

Aurora Evaluation Set-Up: U7/U9/City Sessions (50-60mins)

Set Up/Sign In

- 20-30mins of Skills & 30-40mins of Games

Sign in will be at the Aurora Tent at the fields entrance.

All players will go sign-in to receive their bib for the session.

****Please arrive 30mins before your session start time****

Procedure

Format

- Skills will be done in the station dormant for U9 and City
- U7 will each get a ball and we will go through fun games

Formation

- 7v7: 1 (goalie), 2 (defenders), 3 (midfielders), 1 (striker)
- 5v5: 1 (goalie), 1 (defenders), 2 (wingers), 1 (strikers)

Substitutions

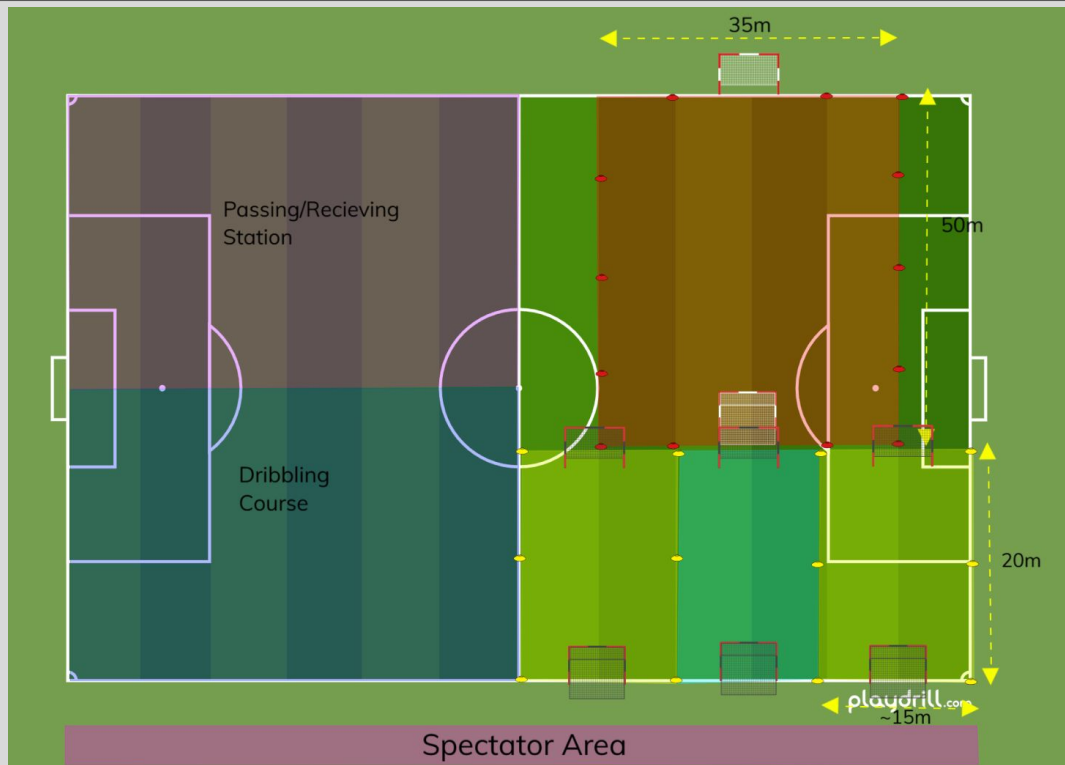
Handled by the Helpers will occur in their positions to the best we Can, depending on numbers players may need to rotate equally through the positions including goalie.

*****Subs will occur every 4-6mins***** (Water Breaks will occur if Weather is too hot or group size is too small; At halfway mark)

