SOCCER – ADVANCED SKILLS COMPETITION

DRIBBLING – 48 feet slalom

Equipment: 8 soccer balls (see size chart), 9 cones, stopwatch

Setup: Start line is 2 cones, set up 10 feet apart. Finish line is set up 40 feet away, using 2 cones that are 10 feet apart. 5 cones are staggered to create a slalom “course.” Using an imaginary straight line from the center of the start line to the center of the finish line, set the cones up 8 feet apart from the start to the finish line. From the imaginary centerline, place the cones 2 feet to the side of the line, alternating sides. The first cone is placed 8 feet from the start line, the 5th cone is placed 8 feet from the finish line.

Individual Event: On “ready, set, go” command, athlete dribbles the ball through the cones, zig-zagging through the slalom. They must have their entire body and the ball go around the outside of the cone before moving to the next cone. After crossing the finish line, the athlete stops the ball, leaves it, and then sprints back to the start line to pick up the next ball. Athlete continues until the 45-second time limit has elapsed.

Unified Event: The same method is used EXCEPT the athlete and Unified partner will alternate turns. When the athlete crosses the finish line and stops the ball on the first attempt, they sprint back to the start line and tag the Unified partner. The Unified partner then dribbles through the slalom course, stops the ball once passing the finish line, and then sprints back to the start line to tag the athlete, who then repeats the process. Athlete and Unified partner continue to alternate until the 45-second time limit has elapsed.

Scoring: Player scores 5 points for each cone passed on the outside. Cones that are knocked down do not count. The Unified team score is the total of the cones passes by the athlete and the Unified partner.

Training: When training, and then subsequently at competition, emphasis should be placed on controlling the ball and using the instep of both feet when dribbling to and around the cones. Spray painting the path the athletes should follow is a good way to practice, but eventually the painted line should be taken away since there will not be a painted line at competition.
Advanced - Dribbling
PASSING

Equipment: 6 soccer balls (see size chart), 6 cones (2 start line cones, 2 passing line cones, 2 target cones), stopwatch

Setup:
1. Set up the start line using 2 cones, placed 10 feet apart.
2. Set up the passing line 10 feet from the start line by placing 2 cones, 10 feet apart.
3. Set up the target 20 feet from the passing line, using 2 cones placed 10 feet apart.
4. The entire “area” should be 30 feet in length.
5. Place 6 soccer balls at the passing line.

Individual Event: Athlete begins on the Starting Line. From the Passing Line, the volunteer ROLLS with their hands the ball to the athlete. The athlete traps the ball and then dribbles toward the passing line, passing the ball while in motion before the ball crosses the passing line. The athlete continues until all 3 remaining balls have been passed or time expires.

Unified Event: The same method as above is used EXCEPT the athlete passes the first 3 balls and then after passing the 3rd ball, runs back and tags the Unified partner, who is standing behind the start line. The Unified partner then receives the next “roll” from the volunteer and dribbles toward the passing line, passing the ball while in motion before the ball crosses the passing line. The Unified partner continues until all 3 remaining balls have been passed or time expires.

Scoring: The event consists of a total of 6 passing attempts (Individual event, athlete takes all 6 passes; Unified event, athlete takes 3 passes and Unified partner takes 3 passes).

   There is a 45-second time limit to complete all 6 passes.

   10 points: 1. The ball is dribbled toward the passing line; 2. The pass goes between the cones; 3. The ball travels on the ground; AND 4. The ball is kicked using proper technique (inside or outside of foot – NOT the toe). All four must happen for 10 points.

   5 points: The ball goes through the cones, BUT is not on the ground OR is kicked with the toe.

   0 points: The ball does not go through the cones OR the ball is contacted after it crosses the passing line.

   Maximum score possible: 60 points

Training: When training, and then subsequently at competition, emphasis should be placed on a controlled pass made BEFORE reaching the passing line, while player is in motion, using the inside or outside of the foot and the ball traveling on the ground.
SOCCER – ADVANCED SKILLS COMPETITION

SHOOTING

Equipment: 10 soccer balls (see size chart), regulation soccer goal (24 feet wide by 8 feet high OR cones creating a 24-foot wide goal), 6 cones, spot to mark start area

Setup:

1. From the center of the goal line, set the start spot 30 feet from the goal.
2. Use 4 cones to create a shooting area rectangle that extends 25 feet out from the goal and is 36 feet wide.
3. Use 2 cones, 20 feet apart, to create a “ball gathering” area that is 40 feet from the goal. This is where all the balls are placed.

Individual Event: Athlete begins on starting spot. On “ready, set, go” command, timer starts and athlete runs back to get a ball. Player then dribbles the ball into the shooting area and once there, shoots while still in motion. Player may only make one shot attempt per ball. Player then runs back to gathering area to get another ball and repeats the process. Player continues until 45 seconds has elapsed.

Unified Event: The same method as above is used EXCEPT the athlete shoots the first ball and then runs back and tags the Unified partner, who is standing in the gathering area. The Unified partner then dribbles into the shooting area, shoots and runs back to tag the athlete. They continue to alternate until 45 seconds has expired.

Scoring: The event consists of a total of 6 shooting attempts (Individual event, athlete takes all 6 shots; Unified event, athlete takes 3 shots and Unified partner takes 3 shots).

There is a 45-second time limit.

10 points: 1. The shot is taken from inside the shooting area; 2. The ball goes into the goal; 3. The ball is in the air; AND 4. The ball is kicked using proper technique (inside or outside of foot or the “laces” – NOT the toe). All four things must happen for 10 points.

5 points: The ball goes in the goal, BUT is not in the air OR is kicked with the toe OR is not shot from inside the shooting area. (Note: any contact by the ball with the ground, even just one bounce, before it reaches the goal, means the goal was NOT scored in the air.)

0 points: The ball does not go in the goal.

Training: When training, and then subsequently at competition, emphasis should be placed on shooting the ball while the player is in motion, using the inside, outside or laces of the foot, and getting the ball to go into the goal in the air.