

Online Soccer Training Stat's User's Manual for Parents and Players

**Youth Version 1.0
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Online Soccer Training Stat's Quick Start User's Guide for Parents and Players

Logging on to Online Soccer Training Stats (OSTS)

Users log into their OSTS Account with the URL provided by their administrator.
Ex. <http://onlinesoccertrainingstats.com>.

Login Page

User Name

Password

Auto login until I logout explicitly

Save my user name

Always ask for my user name and password

[Forget Password](#)

The User can set the password log in rule.

- Auto login until I Logout explicitly – Allows you to stay logged into OSTS website until you request to be logged out.
- Save my user name – Allows you to save you're your username for easy access when logging in.
- Always ask for my user name and password – This selection will always prompt you for a user name and password every time you access OSTS. This is also set as the Default password rule.

[Forget Password](#) link allows Players and Parents to request that their password be sent to the email account registered in their Player Profile

This will bring the User to the Online Soccer Training Stats Main User Menu.

[Main Menu](#)

Home

Rankings ▶

Change Password

Logout

Training Challenges

Training data is separated into 4 challenge categories: fitness, competitive, technical and shooting/finishing. Within each category there are different Training Challenges parents and players can view.

Training Challenges

Fitness

Speed Ladder: Players line up in a line and race each other trying to beat the player on their right. If they win, they move up the speed ladder. If they loose, they move down the speed ladder.

120's: Players run 120 yards in 18 seconds then jog back in 30 seconds. They have 30 seconds rest and then they go again. Between 5 - 10 sets are attempted.

Cones: Players have 18 seconds to run 5 suicides. The rest for 20 seconds and then go again. Between 5 - 10 sets are attempted.

Beep Test: Players run between 2 parallel lines 22 meters apart. They speed up according to a beep from a DVD player. The beeps get faster as the time increases. When a player fails to get to the line within the beep they are done and their level is recorded. The higher the level the better.

Coopers Test: Players run around the track in 12 minutes. Their laps are recorded.

Pushup Battle: Players do as many pushups as possible in 1 minute. Their partner puts their fist below their chest and the player must touch their partner's fist in order for the pushup to count.

Sit-ups: Players do as many sit-ups as possible in 1 minute. Their partners may hold their feet if they wish.

Pull-ups: Players do as many pull-ups as possible in 1 minute.

Roman Wrestling: Players lock hands and try to pull each other over a line. They go for 10 attempts and their wins/loses are recorded.

Competitive

1V1: Player goes 1 V 1 to a cone.

1V1 Big Goal - Attack: Player attacks a defender 1 V 1 to a regular goal from mid-field.

1V1 Big Goal - Defend: Player defends another player going 1 V 1 to regular goal from mid-field.

Point System:

Attacking Player:

Earns 4 points for scoring a goal.

Earns 3 points for a shot on goal

Earns 2 points for a shot off goal.

Earns 1 point for beating the Defender off the dribble

Earns 0 points for losing the ball to the Defender and not recovering.

Defending Player:

Earns 4 points for stealing the ball from the attacking player.

Earns 3 points when they recover the ball after being beaten of the dribble by attacker.

Earns 2 points when they gave up a shot off goal.

Earns 1 point when they gave up a shot on goal that was unsuccessful.

Earns 0 point if a goal is scored against them.

2V1: How many 2V1 games the player has won.

2V2 Games: How many 2V2 games the player has won.

4v4 Games: How many 4v4 games the player has won.

Most Competitive: How many full field scrimmages the player has won.

Bogies – Attacking/Defending: Attacking - Players go 1 V 1 from an angle or at the top of the penalty box and try to score. If they score they get 4 points. If they get a shot on goal, they get 3 points. If they shoot but not on goal, they get 2 points. If they beat their defender but fail to get a shot off, they get 1 point. If the defender steals the ball, they get 0 points.

Defensive: Players go 1 V 1 from an angle or at the top of the penalty box and try to stop their opponent. If the stop the other player from scoring they get 4 points. If the other player beats them but they stop them from shooting, they get 3 points. If the other player gets a shot off but not on goal, they get 2 points. If the other player gets a shot off on goal, they get 1 point. And if the other player scores, they get 0 points.