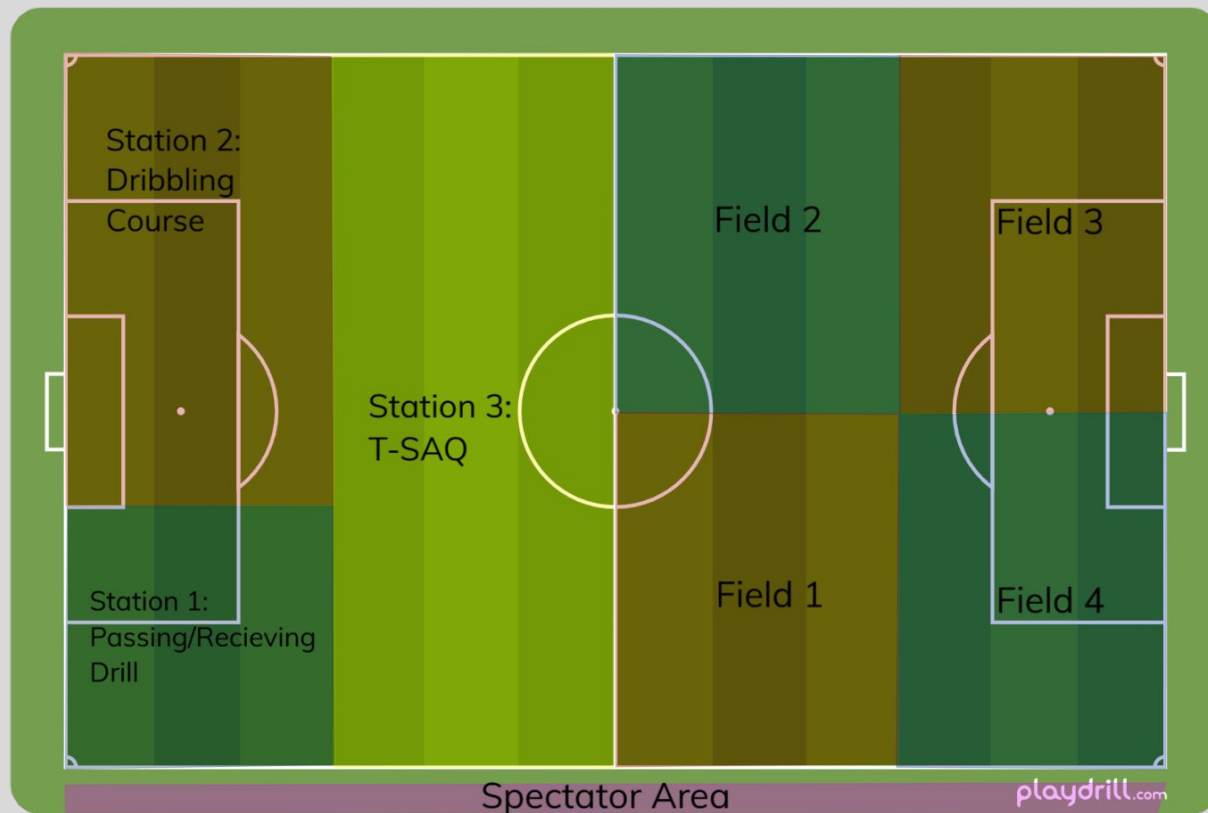
Rules

Regular FIFA rules except:

- Once the ball goes out, it is a throw-in for the opposing team
- Once a team has scored, restart from kick-off.



Aurora Evaluation Set-Up: Field Orientation for Skill Sessions



Sign-In

Sign in will be at the Aurora Tent at the fields entrance.

All players will go sign-in to receive their bib for the session.

****Please arrive 30mins before your session start time****

Spectator Area

All spectators will need to stay in the designated area.

****No Coaching or Guiding players will be allowed during the duration of any sessions****

Station 1: Passing/Receiving Drill (25mins)

Objective - To assess the passing accuracy and first touch of the player

Set Up

- 4 red cones are placed 3m apart in a T-shape
- A blue cone is placed 5m away from the central red cone

Procedure

Pass 1 - The player(Blue Marker) will receive a pass between the Center and right cone and pass it back to the coach in two touches

