-4.35	4
<b>Good</b>	4.35-4.45	3
<b>Moderate</b>	4.45-4.55	2
<b>Low</b>	4.55-4.60	1
<b>Poor</b>	>4.60	0

**Norms for the age group: Girls aged 15 - 17 years**

Category	Female (secs)	Rating Scale
<b>Excellent</b>	<5.0	5
<b>V. Good</b>	5.0 - 5.1	4
<b>Good</b>	5.1 - 5.2	3
<b>Moderate</b>	5.2 - 5.3	2
<b>Low</b>	5.3 - 5.35	1
<b>Poor</b>	>5.35	0

### YO-YO INTERMITTENT RECOVERY TEST - LEVEL 1

**Norms for the age group: Elites (Girls aged 18 & above)**

Category	Female (Dist. In meters)	Rating Scale
<b>Excellent</b>	>2600	5
<b>Very Good</b>	2200 - 2560	4
<b>Good</b>	1800 - 2160	3
<b>Moderate</b>	1520 - 1760	2
<b>Low</b>	1200 - 1480	1
<b>Poor</b>	<1200	0

**Norms for the age group: Girls aged 16 years to 19 years**

Category	Female (Dist. In meters)	Rating Scale
<b>Excellent</b>	>1160	5
<b>Very Good</b>	1040 - 1160	4
<b>Good</b>	880 - 1000	3
<b>Moderate</b>	720 - 840	2
<b>Low</b>	520 - 680	1
<b>Poor</b>	<520	0

**Norms for the age group: Girls aged 13 years to 15 years**

Category	Female (Dist. In meters)	Rating Scale
Excellent	>1000	5
Very Good	880 - 1000	4
Good	720 - 840	3
Moderate	560 - 680	2
Low	400 - 520	1
Poor	<400	0

▪ **Yo-Yo Intermittent Endurance Test Level 1**

**Age Group: Girls aged 18 & above**

Category	Female (Dist. In meters)	Rating scale
Excellent	>4120	5
Very good	3920-4120	4
Good	3720-3880	3
Moderate	3520-3680	2
Low	3320-3480	1
Poor	<800	0

**Age group: Girls aged below 18**

Category	Female (Dist. In meters)	Rating scale
Excellent	>1240	5
Very good	1160 - 1240	4
Good	1000 - 1120	3
Moderate	840 - 960	2
Low	680 -800	1
Poor	<680	0

▪ **YO-YO TEST Intermittent Endurance Test Level 2**

**Age Group: Girls aged 18 & Above**

Category	Female (Dist. In meters)	Rating scale
Excellant	>2600	5
Very good	2240 – 2600	4
Good	1740 – 2200	3
Moderate	1240 – 1700	2
Low	800 – 1200	1
Poor	<800	0

**Age group: Girls aged 18 & below**

Category	Female (Dist. In meters)	Rating scale
Excellent	>1240	5
Very good	1160 - 1240	4
Good	1000 - 1120	3
Moderate	840 - 960	2
Low	680 - 800	1
Poor	<680	0

- **YO-YO TEST IR2 (Youth girls should not be tested with IR2. Only with IR1)**

**Age Group : Elites – 18 & above**

Category	Female (Dist. In meters)	Rating scale
Excellent	>1200	5
Very good	1000 - 1060	4
Good	800 - 960	3
Moderate	680 - 760	2
Low	560 - 640	1
Poor	<560	0

- **CREATIVE SPEED**

**Age group: Girls aged 18 years and above**

Category	Female (Time in seconds)	Rating Scale
Excellent	<18	5
Very Good	18 - 19	4
Good	19 - 20	3
Moderate	20 - 21	2
Low	21 - 23	1
Poor	>23	0

**Age group: 15 - 17 years**

Category	Female (Time in seconds)	Rating Scale
Excellent	<19	5
Very Good	19 - 20	4
Good	20 - 21	3
Moderate	21- 22	2
Low	22 - 24	1
Poor	>24	0



- **ARROWHEAD AGILITY TEST**

**Age group: 18 years and above**

<b>Category</b>	<b>Female (Time in seconds)</b>	<b>Rating Scale</b>
<b>Excellent</b>	<15.0	5
<b>Very Good</b>	15.0 - 16.0	4
<b>Good</b>	16.0 - 17.0	3
<b>Moderate</b>	17.0 - 18.0	2
<b>Low</b>	18.0 - 19.0	1
<b>Poor</b>	>19.0	0

**Age group: 15 - 17**

<b>Category</b>	<b>Female (Time in seconds)</b>	<b>Rating Scale</b>
<b>Excellent</b>	<16.0	5
<b>Very Good</b>	16.0 - 17.0	4
<b>Good</b>	17.0 - 18.0	3
<b>Moderate</b>	18.0 - 19.0	2
<b>Low</b>	19.0 - 20.0	1
<b>Poor</b>	>20.0	0