Attacking/Defensive Heading: Players line up on the mid-strip with one attacking (trying to flick the ball) and one defending (trying to head it back to server). Balls are chipped at the players for 3 minutes. Each time a flick or a head back is done, that player gets a point. The player with the most points at the end of 3 minutes win.

2 V 2 Heading: Players team up and go against another team in a 12' x 8' grid. Players throw the ball to their teammate and try to head the ball over the other teams goal-line. Once the ball hits the ground or is not headed it turns over to the other team. The team can head that ball back and forth to try to score. They can throw the ball to the teammate and they can just try to head the ball in the goal. They can also throw the ball to the one teammate and they head the ball up in the air for the other teammate to try to then head it in the goal. The team with the most goals after 2 minutes wins.

Technical

Horseshoes: Players pair up and take turn trying to knock a ball off a cone in the air from 10yds, 15yds and 20yds apart. They play against another pair. They go for 2 mins and their successes are recorded.

Figure 8 Dribbling: How many turns a player can do with the soccer ball between 10 yard cones in 1 minute in a figure 8. Test using inside surface and outside surface.

Swedish Test: How many turns a player can do with the soccer ball between 10 yard conds in 1 minute.

Passing Test: Players try to pass between 2 goals from 10yds away. They go for 2 min and their total goals are recorded.

Clears: Players are graded on how well they can clear balls from the ground and air. Players are trying to clear the balls high and far. If they clear the ball past the server, they get an A. If they clear the ball in front of the server, they get a B. If they clear the ball a little before the server, they get a C. If they clear the ball just before themselves, they get a D. If ball goes behind them on a clear, they get a F.

Mirrors: Players try to fake/feint another player to get to a cone on either side. If the player gets to the cone first before the other player, they get a point. Players play for 1 min and then switch.

Power Heading: Players serve their teammate in the air and they try to head the ball as far as they can. Place cones every 5 yards to mark the players heading distance. Go for 2 minutes and switch.

Long Service: Players get 4 long services with each foot. The average is taken for the distance they can kick the ball.

Long Service - Long Reception: Players chip the ball between partners and see how many times they can take the ball out of the air and juggle with it. If the player touches the ball in a control fashion before it hits the ground, they get a point. Chests are worth 5 points and any other touch is worth 1 point. Players go for 3 minutes at 20 yards, 40 yards and 60 yards distances.

Juggles (Feet - Surfaces): Players juggle trying to hit all 14 body parts without the ball hitting the ground or the player using their hands.

Juggles (Head): Players use only their head to juggle the ball without the ball hitting the ground or the player using their hands.

Finishing/Shooting

Speed Gun: Players shoot as hard as they can with inside left/right, outside left/right and left/right laces. 3 attempts are made with each surface and an average is taken for each.

Bending Balls: Players from the intersection of the 18 yard line and the touch line. They shoot 4 balls with their inside right, outside left and inside left, outside right (from other side). They get a point for each goal they score.

Long Range Shooting: Players go 1 V 1 using big goals from 36 yards apart. They go for 3 minutes and the player that scores the most wins.

Breakaway Finishing: Players shoot with their right laces and it is recorded.

Volley's: Players attempt to score with volleys. Right and Left crosses are done and they go for 3 minutes. Each goal is worth a point and players can score using their head.

3 Tier Shooting: Players shoot 1 long range shot, 1 finesse shot and 1 with their head. Players go 3 times and an average is taken for each category.

4 Tier Shooting: Players shoot from 4 different areas on the field about 18-20 yards from goal. One from the left and right outside of the goal and one from the left and right inside of the goal. An average is taken for each category.

PK's: (Penalty Kicks): How many penalty kicks the player has made. These are shots at the keeper from 12yds away from the goal

Rankings

Player Final Rankings ranks players by comparing their individual challenge results to that of their teammates. Rankings are to be used as a means of helping players identify skills that need improvement. It is not intended as a tool of exclusion as it is only one tool in the player evaluation process.

Player Final Rankings

From the Main Menu the parent/player selects  .

Players are only allowed access to their own Ranking Records. This report will list an individual player's challenge results. The player's ranking order based on the average of their individual combined challenge results.

The player's current season combined ranking is listed in the first column. Players' individual challenge rankings are listed in the individual challenge columns. Prior season rankings and results will be listed in parenthesis (. Challenge results are weighted based on their importance to the sport. Weightings are listed as *1, *2, *3, or *4.