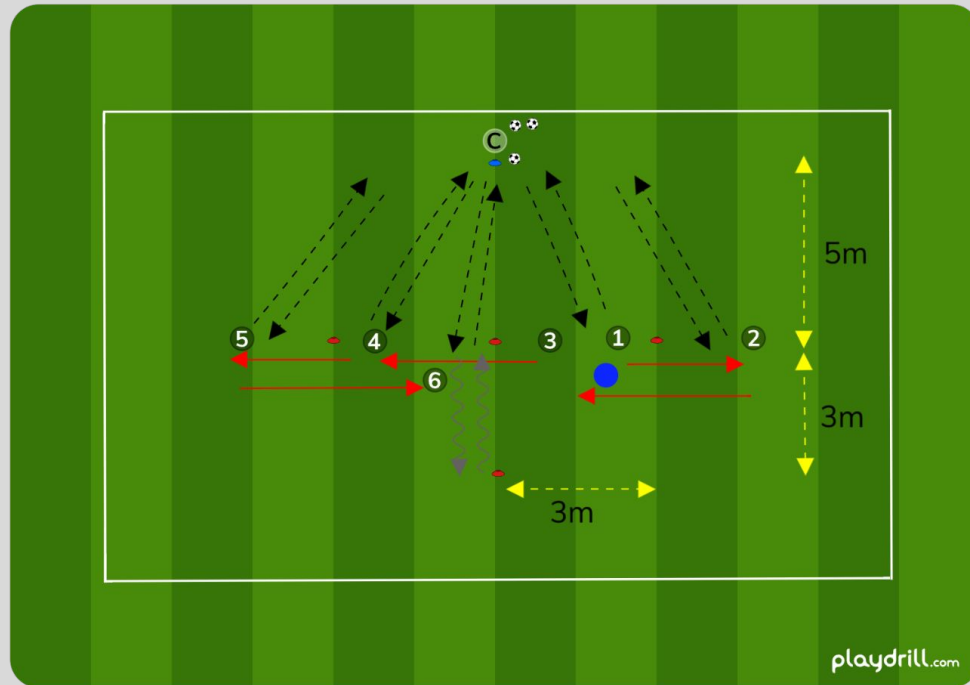
Pass 2 - The player will move to the outside of the right cone, receive a pass and pass it back to the coach in two touches

Pass 3 - The player will move between the center and right cone, receive a pass and pass it back to the coach in two touches

Pass 4 - The player will move between the center and left cone, receive a pass and pass it back to the coach in two touches

Pass 5 - The player will move outside the left cone, receive a pass and pass it back to the coach in two touches

Pass 6 - The player will move between the center and left cone, receive a pass, dribble to the bottom cone, perform a turn at the bottom cone and dribble back to the middle cone and pass it back to the coach



Legend:

- Red - Movement
- Black - Pass
- Grey - Dribble
- Yellow - Distances

Station 2: Dribbling Course (25mins)

Objective

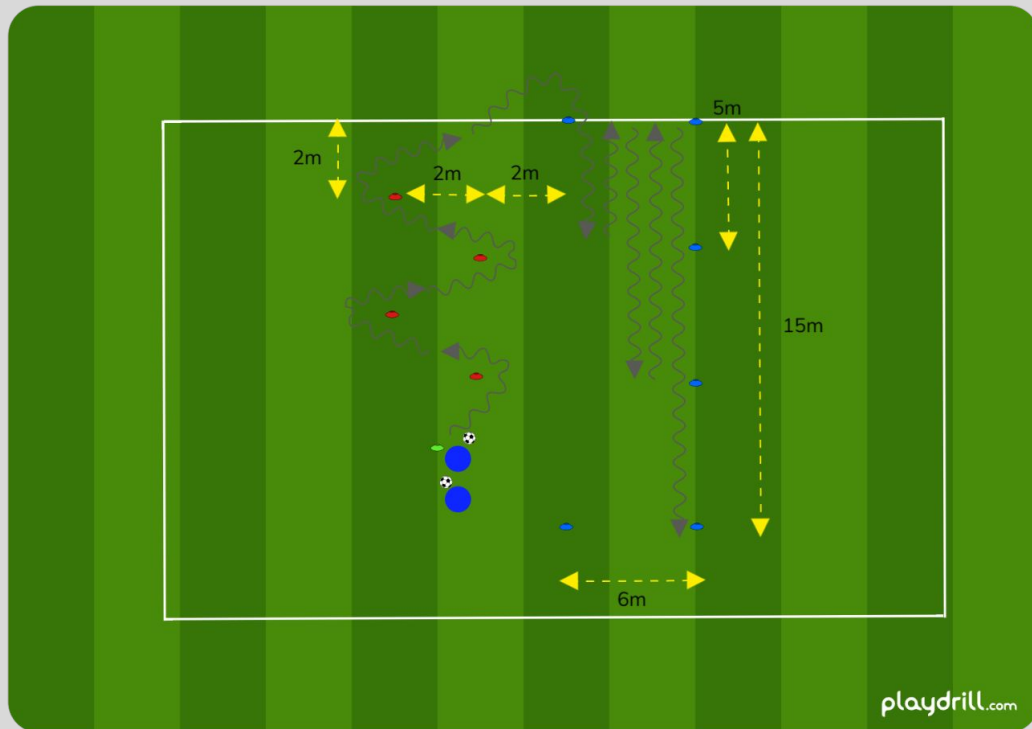
- To assess the players' dribbling ability

