

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 Yo-Yo 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	Intense Intermittent 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	Intense Intermittent 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)

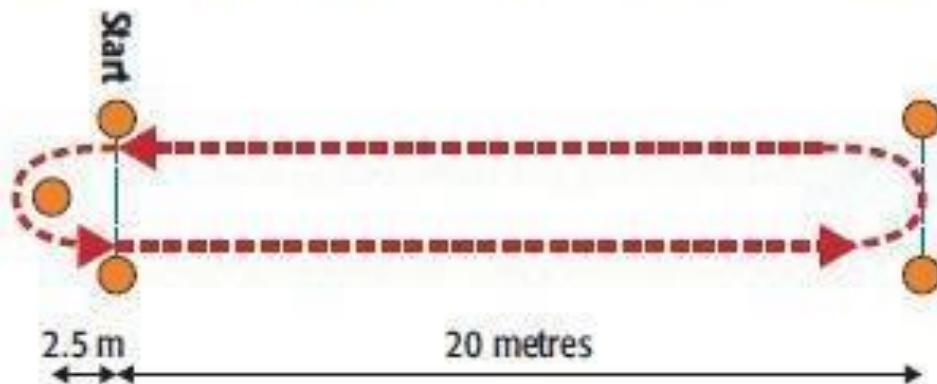
Aim:

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

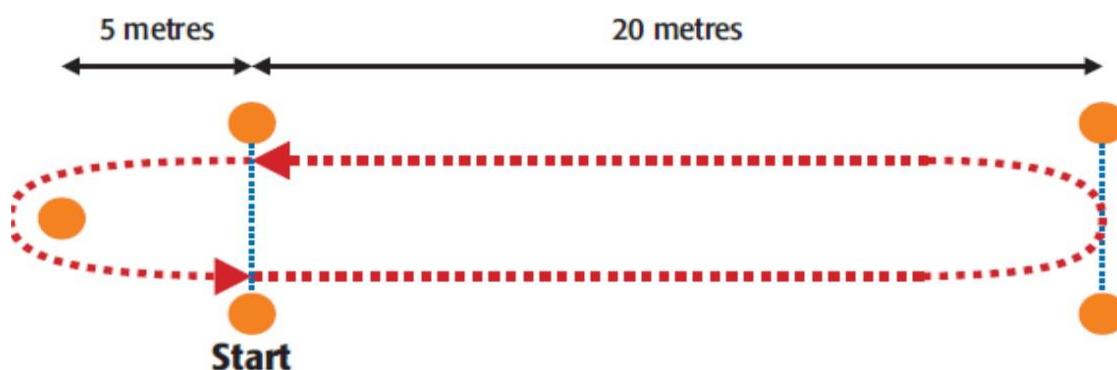
A test of the ability to perform Football specific repeated high intensity exercise.

(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 interspersed by 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 the players upon turning switch 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 VO₂ max values by using the prediction formula given below.

Formula to calculate predicted Vo₂ 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 assess the capacity of a player to perform repeated intense exercises in a game and to evaluate seasonal changes in the physical performance of players.
- III. The test can also be used to monitor the maximal heart rate.