Print Player Final Rankings Comprehensive Report

To print the player's final rankings comprehensive report select the printer icon .

Viewing Challenge Rankings

Step 1

From the Main Menu the Parent/Player selects .

Step 2

Parent/player selects one of the ranking categories (either , , , or .

Step 3

Parent/player selects the specific Challenge ranking they wish to view.

Ex. To view the player's ranking results for the Speed Ladder Challenge.


Select , , .

Column 1 lists the player's name.


Column 2 lists average ranking.

Column 3 lists the players Final Ranking in the Challenge.

Player	Avg	Ranking
Wunderlick, Shonte	1	1

Page  1 of 1 Records 1 to 1 of 1

Print Ranking

Select the printer icon  next to the challenge name, select the printer function from your browser/desktop.

Change Password

The Parent or Player selects [Change Password](#) from the main menu. This will bring up the Change Password Page.

Change Password Page

Old Password

New Password

Confirm Password

[Change Password](#)

Logout

To logout select [Logout](#) from the main menu.

Ranking	Name	FITNESS							COMPETITIVE										TECHNICAL							FINISHING/SHOOTING							Rank Totals								
		Speed Rank (*4)	120s Rank (*4)	Cones Rank (*4)	Beep Rank (*3)	Cooper Rank (*1)	Roman Rank (*1)	PushUp Rank (*1)	SitUp Rank (*1)	PullUp Rank (*1)	1V1 Rank (*4)	1V1BG Attacking Rank (*3)	1V1BG Defensive Rank (*3)	2V1 Rank (*3)	2V2 Rank (*3)	4V4 Rank (*3)	Most Comp Rank (*4)	Bogies Attacking Rank (*3)	Bogies Defensive Rank (*3)	Att/Def Heading Rank (*3)	Horse Shoe Rank (*2)	Figure 8 Rank (*2)	Swedish Rank (*3)	Passing Rank (*2)	Clear Rank (*3)	Mirrors Rank (*1)	Power Heading Rank (*3)	2V2 Heading Rank (*3)	Long Serv Rank (*3)	LServ LRec Rank (*3)	Juggles Header Rank (*1)	Juggles Surfaces Rank (*1)		Speed Gun Rank (*4)	Bending Balls Rank (*4)	Long Range Shooting Rank (*4)	Break Away Finishing Rank (*4)	Volleys Rank (*4)	3 Tier Rank (*1)	4 Tier Rank (*3)	PK Rank (*1)
5 (11)	LaBarge, Kim	15 (21)	10 (1)	1	(13)	7 (14)	17	23 (21)	1 (2)	9	5 (5)	2 (11)	16 (16)	11 (15)	3 (9)	13 (20)	18 (3)	15 (21)	13 (6)	11 (10)	9 (9)	1	5 (10)	2 (6)	2 (4)	(2)	7 (2)	7 (12)	1 (10)	3 (11)	16 (8)	4 (7)	2 (4)	1 (9)	1 (17)	4 (8)	13 (6)	13 (14)	2	2 (8)	729

RANKING LEGEND

Each challenge has a multiplier based on importance. These multiplier (*X) are then used to calculate the final total for a player. (X) represents the Players last years ranking for that challenge.