Set Up

- A green cone is placed to mark the starting point
- The 1st red cone is 2m forward and 1m to the right of the green cone.
- The 2nd red cone is placed 2m to the left and 2m above the 1st red cone
- The 3rd red cone is placed 2m to the right and 2m above the 2nd red cone
- The 4th red cone is placed 2m to the left and 2m above the 3rd red cone
- An blue cone is placed 2m above and 4m right of the top red cone
- A second blue cone is placed 6m right to the blue cone making a gate
- 3 other blue cones are placed 5m apart in a straight line ending in another 6m blue cone gate

Procedure

- The player(Blue Marker) will start on the green cone and dribble around the red cones in a zig-zag pattern
- The player will dribble with speed to the top blue cone gate
- The player will then dribble to the 5m cone and back to the top line
- The player will dribble to the 10m cone and back to the top line
- The player will dribble through the blue gate at the end to stop their time



Legend:

- Red - Movement
- Black - Pass
- Grey - Dribble
- Yellow - Distances

Station 3: T-SAQ (25mins)

Objectives

- To assess the player's agility and balance

Set Up

1. Agility T-test

- 4 cones placed in a "T" with 10m from bottom to top and side to side, 5m off the top cone both left and right

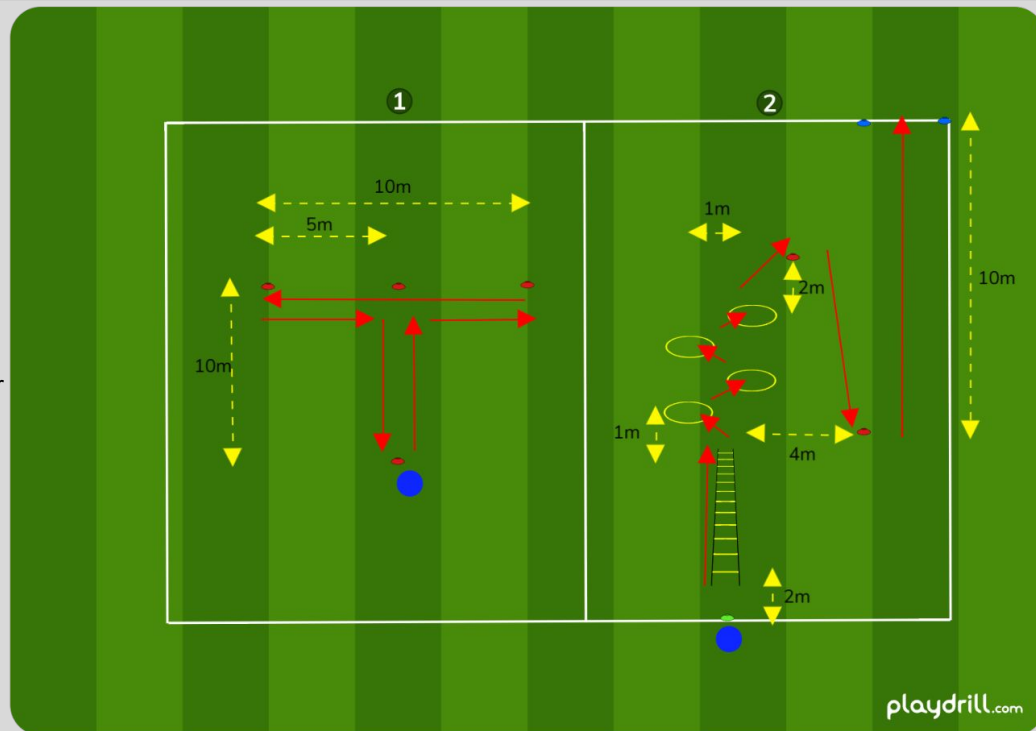
2. SAQ

- A green cone is placed to mark the starting point
- An agility ladder is placed 2m above the green cone
- The first agility ring is placed 1m above, 0.5m to the left of the agility ladder
- The 2nd agility ring is placed 1m to the right and 1m above the 1st ring
- The 3rd agility ring is placed 1m to the left and 1m above the 2nd ring
- The 4th agility ring is placed 1m to the right and 1m above the 3rd ring
- A red cone is placed 2m above the last ring on the right
- A red cone is placed 4m to the right of the top rung of the ladder, with a top red cone placed 10m above the bottom red cone

Procedure

1. Agility T-test - The player will start on the bottom cone, sprint to the top cone, shuffle to the right cone, shuffle to the left cone, shuffle to the middle cone, and backpedal to the bottom cone

2. SAQ - The player will move through the ladder with both feet touching each square. The player will perform single-leg hops through the hoops, round the top red cone to then backpedal to the bottom red cone, and sprint through the blue cone gate to stop their time.