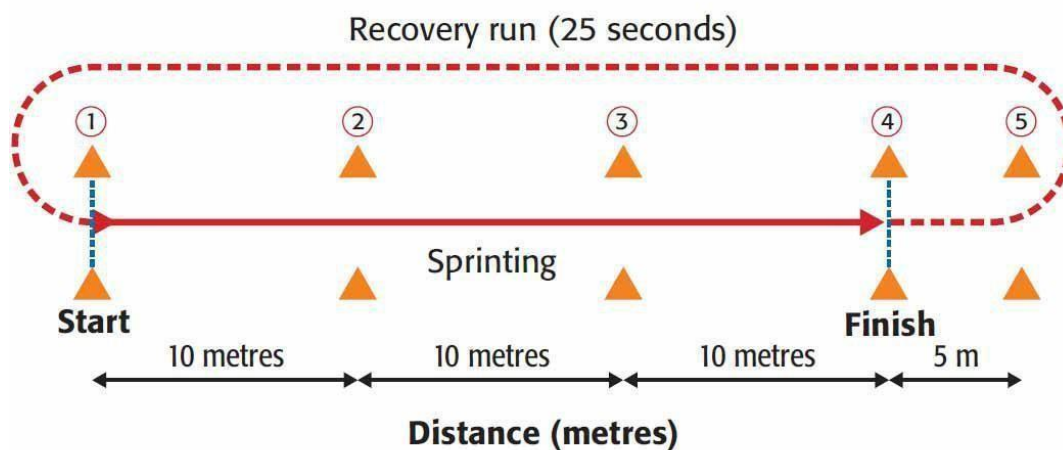
2. TESTING OF SPEED

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 player starts at gate 1 with one foot on the starting line and other foot behind the line. The test leader counts down three, two, one go", then the player starts running and sprints through the 30 metres gate (4). Since the player tends to decelerate before the 30 metres gate (4), the sprint course is extended by five metres to ensure that the true 30 metres sprint performance is recorded. The 10-, 20-, 30- metres 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 metres sprint can be repeated 5 times, each separated by exactly 25 seconds of recovery. After the first sprint the player has 25 seconds to jog back to the starting line. Then the countdown is 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 player's 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:

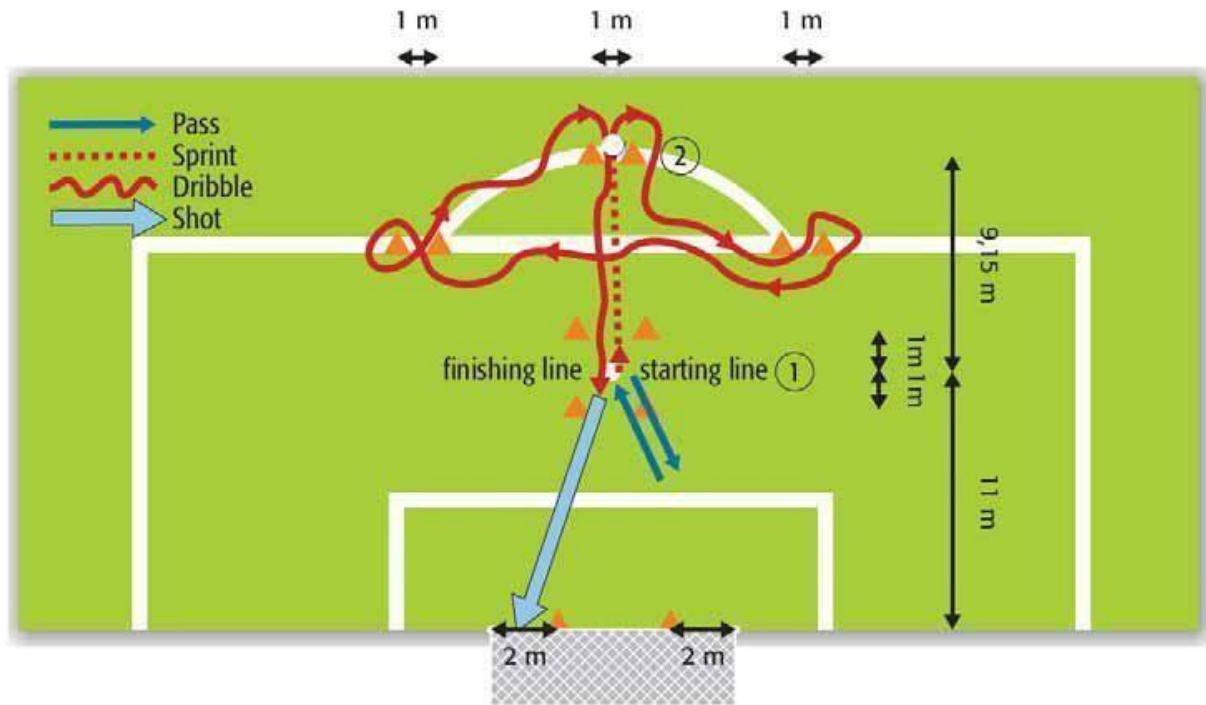
$$4.5\text{secs} - 4.0\text{ secs.} / 4.0\text{secs} \times 100\% = 12.5\%$$