- **SHORT-DRIBBLING TEST**

**Age group: 18 years and above**

<b>Category</b>	<b>Female (Time in seconds)</b>	<b>Rating Scale</b>
<b>Excellent</b>	<11.0	5
<b>Very Good</b>	11.0 - 12.0	4
<b>Good</b>	12.0 - 13.0	3
<b>Moderate</b>	13.0 - 14.0	2
<b>Low</b>	14.0 - 15.0	1
<b>Poor</b>	>15.0	0

**Age group: 17 - 15 years**

<b>Category</b>	<b>Female (Time in seconds)</b>	<b>Rating Scale</b>
<b>Excellent</b>	<12.0	5
<b>Very Good</b>	12.0 - 13.0	4
<b>Good</b>	13.0 - 14.0	3
<b>Moderate</b>	14.0 - 15.0	2
<b>Low</b>	15.0 - 16.0	1
<b>Poor</b>	>16.0	0

- **VERTICAL JUMP**

**Age group: 18 years and above**

<b>Category</b>	<b>Female (centimeters)</b>	<b>Rating Scale</b>
<b>Excellent</b>	>45	5
<b>Very Good</b>	40-45	4
<b>Good</b>	35-40	3
<b>Moderate</b>	30-35	2
<b>Low</b>	25-30	1
<b>Poor</b>	<25	0

**Age group: 15 - 18**

<b>Category</b>	<b>Female (centimeters)</b>	<b>Rating Scale</b>
<b>Excellent</b>	>40	5
<b>Very Good</b>	40 - 35	4
<b>Good</b>	35 - 30	3
<b>Moderate</b>	30 - 25	2
<b>Low</b>	25 - 20	1
<b>Poor</b>	<20	0

- **BALANCE TEST**

**Age group: 18 years and above**

<b>Category</b>	<b>No. of Falls</b>	<b>Rating Scale</b>
<b>Excellent</b>	0	5
<b>Very Good</b>	1-3	4
<b>Good</b>	4-5	3
<b>Moderate</b>	6-7	2
<b>Low</b>	8-10	1
<b>Poor</b>	>10	0

**Age group: 15 - 18 (Youth players for both genders)**

<b>Category</b>	<b>No. of Falls</b>	<b>Rating Scale</b>
<b>Excellent</b>	0-2	5
<b>Very Good</b>	3-5	4
<b>Good</b>	6-7	3

<b>Moderate</b>	8-10	2
<b>Low</b>	11-15	1
<b>Poor</b>	>15	0

### **Sit & Reach Test (Flexibility)**

#### **Age Group: 18 & above**

	<b>Flexibility test</b>	
<b>Rating</b>	<b>Reach in centimeters</b>	<b>Points</b>
Excellent	>45.6	5
Very Good	42.4 – 45.6	4
Good	35.7 – 42.4	3
Moderate	31.33 – 35.7	2
Low	28.8 – 31.33	1
Poor	<28.8	0

#### **Age Group: 17 – 15**

<b>Category</b>	<b>Reach in centimeters</b>	<b>Rating Scale</b>
Excellent	>45.5	5
Very Good	42.1 – 45.4	4
Good	38.2 – 42.1	3
Moderate	35.5 – 38.2	2
Low	33.1 – 35.5	1
Poor	<33.1	0

### **References:**

1. DICK, F. (1987) *Sprints and Relays*. 5th ed. London, BAAB, p. 22
2. DAVIS, B. et al. (2000) *Physical Education and the Study of Sport*. UK: London, Harcourt Publishers Ltd. p. 125 Table 4.6
3. Santander, Mauro & Anselmi, Horacio & Garcia, Gastón. (2022). Evaluation of the maximum speed in a 30-metre sprint among young Argentine football players. *Archives de Medicine del Deporte*. 39. 132-37. 10.18176/archmeddeporte.00083.
4. Negra, Yassine & Sammoud, Senda & Myers, Tony & Nevill, Alan & Chaabene, Helmi. (2023). Normative Values for Measures of Physical Fitness Among Tunisian School Children. *Journal of Science in Sport and Exercise*. 6. 10.1007/s42978-023-00219-y.
5. *Fitness testing in football : Fitness Training in Soccer II* By Jens Bangsbo, Magni Mohr · 2012
6. *Assessments for Sport and Athletic Performance* by David H. Fukuda.
7. Data analyzed from previous SAI (Kolkata non res. - 2022)
8. Physical fitness norms for female football players by Guðrún Þórbjörg Sturlaugsdóttir Canadian Health Measures

**KHELO INDIA ASSESSMENT TEST NORMS FOR - MALE**

▪ **LINEAR SPRINT (30 Meters)**

Average Sprint Time

Age Group : 18 & above

<b>Testing of Linear Speed - Average time</b>		
<b>Distance in seconds</b>	<b>Rating</b>	<b>Points</b>
<4.10	Excellent	5
4.10-4.20	Very Good	4
4.20-4.30	Good	3
4.30-4.40	Moderate	2
4.40-4.50	Low	1
>4.50	Poor	0

