

SportTech IQ Skill Challenge Process

- 1) WHO: Ideal # players per Challenge = between 14 - 21 (14 scoring stations & 7 non-scoring stations to retrieve balls) ... Max # players per Challenge = 40, or 4 Challenges per field = 160 ... simply have more retrievers &/or optional 1v1 station, which is not standard & therefore not scored ... No minimum # of players ... You don't have to have retrievers .. It doesn't matter which station a player starts at.
- 2) WHAT: Min 44 balls per Challenge of FIFA standard sizes (U8 = 3, U12 = 4, 12+ = 5) & pressure (8.5 – 15.6 PSI), 1 FIFA standard goal, 85 standard disc cones (2" high, 8" wide), 1 whistle (recommended hand, not mouth), at least 15 pencils, 15 folders to protect scorecards from weather, 1 stopwatch or smartphone to track time, and the following 18 printouts: 14 scorecards (1 per station), 1 scorekeeper sign-in page, 1 player sign-in page, 1 survey & 1 report.
- 3) WHERE: Quarter of field for up to 40 players ... option to do up to 4 setups at same time per field ... real or artificial grass in reasonable condition (outdoors or indoors).
- 4) WHEN: Station = 30 seconds, Transition = 15 seconds ... Complete Challenge = about 15 minutes for 1 player, but only about 30 minutes for up to 21 players, because you are maximizing each station ... plan on an extra 1 minute per additional player (for example, 40 players = 49 minutes).
- 5) One Coordinator per Challenge who is not assigned to a station & stands in middle of Challenge ... previews www.sporttechiq.com/format .
- 6) Coordinator responsible to set up stations beforehand.
- 7) Coordinator has scorekeepers & players sign-in beforehand. Coordinator assigns each scorekeeper a station & gives that person a scorecard, pencil & folder. The number of scorekeepers affects how many stations to do at same time. For example, if there are 5 scorekeepers, complete 5 stations & then move to 5 more stations & continue process until completing Challenge. The number of players also affects how many stations to do at same time. For example, if there are 10 players, you could do 5 scoring stations with 5 retrieving stations. You should always have a retriever for a station that has one designated, since that speeds things up. Otherwise, you'll lose time retrieving balls.
- 8) At start of Challenge, Coordinator blows whistle & asks players & scorekeepers to gather in a group. Coordinator walks players & scorekeepers in a group quickly through entire format before starting Skill Challenge, doing a quick demo of the start of each station. For example, on Right-foot Dribble, just dribble through a couple cones. Emphasize you want players to have fun.

- 9) Coordinator shares the following final instructions:
 - a) 30 seconds per station & 15 seconds between stations ... my whistle marks the start & end of each station.
 - b) No one may give any hint of time left on any station.
 - c) When you are retrieving, make sure to stand in middle of target & behind target and catch all balls only with hands. Upon catching a ball, place it on the ground until station is over. Do not kick or roll balls back during a station. When the whistle blows, quickly carry up to 2 balls only with your hands back to the start of the station & place on ground. Do not drop balls on ground. If there are more balls needed to retrieve, run back & repeat process. Once all balls are retrieved, proceed to next station.
 - d) Have fun!
- 10) Scorekeepers go to assigned stations.
- 11) Assign players to stations & tell them to jog to their station. If there are more than 21 players, you have the choice of letting an extra couple do a 1 v 1 station (or couple do multiple 1 v 1 stations) and/or assigning them to certain retrieval stations. For example, normally there is just 1 player retrieving Shoot – Penalty, but that would be a good station to have more than 1 retriever.
- 12) Coordinator asks each scorekeeper before each station to raise an arm when his/her station is ready. Only blow whistle when all scorekeeper arms are raised.
- 13) If Challenge is delayed, resume from where you left off, rather than redoing entire Challenge.
- 14) After Challenge is over, Coordinator asks players to sit down in group & do survey, thank players for their participation, and explain they should be able to sign up on sporttechiq.com within a few days to see their trading cards & results.
- 15) If you do not have headshots on file of certain players, have them stay after dismissal to get their headshots.
- 16) After Challenge is over, Coordinator completes Report.
- 17) Coordinator emails copy of Report, Scorekeeper Sign-In, Player Sign-In, Scorecards, Survey, and Headshots of all players to brian.moure1@gmail.com within 48 hours.
- 18) SportTech IQ uploads to website & provides player and coach access.