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



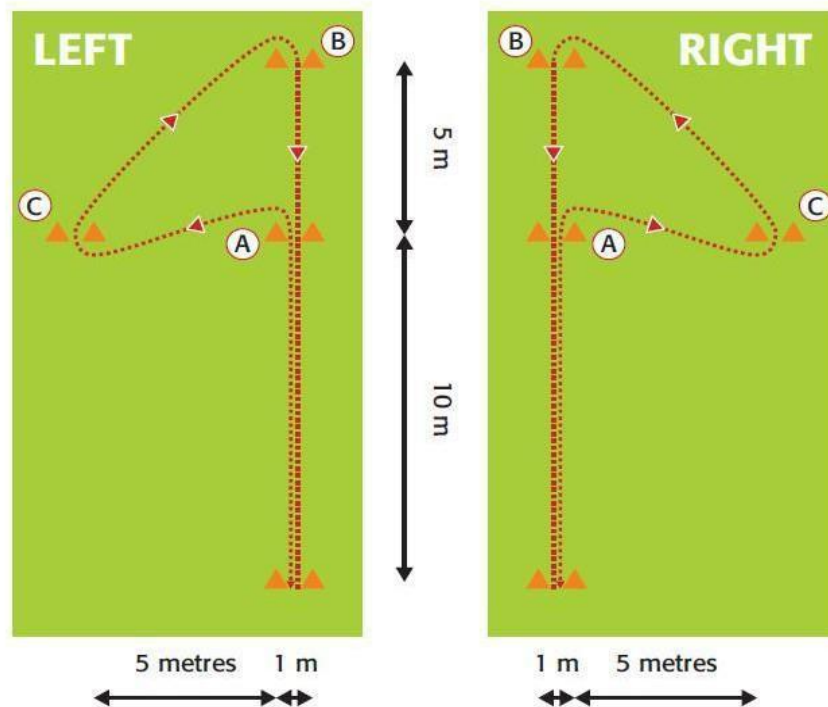
Descriptions:

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 in the figure. When the players get back to point 2, he/she kicks the ball forward and finishes 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 says "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 a range angles and directions.

Test Course of the Arrow-headed Agility Test

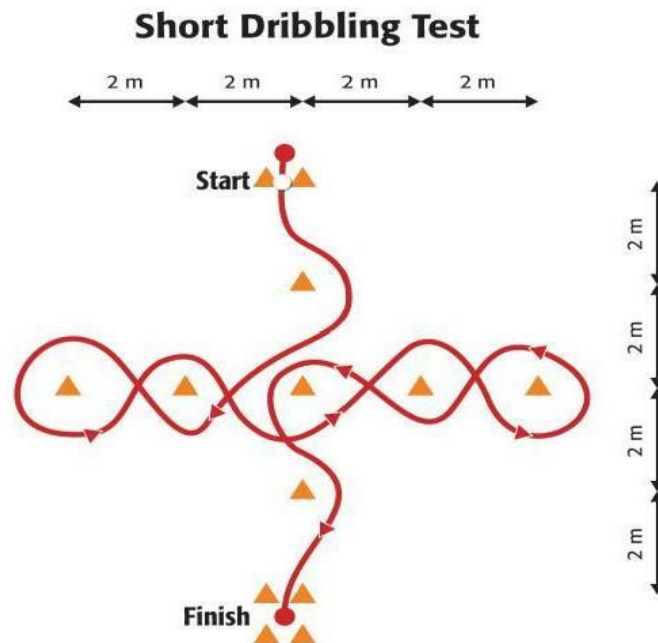


Materials: Stop watch/electronic timing equipment e.g photocells, a measuring tape, 12 markers (height preferably > 1.5 meters) and a pen.

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 players complete 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 the coordination and speed with the ball.