▪ **YO-YO Intermittent Endurance Test - Level 2**

Age Group : 18 & above

<b>Yo-Yo Intermittent endurance test- level 2</b>		
<b>Distance in meters</b>	<b>Rating</b>	<b>Points</b>
>3000m	Excellent	5
2800-3000	Very Good	4
2600-2800	Good	3
2000-2600	Moderate	2
1500-2000	Low	1
<1500	Poor	0

▪ **YO-YO Intermittent Recovery Test – Level 2**

Age Group : 18 & above

<b>Yo-Yo Intermittent Recovery test-Level 2</b>
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Distance in meters	Rating	Points
>1600	Excellent	5
1400-1560	Very Good	4
1200-1360	Good	3
1000-1160	Moderate	2
800-960	Low	1
<800	Poor	0

- **CREATIVE SPEED**

Age Group : 18 & above

Testing of creative speed test		
Distance in seconds	Rating	Points
<16	Excellent	5
16-17	Very Good	4
17-18	Good	3
18-19	Moderate	2
19-21	Low	1
>21	Poor	0

- **ARROWHEAD AGILITY TEST**

Age Group : 18 & above

Testing for Agility		
Distance in seconds	Rating	Points
<14.0	Excellent	5
14.0-15.0	Very Good	4
15.0-16.0	Good	3
16.0-17.0	Moderate	2
17.0-18.0	Low	1
>18	Poor	0

- **SHORT-DRIBBLING TEST**

Age Group : 18 & above

<b>Short dribbling test</b>		
<b>Distance in seconds</b>	<b>Rating</b>	<b>Points</b>
<10.0	Excellent	5
10.0-11.0	Very Good	4
11.0-12.0	Good	3
12.0-13.0	Moderate	2
13.0-14.0	Low	1
>14.0	Poor	0

- **VERTICAL JUMP**

<b>Explosive Power - Counter movement jump test</b>		
<b>Height in cms</b>	<b>Rating</b>	<b>Points</b>
>55	Excellent	5
50-55	Very Good	4
45-50	Good	3
40-45	Moderate	2
35-40	Low	1
<35	Poor	0

- **BALANCE TEST**

Age Group : 18 & above

<b>Balance Beam Test:Norms:0-1 (0-2)</b>		
<b>Falls</b>	<b>Rating</b>	<b>Points</b>
0	Excellent	5
1-3	Very Good	4
4-5	Good	3
6-7	Moderate	2
8-10	Low	1
>10	Poor	0

### Age group: 15 - 18

Category	No. of Falls	Rating Scale
Excellent	0-2	5
Very Good	3-5	4
Good	6-7	3
Moderate	8-10	2
Low	11-15	1
Poor	>15	0

### Sit & Reach Test (Flexibility)

#### Age Group : 18 & above

Rating	Flexibility test	
	Reach in centimeters	Points
Excellent	> 39.8	5
Very Good	37.1 – 39.8	4
Good	33.4 – 37.1	3
Moderate	30.3 – 33.4	2
Low	27.4 – 30.3	1
Poor	<27.4	0

#### Age Group : 15-17

Category	Reach in centimeters	Rating Scale
Excellent	39.7	5
Very Good	36.9 – 39.7	4
Good	33.1 – 36.9	3
Moderate	30 – 33.1	2
Low	27.2 - 30	1
Poor	<27.2	0

### References:

- DICK, F. (1987) *Sprints and Relays*. 5th ed. London, BAAB, p. 22
- DAVIS, B. et al. (2000) *Physical Education and the Study of Sport*. UK: London, Harcourt Publishers Ltd. p. 125 Table 4.6
- Santander, Mauro & Anselmi, Horacio & Garcia, Gastón. (2022). Evaluation of the maximum speed in a 30-metre sprint among young Argentine football players. *Archives de Medicine del Deporte*. 39. 132-37. 10.18176/archmeddeporte.00083.

