

MILAN

INTERNATIONAL SOCCER Academy

Comprehensive Assessment Program for Soccer

CAPS test is an objective measurement of player technical and physical pillars used to provide data to enhance club's training methodology and a tool to help players achieve their goals and provide parents an unbiased evaluation of their child.

Scoring CAPS 1 and CAPS 2

- Give the **HIGHEST** Score a **4** and the **LOWEST** Score a **1**
*Annotate these scores and toss them out in order to achieve **average scores**.*
- Add **total** for remaining players and divide by number of remaining players.
There are 10 players in the sample, eliminating the high score/s and low score gives a divisor of 8 except where duplicate LOW or HIGH scores occur a different divisor is used.
- Repeat procedure for each of the remaining elements
- Once you have determined AVERAGE Score rate each player on every element by awarding a **2** if score is BELOW average and **3** if ABOVE average
- Work up and down for each of the elements
- Add up and down, vertical SCORES for each player and divide by number of players that tested on your team.

Interpreting CAPS Scores:

- 1.0-1.9 = Needs significant technical and/or physical improvement
- 2.0-2.9 = Needs additional technical and/or physical improvement
- 3.0-3.5 = At age appropriate technical and/or physical level
- 3.6-4.0 = International Academy Program Candidate