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

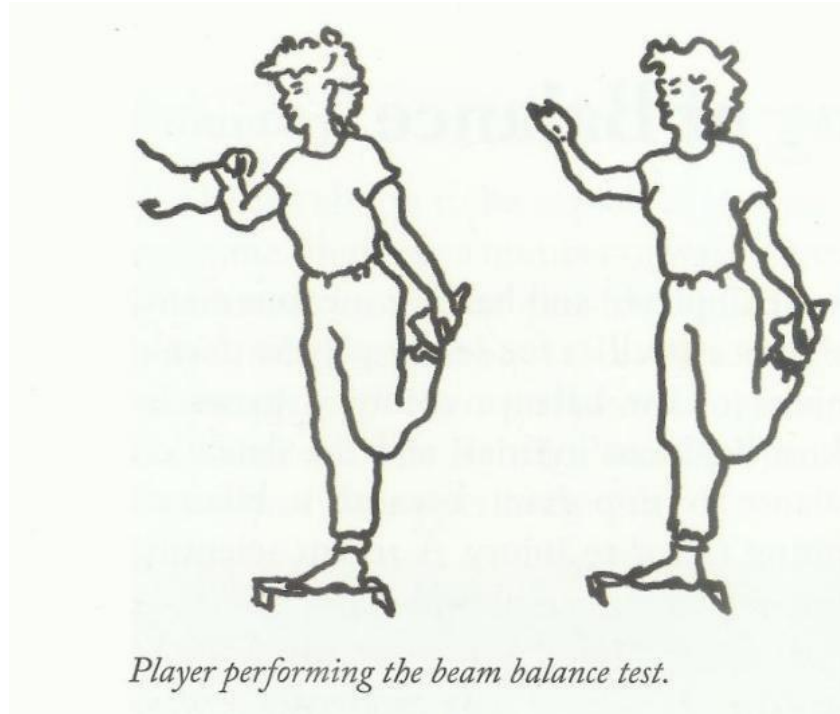
Description:

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

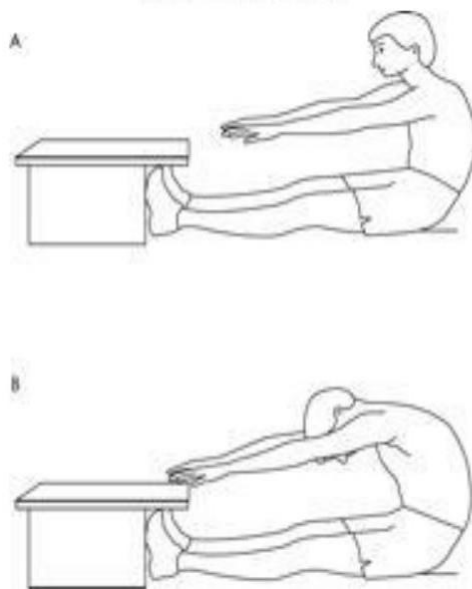
MATERIALS: A balance beam (50- cm long x 3 cm wide x 5cm height), a stop-watch and a pen.



Description:

The player places one foot on the middle of the beam and captures balance while holding a person. 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:

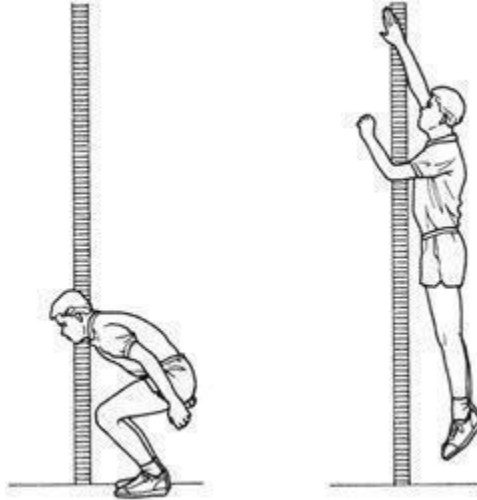
The basic outline of the sit and reach test is described below. Some of the more popular variations are described in more detail above.

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:



Aims: 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.

n 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- **5Points**
- ❖ 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**

Norms for Football Specific Fitness Test

Yo-Yo Intermittent endurance test- level 2 Norm:2600 m (1500-3200m)				
	Distance in meters	Rating		Points
	>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 Norms:1400m (1000-1600 m)				
	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
Testing of Linear Speed .(Average time)Norms:4.13 sec(4.15-4.19 sec)				
	Distance in seconds	Rating		Points
	<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
Testing of creative speed test.Norms:16 sec (16-18 seconds)				
	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

Testing for Agility. Norms: 15 sec (14-16 seconds)

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. Norms: 10 sec (10-11 seconds)

Distance in seconds	Rating	Points
<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

Explosive Power(Counter movement jump test. Arm free-57 cm(49-66 centimeters)

Height in cms	Rating
>55	Excellent
50-55	Very Good
45-50	Good
40-45	Moderate
35-40	Low
<35	Poor

Flexibility test: Norms:12 cms (11-14 centimeters)			
Reach in centimeters	Rating		
>14	Excellent		
11-14	Very Good		
7-10	Good		
4-6	Moderate		
3-5	Low		
<5	Poor		
Balance Beam Test: Norms:0-1 (0-2)			
Falls	Rating		
0	Excellent		
1-3	Very Good		
4-5	Good		
6-7	Moderate		
8-10	Low		
>10	Poor		