12. Negra, Yassine & Sammoud, Senda & Myers, Tony & Nevill, Alan & Chaabene, Helmi. (2023). Normative Values for Measures of Physical Fitness Among Tunisian School Children. Journal of Science in Sport and Exercise. 6. 10.1007/s42978-023-00219-y.
13. Fitness testing in football : Fitness Training in Soccer II By Jens Bangsbo, Magni Mohr · 2012
14. Assessments for Sport and Athletic Performance by David H. Fukuda.
15. Data analyzed from previous SAI (Kolkata non res. - 2022)
16. Physical fitness norms for Male football players by Guðrún Þórbjörg Sturlaugsdóttir



## Evaluation chart on the basis of key performance indicator

<b>Full Backs</b>	<b>Name of Athlete:</b>	<b>Player</b>	<b>Coach</b>	<b>Achieved</b>	<b>Rating</b>	
Physiological	Intermittent Endurance Capacity	0	0	0	0	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	0	<b>IR</b>
	Sprint Ability	0	0	0	0	<b>Linear sprint</b>
	Agility	0	0	0	0	<b>Arrowhead agility</b>
	Explosive power	0	0	0	0	<b>Vertical jump</b>
	Balance	0	0	0	0	<b>Balance beam test</b>
	Flexibility	0	0	0	0	<b>Sit and reach test</b>
Tactical	Support Play	0	0			
	When to cross	0	0			
	Passing	0	0			
	Running off the ball	0	0			
	Forcing outside	0	0			
Technical-Defending	Tackle	0	0			
	Pressing	0	0			
	opposition interception	0	0			
	Anticipation	0	0			
	Clearance	0	0			
	Defensive header	0	0			
Technical-Attacking	Tackle	0	0			
	Interception	0	0			
	anticipation	0	0			
	Dribbling	0	0			
	Running with the ball	0	0			
	Clearance	0	0			
	Defensive header	0	0			
	header	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score
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# Key performance Indicator for Full Backs in Football



<b>Wide Mid field</b>	<b>Name of Athlete:</b>	<b>Playe r</b>	<b>Coac h</b>	<b>Achieve d</b>	<b>Ratin g</b>	
Physiological	Intermittent Endurance Capacity	0	0	0	0	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	0	<b>IR</b>
	Sprint Ability	0	0	0	0	<b>Linear sprint</b>
	Agility	0	0	0	0	<b>Arrowhead agility</b>
	Explosive power	0	0	0	0	<b>Vertical jump</b>
	Balance	0	0	0	0	<b>Balance beam test</b>
	Flexibility	0	0	0	0	<b>Sit and reach test</b>
Tactical	Vision	0	0			
	Organisation	0	0			
	Communication	0	0			
Technical-Defending	Tackle	0	0			
	Pressing	0	0			
	opposition	0	0			
	Interception	0	0			
	Anticipation	0	0			
	Heading	0	0			
	Cover full back	0	0			
Technical-Attacking	Passing	0	0			
	Running with the ball	0	0			
	Dribbling	0	0			
	Support play	0	0			
	Crossing	0	0			
	Shooting	0	0			
	Heading	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score
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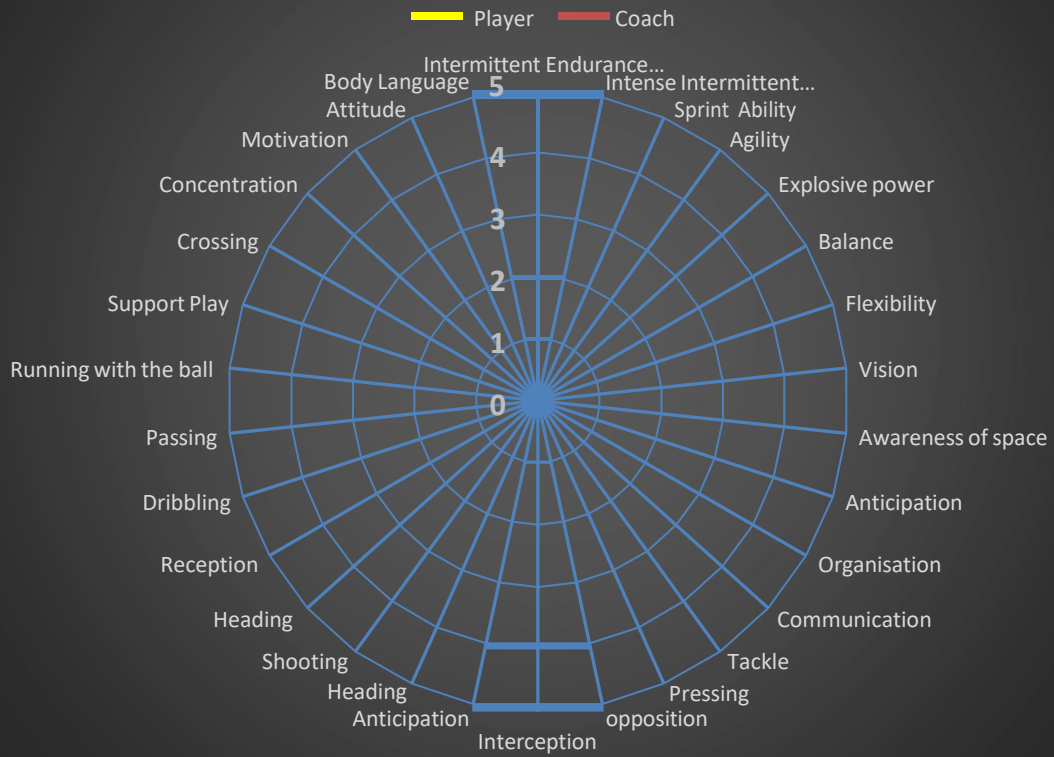
# Key performance Indicator for Wide Midfield in Football



