



Neuroathletics – Starter Checklist

Test, drills and how to build it into training

This document was provided by areacopa.com.

TEAM

AGE GROUP

DATE

Before-and-after tracker

Measure the same value before and after the drill, per player.

Player	Value before	Value after	Keep drill?

Eyes (vision)

Switching gaze between ball and surroundings under time pressure.

- ☐ Passing with a call: a third person shows a number or colour behind the receiver, who says it out loud before controlling the ball
- ☐ Progression: the same drill on the move instead of standing still
- ☐ Test: pass against a wall for 30 seconds, count clean passes done with a shoulder check

Balance

Challenge the balance system without sight as a crutch.

- ☐ Single-leg stand with head movements: head slowly left, right, up, down, 30 seconds per leg
- ☐ Progression: close the eyes or catch and throw a ball at the same time
- ☐ Test: single-leg stand with eyes closed, measure the calm seconds

Body awareness

Train the fast corrections from muscles and joints.

- ☐ Single-leg stand while a partner gives light, unannounced nudges to the shoulder or hip
- ☐ Progression: stand barefoot or on a soft surface
- ☐ Test: after each nudge, settle straight back to a still stance and check stability

How to build it into training

Short, regular and with honest expectations.

- ☐ Ten minutes in the warm-up, twice a week
- ☐ Rotate the sensory system across the weeks: eyes, balance, body awareness
- ☐ Keep the stimuli short and clean, tired perception achieves nothing
- ☐ Train it deliberately only from U12, let U6 to U11 play in a varied way
- ☐ Measure the effect per player and keep only what improves the test value