Evaluation chart on the basis of key performance indicator

Full Backs	Name of Athlete:	Player	Coach	Achieved	Rating	
Physiological	Intermittent Endurance Capacity	0	0	0	0	IE
	Intense Intermittent Exercise capacity	0	0	0	0	IR
	Sprint Ability	0	0	0	0	Linear sprint
	Agility	0	0	0	0	Arrowhead agility
	Explosive power	0	0	0	0	Vertical jump
	Balance	0	0	0	0	Balance beam test
	Flexibility	0	0	0	0	Sit and reach test
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	0	0			
	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	0	0			
	header	0	0			
Psychological	Concentration	0	0			
	Motivation	0	0			
	Attitude	0	0			
	Body Language	0	0			

Total Score	Average Score

Key performance Indicator for Full Backs in Football

Player Coach



Wide field	Mid	Name of Athlete:	Player	Coach	Achieved	Rating	
Physiological		Intermittent Endurance Capacity	0	0	0	0	IE
		Intense Intermittent Exercise capacity	0	0	0	0	IR
		Sprint Ability	0	0	0	0	Linear sprint
		Agility	0	0	0	0	Arrow head agility
		Explosive power	0	0	0	0	Vertical jump
		Balance	0	0	0	0	Balance beam test
		Flexibility	0	0	0	0	Sit and reach test
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			