<b>Strikers</b>	<b>Name of Athlete:</b>	<b>Player</b>	<b>Coach</b>	<b>Achieved</b>		
Physiological	Intermittent Endurance Capacity	0	0	0	<b>Low</b>	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	<b>Moderate</b>	<b>IR</b>
	Sprint Ability	0	0	0	<b>Poor</b>	<b>Linear sprint</b>
	Agility	0	0	0	<b>Moderate</b>	<b>Arrow head agility</b>
	Explosive power	0	0	0	<b>Very Good</b>	<b>Vertical jump</b>
	Balance	0	0	0	<b>Very Good</b>	<b>Balance beam test</b>
	Flexibility	0	0	0	<b>Excellent</b>	<b>Sit and reach test</b>
Tactical	Vision	0	0			
	Awareness of space	0	0			
	Anticipation	0	0			
	Organisation	0	0			
	Communication	0	0			
Technical-Defending	Tackle	0	0			
	Pressing	0	0			
	opposition	0	0			
	Interception	0	0			
	Anticipation	0	0			
	Heading	0	0			
Technical-Attacking	Shooting	0	0			
	Heading	0	0			
	Reception	0	0			
	Dribbling	0	0			
	Passing	0	0			
	Running with the ball	0	0			
	Support Play	0	0			
	Crossing	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score
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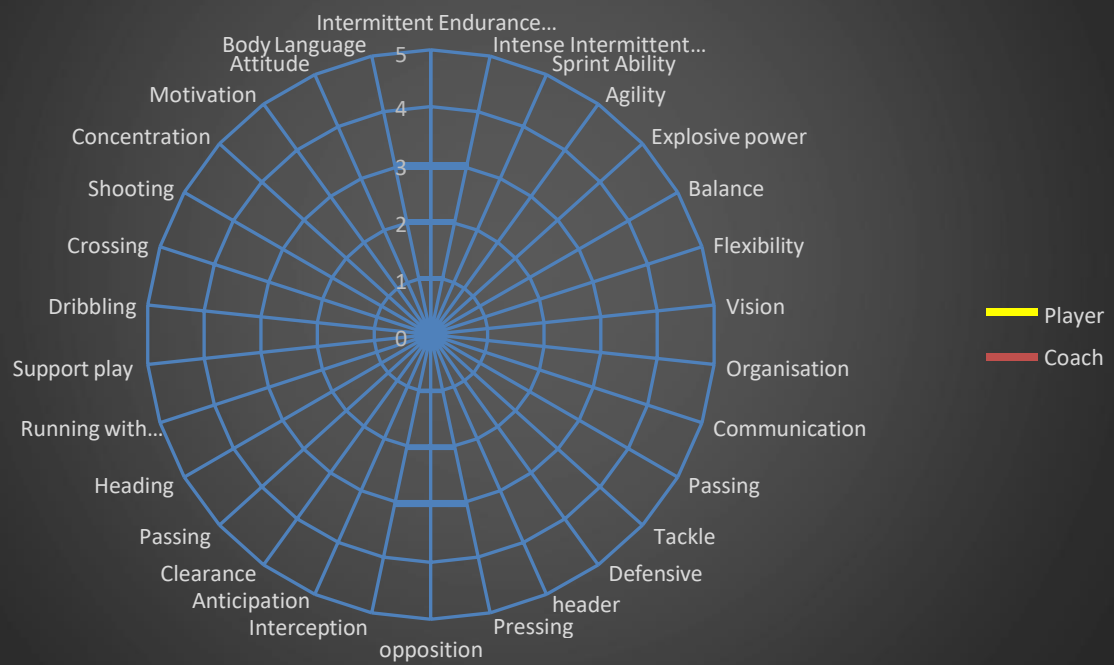
# Key performance Indicator for Strikers in Football



<b>Centre Backs</b>	<b>Name of Athlete:</b>	<b>Player</b>	<b>Coach</b>	<b>Achieved</b>	<b>Rating</b>	
Physiological	Intermittent Endurance Capacity	0	0	0	0	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	0	<b>IR</b>
	Sprint Ability	0	0	0	0	<b>Linear sprint</b>
	Agility	0	0	0	0	<b>Arrow head agility</b>
	Explosive power	0	0	0	0	<b>Vertical jump</b>
	Balance	0	0	0	0	<b>Balance beam test</b>
	Flexibility	0	0	0	0	<b>Sit and reach test</b>
Tactical	Vision	0	0			
	Organisation	0	0			
	Communication	0	0			
	Passing	0	0			
Technical-Defending	Tackle	0	0			
	Defensive header	0	0			
	Pressing	0	0			
	opposition	0	0			
	Interception	0	0			
	Anticipation	0	0			
	Clearance	0	0			
Technical-Attacking	Passing	0	0			
	Heading	0	0			
	Running with the ball	0	0			
	Support play	0	0			
	Dribbling	0	0			
	Crossing	0	0			
	Shooting	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score
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# Key performance Indicator for Centre Backs in Football

