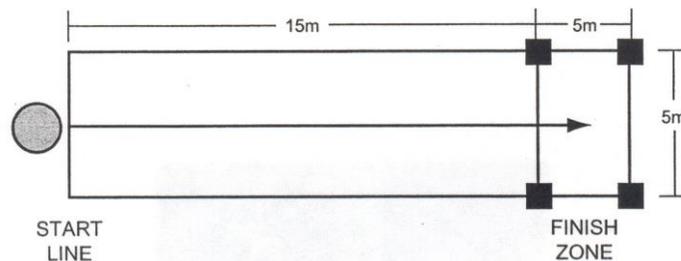




# SPECIAL OLYMPICS COLORADO SOCCER INDIVIDUAL SKILLS COMPETITION

- This event provides meaningful competition for athletes with lower ability levels, athletes that do not have access to participate on a team and athletes with equipment or mobility assistance devices that, for safety reasons, cannot participate in team play.
- Three events comprise the skills competition: dribbling; shooting; and run & kick. Athletes must attempt to complete all skills to receive an award.
- In the medal round, each player should perform each event twice. The total score from the two rounds is added together to give the final score. The ball will be a regulation size #5 soccer ball for Seniors. Juniors will use a #4 soccer ball.

## SKILL #1: DRIBBLING



### 1. EQUIPMENT:

#5/#4 ball, tape or chalk, four large cones to mark the finish zone.

The ball will be a regulation size #5 soccer ball for Seniors. Juniors will use a #4 soccer ball.

### 2. DESCRIPTION:

The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk. The clock is stopped when both the player and the ball are stopped inside the finish zone. The clock will stop when the athlete steps on the ball indicating they are done moving with the ball. If the player overshoots the finish zone, he/she must dribble it back in to finish.

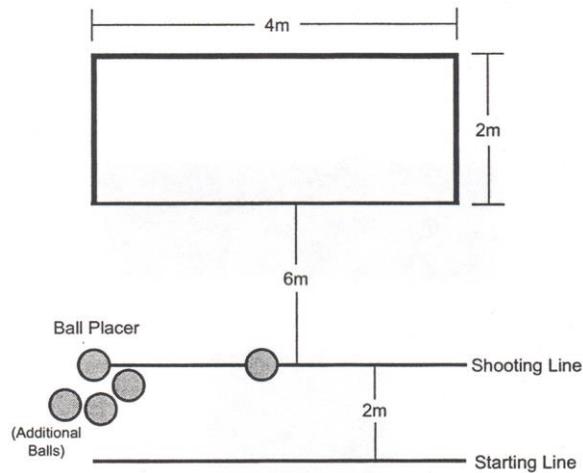
### 3. SCORING:

The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of five points is made for each time the ball runs over the side-lines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the side-line, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out). The score is the sum of two trials.

Scoring conversion chart:

Dribble Time (Seconds)	Point Score
5-10 .....	60 points
11-15 .....	55 points
16-20 .....	50 points
21-25 .....	45 points
26-30 .....	40 points
31-35 .....	35 points
36-40 .....	30 points
41-45 .....	25 points
46-50 .....	20 points
51-55 .....	15 points
55 or more .....	10 points

## SKILL #2- SHOOTING



### 1. EQUIPMENT:

Five #5 or #4 balls, tape or chalk, 4m x 2m five-a-side goal with net.

The ball will be a regulation size #5 soccer ball for Seniors. Juniors will use a #4 soccer ball.

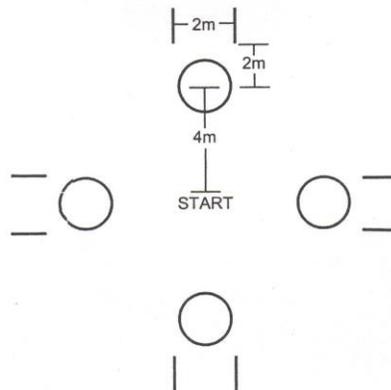
### 2. DESCRIPTION:

Player begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six meters. Athlete is only allowed to kick the ball once. The athlete returns to the line. Ball placer (official) places the next ball to be shot. Athlete repeats for a total of five shots. When the player kicks the last ball, the clock is stopped at a maximum of 2 minutes.

### 3. SCORING:

Each athlete will receive 5 balls per trial. A successful goal will receive 10 points. The score is the sum of 2 trials.

## SKILL #3 - RUN AND KICK



### 1. EQUIPMENT:

Four #5 or #4 balls.

The ball will be a regulation size #5 soccer ball for Seniors. Juniors will use a #4 soccer ball. A central starting point should be marked. A 2m wide target gate (cones or flags) set up 2m ahead of each ball.

## 2. DESCRIPTION:

Player begins at the starting marker. Athlete runs to any ball and kicks it through a target gate. Athlete is only allowed to kick the ball once. The player then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped. The athlete does not have to go back to start in between kicks.

## 3. SCORING:

The total time (in seconds) elapsed from when the player starts to when he/she kicks the ball is recorded and converted into points using the conversion chart below. A bonus of five points is added for each ball kicked successfully through a target gate. Each athlete will receive 4 balls per trial. The score is the sum of 2 trials. An attempt and a miss will count.

<u>Scoring conversion chart:</u>	
00-05 .....	60 points
06-10 .....	55 points
11-15 .....	50 points
16-20 .....	45 points
21-25 .....	40 points
26-30 .....	35 points
31-35 .....	30 points
36-40 .....	25 points
41-45 .....	20 points
46-50 .....	15 points
51-55 .....	10 points
55 or more .....	5 points