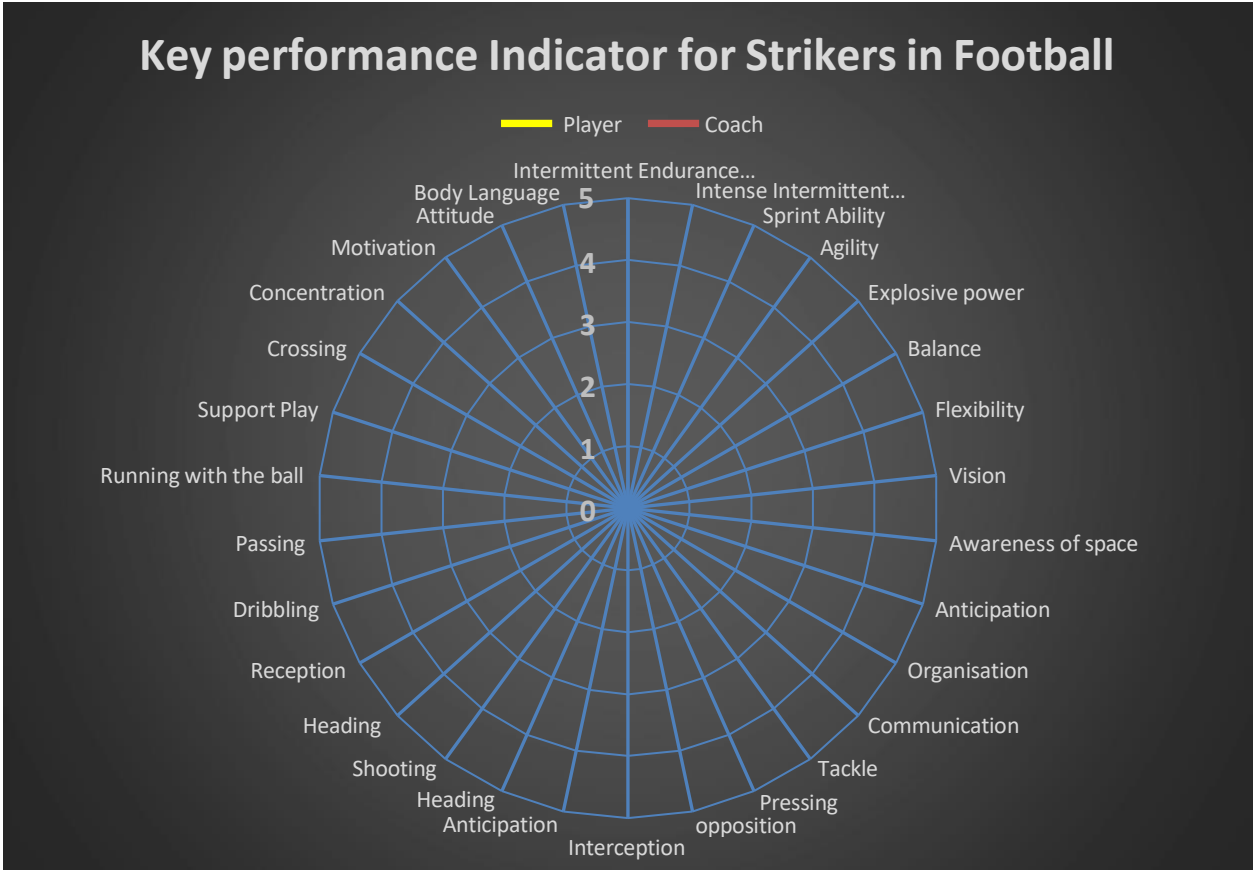
Total Score	Average Score

Key performance Indicator for Wide Midfield in Football



Strikers	Name of Athlete:	Player	Coach	Achieved		
Physiological	Intermittent Endurance Capacity	0	0	0	Low	IE
	Intense Intermittent Exercise capacity	0	0	0	Moderate	IR
	Sprint Ability	0	0	0	Poor	Linear sprint
	Agility	0	0	0	Moderate	Arrow head agility
	Explosive power	0	0	0	Very Good	Vertical jump
	Balance	0	0	0	Very Good	Balance beam test
	Flexibility	0	0	0	Excellent	Sit and reach test
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			