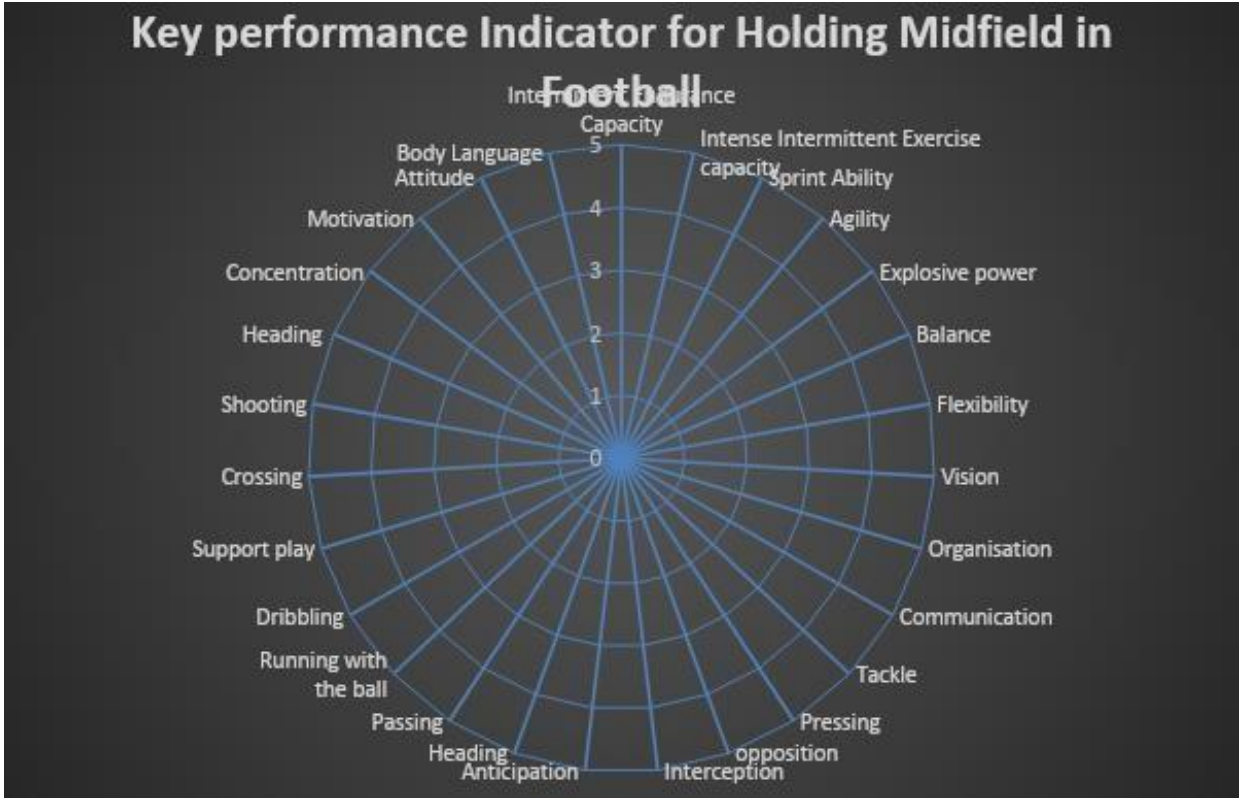




<b>Holding Mid field</b>	<b>Name of the Player</b>	<b>Player</b>	<b>Coach</b>	<b>Achieved</b>	<b>Rating</b>	
Physiological	Intermittent Endurance Capacity	0	0	0	0	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	0	<b>IR</b>
	Sprint Ability	0	0	0	0	<b>Linear sprint</b>
	Agility	0	0	0	0	<b>Arrow head agility</b>
	Explosive power	0	0	0	0	<b>Vertical jump</b>
	Balance	0	0	0	0	<b>Balance beam test</b>
	Flexibility	0	0	0	0	<b>Sit and reach test</b>
Tactical	Vision	0	0			
	Organisation	0	0			
	Communication	0	0			
Technical-Defending	Tackle	0	0			
	Pressing	0	0			
	opposition	0	0			
	Interception	0	0			
	Anticipation	0	0			
	Heading	0	0			
Technical-Attacking	Passing	0	0			
	Running with the ball	0	0			
	Dribbling	0	0			
	Support play	0	0			
	Crossing	0	0			
	Shooting	0	0			
	Heading	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