Legend:

- Red - Movement
- Black - Pass
- Grey - Dribble
- Yellow - Distances

Small-Sided Games (20-30mins)

Objectives

- To review players skills shown in the stations in a decision-making environment

Set Up

- The field dimensions are 20m wide x 30m long
- 4 large blue cones will be placed on each of the corners of the field
- 2 small red cones will be placed 15m down the sideline to mark half
- The center of the pug net will be placed 10m on the goal line of the field

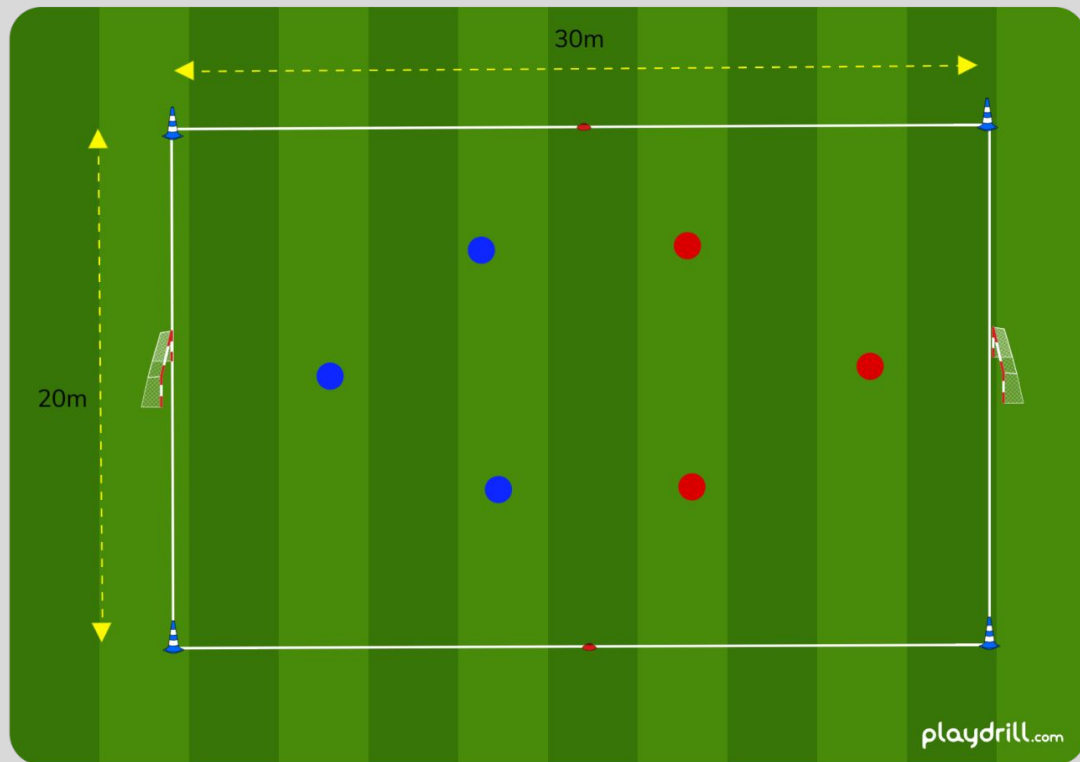
Procedure

- 3 teams will be sent to the field to play 3v3 or 4v4, depending on the numbers
- 2 teams will play a 2-3 minute match
- The team sitting off will then rotate with one of the teams on the field
- Once all 3 teams have played each other, the teams will rotate to another field to be assessed by the other evaluators

Rules

Regular FIFA rules except:

- Once the ball goes out, it is a kick-in for the opposing team
- Once a team has scored, they must retreat to half to allow the other team to start with the ball from their goal.