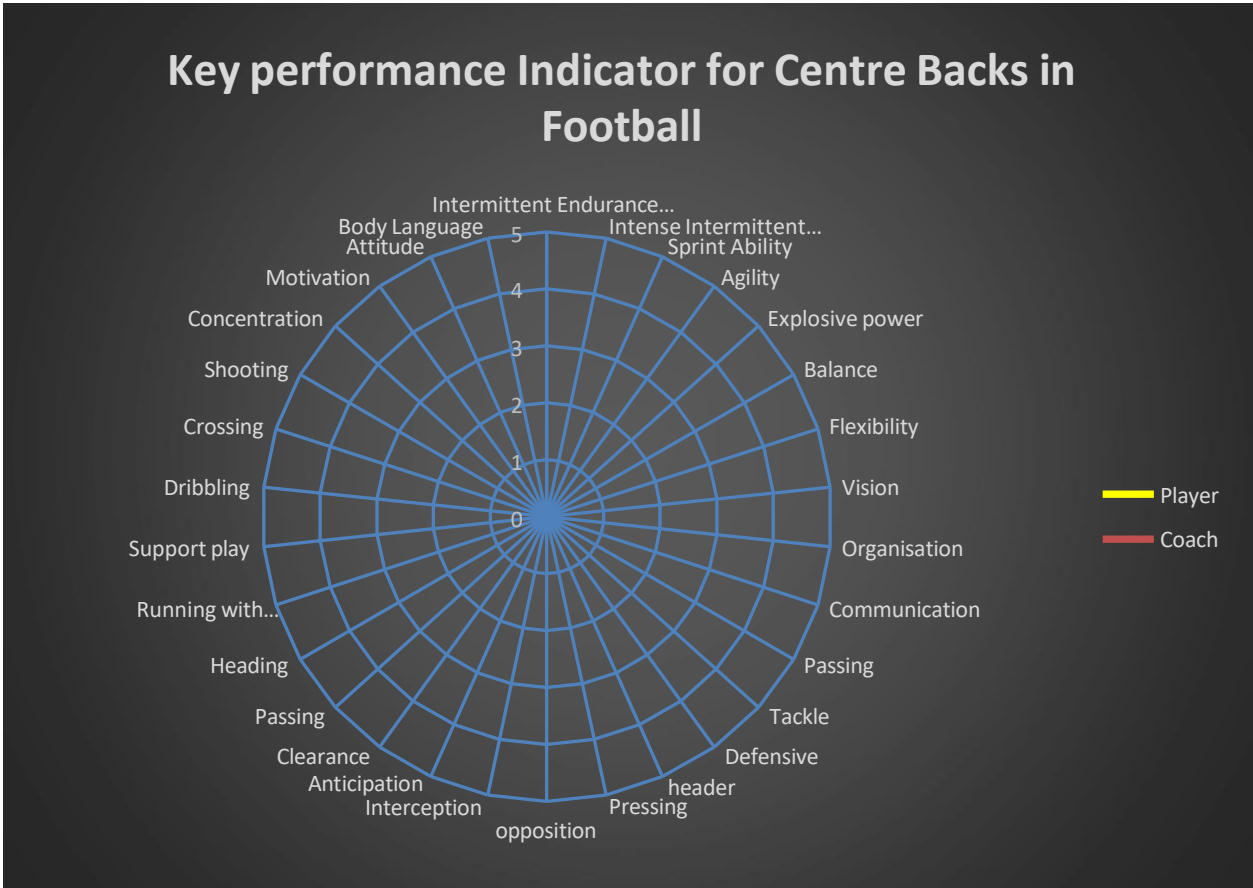
Total Score	Average Score



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

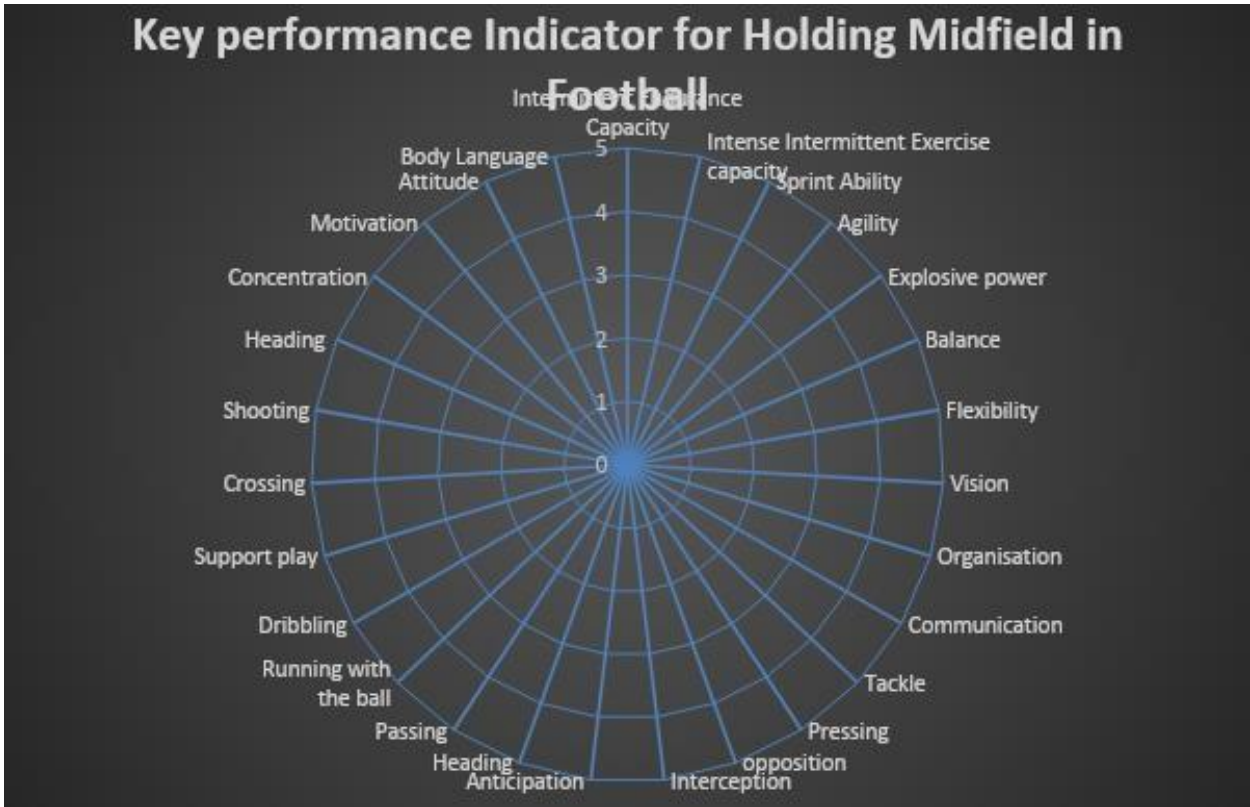
Total Score	Average Score

Key performance Indicator for Centre Backs in Football



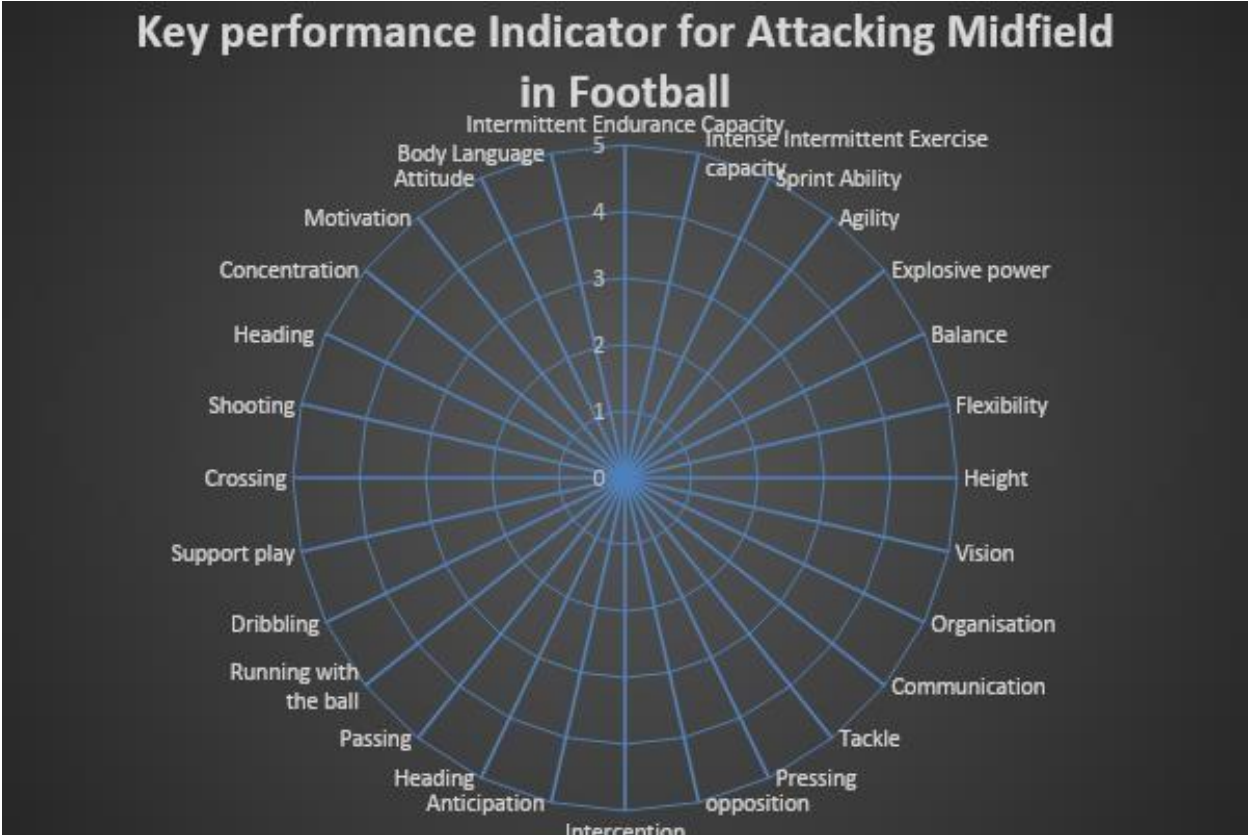
Holding Mid field	Name of the Player	Player	Coach	Achieved	Rating	
Physiological	Intermittent Endurance Capacity	0	0	0	0	IE
	Intense Intermittent Exercise capacity	0	0	0	0	IR
	Sprint Ability	0	0	0	0	Linear sprint
	Agility	0	0	0	0	Arrow head agility
	Explosive power	0	0	0	0	Vertical jump
	Balance	0	0	0	0	Balance beam test
	Flexibility	0	0	0	0	Sit and reach test
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



Attacking Mid field	Name of the Player	Player	Coach	Achieved	Rating	
Physiological	Intermittent Endurance Capacity	0	0	0	0	IE
	Intense Intermittent Exercise capacity	0	0	0	0	IR
	Sprint Ability	0	0	0	0	Linear sprint
	Agility	0	0	0	0	Arrow head agility
	Explosive power	0	0	0	0	Vertical jump
	Balance	0	0	0	0	Balance beam test
	Flexibility	0	0	0	0	Sit and reach test
	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



B. Sports Science Evaluation

ANTHROPOMETRY			
S. No	Test Name	Units	
I	Body Proportion analysis		
1	Height	cm	
II	Body Composition analysis		
2	Weight	kg	
3	Fat Mass	kg	
4	Skeletal Muscle Mass (SMM)	kg	