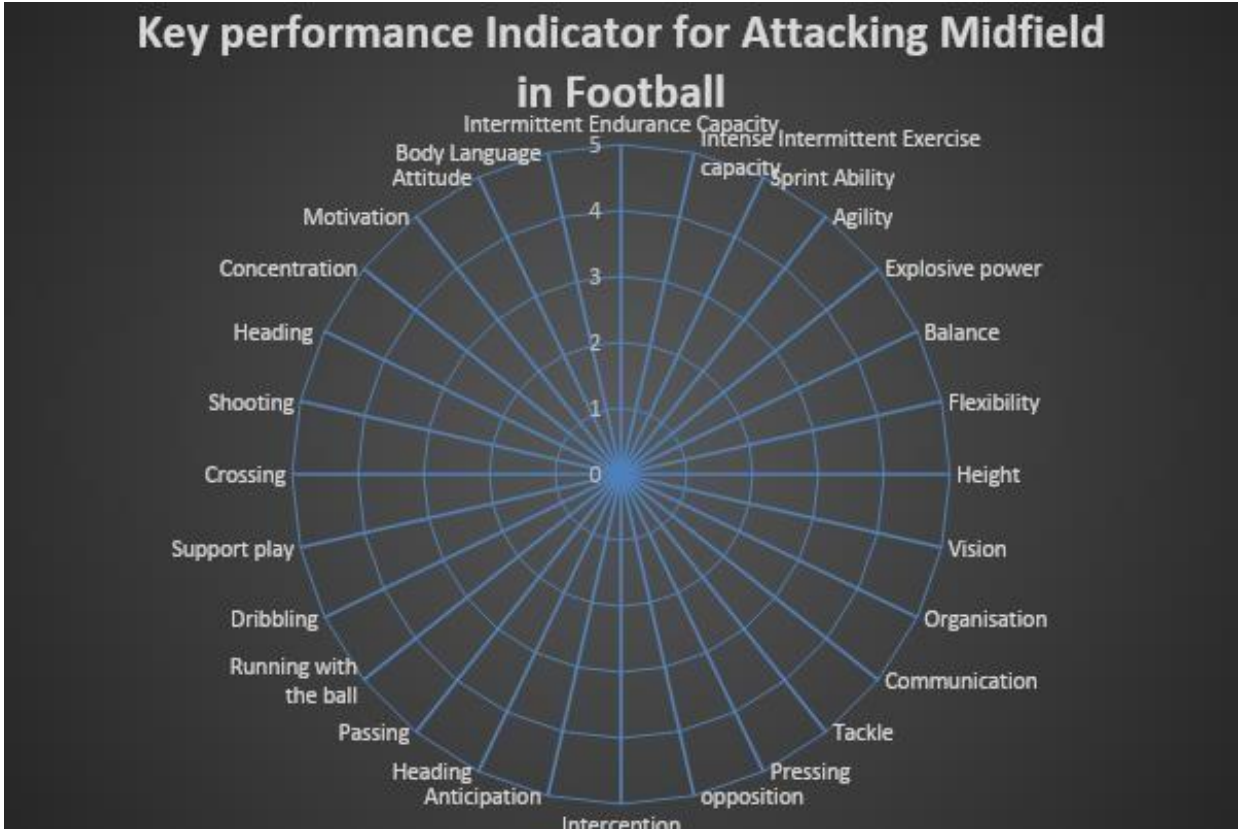
Total Score	Average Score
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<b>Attacking Mid field</b>	<b>Name of the Player</b>	<b>Player</b>	<b>Coach</b>	<b>Achieved</b>	<b>Rating</b>	
Physiological	Intermittent Endurance Capacity	0	0	0	0	<b>IE</b>
	Intense Intermittent Exercise capacity	0	0	0	0	<b>IR</b>
	Sprint Ability	0	0	0	0	<b>Linear sprint</b>
	Agility	0	0	0	0	<b>Arrowhead agility</b>
	Explosive power	0	0	0	0	<b>Vertical jump</b>
	Balance	0	0	0	0	<b>Balance beam test</b>
	Flexibility	0	0	0	0	<b>Sit and reach test</b>
	Height	0	0			
Tactical	Vision	0	0			
	Organisation	0	0			
	Communication	0	0			
Technical-Defending	Tackle	0	0			
	Pressing	0	0			
	opposition	0	0			
	Interception	0	0			
	Anticipation	0	0			
	Heading	0	0			
Technical-Attacking	Passing	0	0			
	Running with the ball	0	0			
	Dribbling	0	0			
	Support play	0	0			
	Crossing	0	0			
	Shooting	0	0			
	Heading	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score



## Induction

TIDC recommended the following competitions/camps for identification of Khelo India and NCOE athletes:

