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A Comparative Analysis of Soccer Skill Tests on Varying Experience Levels

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Soccer skills such as passing, shooting, and dribbling are critical for success and are great measures of players' performance levels, as a result of player experience. It is hypothesized that differences in skill performance will be present between experience level in at least two of the parameters being assessed. Additionally, it is hypothesized that non-advanced players will have a lower performance. **PURPOSE:** To analyze performance differences between varying soccer experience levels. **METHODS:** Twelve (4 female, 8 male) subjects between the ages of 18 to 23 years came in for one session of testing, collecting data on soccer skills in Henderson Gymnasium. The participants were divided into either a beginner (n=5), intermediate (n=5), or advanced (n=2) skill level group based on previous playing experience. After a preparation period, the participants performed an eight-cone dribbling test. To assess shooting performance, participants completed the Loughborough Soccer Shooting Test for 10 trials. Finally, the participants completed a Loughborough Soccer Passing Test where they were instructed to hit a target with a designated color. **RESULTS:** We ran a series of one-way ANOVAs comparing results of the performance tests between the three skill-level groups. The results of the shooting test analysis ($F(2,9)=3.98$, $p=.058$) showed a trend towards significance, whereby the advanced participants ($M=3.00$, $SD=0.85$) scored higher in the shooting test than beginners ($M=1.84$, $SD=0.43$). The other two ANOVAs were not significant ($p>.05$). **CONCLUSION:** The implications from the experiment show that overall there is not a large significant difference found between soccer experience level and the variables tested, although some small speed-accuracy trade-offs may have occurred. One reason for this may have been the small sample size, especially in the advanced group.