Legend:

- Red - Movement
- Black - Pass
- Grey - Dribble
- Yellow - Distances

Game Sessions (50-60mins)

Set Up

Two 7v7 Fields (Red)

- 35m by 50m
- Single Bownet on both endlines

Two 9v9 Fields (Yellow)

- 48m by 65m-70m
- Two Bownets together on both endlines

Procedure

Format

- U11 will play on 7v7 (U13 callbacks; depending on #s)
- U13 - U17/19 will play on 9v9

Formation

- 7v7: 1 (goalie), 2 (defenders), 3 (midfielders), 1 (striker)
- 9v9: 1 (goalie), 3 (defenders), 2 (center midfielders), 3 (strikers)

Substitutions

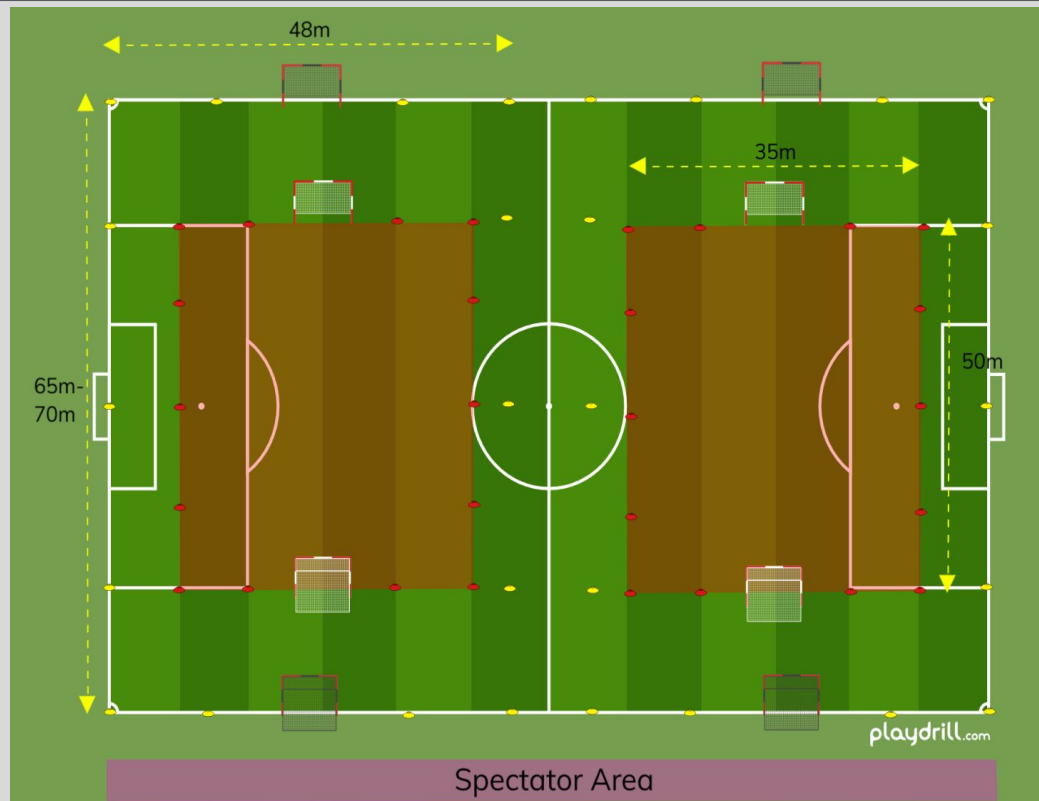
Handled by the Helpers will occur in their positions to the best we Can, depending on numbers players may need to rotate equally through the positions including goalie.

****Subs will occur every 5-7mins. **** (Water Breaks will occur if Weather is too hot or group size is too small; At halfway mark)

Rules

Regular FIFA rules except:

- Once the ball goes out, it is a throw-in for the opposing team
- Once a team has scored, restart from kick-off.



Aurora Staff and Helpers Roles

Evaluators

- Designated Staff Coaches with Aurora doing the Evaluations
- They will have an electronic device out to record marks using SkillShark
- They will have no interaction with players during the course of the session(s)
- Each evaluator will have a pre-determined location and the players will rotate through to the evaluators

Helpers

- Designated Helpers with Aurora to facilitate the Evaluations
- They will be the ones bringing players to the fields and helping organize the players at each station
- They will be incharge of substitutions and helping rotate players during game sessions to allow for an equal showing
- Helpers will not evaluate and will not coach players during the sessions

Format Expectations

- Complete player coverage; Isolated skills, small sided games, and regular season format games (7v7, 9v9) to ensure we are able to witness every aspect of all Aurora players.
- Separation of Helpers and Evaluators; To ensure a smooth process with evaluators just focused on the field and on the players, while helpers ensure players are assisted and motioned to all have equal chance to showcase (I.e. fair subbing, rotations, etc)

*****This is a new format for the club, and we understand we are constantly adapting to give the best experience to all Aurora players*****