Sr. No.	Competition/Camp
1	Men's Sub-Junior & Junior National Camp
2	Women's Sub-Junior & Junior National Camp
3	Men's Sub-Junior & Junior National Football Championship
4	Women's Sub-Junior & Junior National Football Championship
5	Khelo India Youth Games
6	Khelo India University Games
7	Khelo India Women's League
8	Inter-SAI STC Football Tournament
9	SGFI Nationals (Final Round)
10	Subroto Cup (Final Round)
11	RFYS National Championship (Final Round)
12	U17 & U19 Youth League (Final Round)
13	Indian Women's league

Following is the age criteria decided by TIDC:

Sr. No.	Scheme	Age Group
1	Khelo India	21 Years old and below
2	SAI National Centre of Excellence (NCOE)	15 to 22 Years

The gender wise ratio for KIAs by TIDC is 60:40 in percent (60 % Female and 40 % Male) as mentioned below:-

Sanctioned Strength	Male	Female
120	48	72

In addition to this TIDC also concurred the following criteria of Induction and weeding out.

- Induction of Khelo India scheme will be done once a year.
- Identified athletes from competitions will be called for a performance assessment camp in SAI NCOEs wherein the athletes will undergo game specific and sports science tests. However, performance assessment of athletes identified in national camp will be done there itself by HPM/TIDC members. The induction of the athlete into Khelo India and NCOE scheme will be determined based on the athlete's performance in the assessment camp.

## **Weeding-out**

### Weeding out criteria for Khelo India Scheme:

- a. Weeding out of Khelo India athletes will be done once a year.
- b. A Khelo India athlete will be weed out from the scheme if they have no participation in AIFF-recognized national level tournaments or championship throughout the year.
- c. Two assessment camps will be held for all Khelo India athletes each year, and participation in the camps is mandatory. Their continuation in the Khelo India scheme will be determined based on the performance in both camps. A warning letter will be sent to the athletes who don't meet the benchmark after the first assessment camp so that they can improve their performance in the second assessment camp.
- d. If an athlete is undergoing a major injury and is unable to participate in assessment camps or competitions, they must inform to HPM-Football and submit medical reports; these reports will be examined by experts and based on their remarks, continuation of the athlete in the Khelo India scheme will be decided by TIDC.

### Weeding out criteria for NCOE:

- a. Weeding out of NCOE athletes will be done once a year based on their performance.
- b. Disciplinary cases will be treated as and when they arise on priority.
- c. Assessment of NCOE athletes shall be done under respective NCOEs and the performance data shall be used to determine athlete's continuation under the scheme. A warning letter may be issued by respective NCOE Incharge to the athletes who have shown declining performance.
- d. NCOE coaches can recommend athletes for weeding out, based on the justification provided by the coaches TIDC will take the decision.

**HIGH PERFORMANCE ANALYSIS CELL**  
**SCOUTING TEMPLATE**

Date:

<b>Personal Information</b>	
<b>Name</b>	
<b>DoB</b>	
<b>Position</b>	
<b>State</b>	
<b>Height</b>	
<b>Right or Left Foot</b>	
<b>Blood Group</b>	

<b>Match Condition</b>	
<b>Weather</b>	
<b>Field Size</b>	
<b>Game Condition</b>	

**ASSESSMENT SCORE ON A SCALE OF 1 -10**

<b>Personality &amp; Attitude</b>	
<b>Is he tough minded</b>	
<b>Confident</b>	
<b>Enthusiastic</b>	
<b>Composed</b>	
<b>Responsibility</b>	

<b>Intelligence</b>	
<b>How well does he understand his role?</b>	
<b>How well does he read the game?</b>	
<b>Does he make good decisions?</b>	

<b>Speed</b>	
<b>How quick?</b>	
<b>Pace Modulation?</b>	
<b>Pace with the ball?</b>	

<b>Fitness</b>	
<b>Physicality</b>	
<b>Endurance</b>	
<b>Last game physical performance</b>	

<b>Effectiveness</b>	
<b>To what extent does he affect the game?</b>	

<b>Leadership</b>	
<b>Does he/she have leadership qualities?</b>	

<b>Technique</b>	
<b>Technique based on position</b>	
<b>Range of techniques?</b>	
<b>First touch</b>	

<b>Total Score :</b>	
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**Grade :**

**A** = 140 Above

**B** = 139-125

**C** = Below 125

RECOMMENDED GRADE:

**A** = RECOMMENDED    **B** = SEE AGAIN    **C** = NOT UP TO STANDARD

<b>Strength</b>	
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<b>Weakness</b>	
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<b>Recommendation</b>	
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<b>Scout's Name :</b>	
<b>Signature</b>	

**Reference:**

1. Fitness testing in football : Fitness Training in Soccer II By Jens Bangsbo, Magni Mohr · 2012 Pg 50-53
2. Assesments for Sport and Athletic Performance by David H. Fukuda.



