



**FootworX Player Test Sheet – Special FX for your feet!**

**PLAYER NAME:** \_\_\_\_\_

**AGE:** \_\_\_\_\_

**CLUB:** \_\_\_\_\_

**TEAM:** \_\_\_\_\_

**USA TRAINER:** \_\_\_\_\_

**TEAM COACH:** \_\_\_\_\_

FootworX - Special FX for your feet!	Test Period 1		Test Period 2		Test Period 3		Test Period 4	
	Date	Score	Date	Score	Date	Score	Date	Score
Test Skill (score each skill in 20 seconds)								
Toe Taps								
Box Balls								
Scissors								
Sole Roles								
Drag Backs								
Ball Maneuver 1 (Outside Outside)								
Ball Maneuver 2 (Outside Outside Inside)								
Ball Maneuver 3 (Inside Inside Outside)								
Ball Maneuver 4 (Outside Outside Cruyff)								
Juggling (One Bounce)								
Juggling (No Bounce)								
Dribbling 1 (Preferred Foot)								
Dribbling 2 (Non-Preferred Foot)								
Turning 1 (Inside)								
Turning 2 (Outside)								
Samba Touches								
Lace Touches (Preferred Foot)								
Lace Touches (Non-Preferred Foot)								
Lace Touches (Alternate)								

ANYONE CAN DO IT – Perfect practice makes perfect with the 10,000 hour rule.

**ELITE = 10,000 hours**

**GOOD = 8,000 hours**

**AVERAGE = 4,000 hours**