<p><u>FITNESS</u></p> <p>Speed Ranking: Players line up in a line and race each other trying to beat the player on their right. If they win, they move up the speed ladder. If they loose, they move down the speed ladder.</p> <p>120's: Players run 120 yards in 18 seconds then jog back in 30 seconds. They have 30 seconds rest and then they go again. Between 5 - 10 sets are attempted.</p> <p>Cones: Players have 18 seconds to run 5 suicides. The rest for 20 seconds and then go again. Between 5 - 10 sets are attempted.</p> <p>Beep Test: Players run between 2 parallel lines 22meters apart. The speed up according to a beep from a boom box. The beeps get faster as the time increases. When a player fails to get to the line within the beep they are done and their level is recorded. The higher the level the better.</p> <p>Cooper: Players run around the track in 12 minutes. Their laps are recorded.</p> <p>Roman Wrestling: Players lock hands and try to pull each other over a line. They go for 10 attempts and their wins/loses are recorded.</p> <p>Pushup Battle: Players do as many pushups as possible in 1 minute. Their partner puts their fist below their chest and the player must touch their partners fist in order for the pushup to count.</p> <p>Situps: Players do as many situps as possible in 1 minute. Their partners may hold their feet if they wish.</p> <p>Pull Ups: Players do as many pullups as possible in 1 minute.</p>	<p><u>COMPETITIVE</u></p> <p>1V1: Player goes 1 V 1 to a cone.</p> <p>1V1 Big Goal - Attack: Player attacks a defender 1 V 1 to a regular goal from mid-field.</p> <p>1V1 Big Goal - Defend: Player defends another player going 1 V 1 to regular goal from mid-field.</p> <p>2V1: How many 2V1 games the player has won.</p> <p>2V2: How many 2V2 games the player has won.</p> <p>4V4: How many 4V4 games the player has won.</p> <p>Most Competitive: How many full field scrimmages the player has won.</p> <p>Bogies - Attacking: Players go 1 V 1 from an angle or at the top of the penalty box and try to score. If they score they get 4 points. If they get a shot on goal, they get 3 points. If they shoot but not on goal, they get 2 points. If they beat their defender but fail to get a shot off, they get 1 point. If the defender steals the ball, they get 0 points.</p> <p>Bogies - Defensive: Players go 1 V 1 from an angle or at the top of the penalty box and try to stop their opponent. If the stop the other player from scoring they get 4 points. If the other player beats them but they stop them from shooting, they get 3 points. If the other player gets a shot off but not on goal, they get 2 points. If the other player gets a shot off on goal, they get 1 point. And if the other player scores, they get 0 points.</p> <p>Attacking/Defensive Heading: Players line up on the mid-strip with one attacking (trying to flick the ball) and one defending (trying to head it back to server). Balls are chipped at the players for 3 minutes. Each time a flick or a head back is done, that player gets a point. The player with the most points at the end of 3 minutes win.</p>	<p><u>TECHNICAL</u></p> <p>Horseshoes: Players pair up and take turn trying to knock a ball off a cone in the air from 10yds, 15yds and 20yds apart. They play against another pair. They go for 2 mins and their successes are recorded.</p> <p>Figure 8 Dribbling: How many turns a player can do with the soccer ball between 10 yard cones in 1 minute in a figure 8. Test using inside surface and outside surface.</p> <p>Swedish: How many turns a player can do with the soccer ball between 10 yard conds in 1 minute.</p> <p>Passing: Players try to pass between 2 goals from 10yds away. They go for 2 min and their total goals are recorded.</p> <p>Clears: Players are graded on how well they can clear balls from the ground and air. Players are trying to clear the balls high and far. If they clear the ball past the server, they get an A. If they clear the ball in front of the server, they get a B. If they clear the ball a little before the server, they get a C. If they clear the ball just before themselves, they get a D. If ball goes behind them on a clear, they get a F.</p> <p>Mirrors: Players try to fake/feint another player to get to a cone on either side. If the player gets to the cone first before the other player, they get a point. Players play for 1 min and then switch.</p> <p>Long Service: Players get 4 long services with each foot. The average is taken for the distance they can kick the ball.</p> <p>Long Service - Long Reception: Players chip the ball between partners and see how may times they can take the ball out of the air and juggle with it. If the player touches the ball in a control fashion before it hits the ground, they get a point. Chests are worth 5 points and any other touch is worth 1 point. Players go for 3 minutes at 20 yards, 40 yards and 60 yards distances.</p> <p>Juggles (Feet - Surfaces): Players juggle trying to hit all 14 body parts without the ball hitting the ground or the player using their hands.</p> <p>Juggles (Head): Players use only their head to juggle the ball without the ball hitting the ground or the player using their hands.</p>	<p><u>FINISHING/SHOOTING</u></p> <p>Speed Gun: Players shoot as hard as they can with inside left/right, outside left/right and left/right laces. 3 attempts are made with each surface and an average is taken for each.</p> <p>Bending Balls: Players from the intersection of the 18 yard line and the touch line. They shoot 4 balls with their inside right, outside left and inside left, outside right (from other side). They get a point for each goal they score.</p> <p>Long Range Shooting: Players go 1 V 1 using big goals from 36 yards apart. 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