DRIBBLING

Equipment: soccer ball (see size chart), 3 cones, stopwatch

Setup: Start line is two cones, set up 10 feet apart. Target cone is 50 feet away from start line. The start line then becomes the finish line once the athlete begins.

Individual Event: On “ready, set, go” command, athlete dribbles to and AROUND cone -- entire body and ball must go around cone -- and then back to the start/finish line.

Unified Event: The same method is used EXCEPT the athlete will dribble the ball first and take it past the target cone, stop the ball, and the Unified partner will take over. The ATHLETE must stop the ball before the Unified partner makes their first touch (time continues to run during this transition). The Unified partner then dribbles back to the start/finish line. Timer stops when athlete crosses the finish line AND stops the ball.

Scoring: One trial only. The total time is converted to points using the chart below:

- 0-9 seconds: 50 points
- 10-14 seconds: 40 points
- 15-19 seconds: 30 points
- 20-24 seconds: 20 points
- 25 or more seconds: 10 points

Maximum score possible: 50 points

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.
Standard - Dribbling

Target Cone

Start / Finish Line

Ball

10 ft

50 ft
SOCCER – STANDARD SKILLS COMPETITION

PASSING

Equipment: 6 soccer balls (see size chart), 3 cones (2 target cones, 1 tag cone), stopwatch, spot to mark start/passing area

Setup:

1. From starting/passing spot, set up the target by placing two cones 10 feet away. The cones should be 6 feet apart, enabling the athlete to kick a ball between them as if “scoring a goal.”

2. From the starting/passing spot, set up the “tag cone” 10 feet behind the starting spot. The entire setup is 20-feet long from the “tag cone” to the target cones, with the starting spot halfway between them.

3. One (1) ball is set up at the starting/passing spot for the athlete to pass through the target cones. The other 5 balls should be placed near the starting spot but not in the way (subsequent balls will be placed on the starting spot by a volunteer after each ball is passed to the target until all 6 have been passed).

Individual Event: Athlete begins on starting/passing spot. On “ready, set, go” command, athlete runs back and tags the “tag cone”. Athlete then approaches the first ball and passes it toward the target, trying to make the ball roll between the two cones. Athlete then quickly runs back and tags the tag cone (volunteer places next ball on starting/passing spot while athlete is tagging cone). Athlete then runs up and passes the next ball toward the target. This continues until all 6 balls have been kicked or until the 45-second time limit 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 “tag cone.” The Unified partner then passes the 3 remaining balls, running back and tagging the tag cone after each attempt. The Unified team has 45 seconds to kick all 6 balls or as many of the 6 as they can until 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 pass goes between the cones; 2. The ball travels on the ground; AND 3. The ball is kicked using proper technique (inside or outside of foot – NOT the toe). All three 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.

Maximum score possible: 60 points

Training: When training, and then subsequently at competition, emphasis should be placed on a controlled pass that travels on the ground, made while the player is in motion, using the inside or outside of the foot.
Standard - Passing

Target Cones

Tag Cone

Start / Passing Spot

Ball

Ball

Ball

Ball

Ball

6 ft

10 ft

10 ft

Target Cones

Target Cones

6 ft
SOCCER – STANDARD SKILLS COMPETITION

SHOOTING

Equipment: 6 soccer balls (see size chart), soccer goal (12 feet wide by 6 feet high OR cones creating a 12-foot wide goal), 1 tag cone, stopwatch, spot to mark the shooting spot

Setup:
1. From starting/shooting spot, set up the goal/cones 20 feet away.
2. From the same starting/shooting spot, set up the “tag cone” 10 feet behind the shooting spot. So the entire setup is 30-feet long from the “tag cone” to the goal.
3. One (1) ball is set up at the starting/shooting spot for the athlete to shoot through the target cones. The other 5 balls are placed near the starting/shooting spot but not in the way. Subsequent balls will be placed on the starting/shooting spot by a volunteer after each ball is shot toward the goal until all 6 have been shot.

Individual Event: Athlete begins at shooting spot. On “ready, set, go” command, athlete runs back and tags the “tag cone”. Athlete then approaches the first ball and shoots it toward the goal. Athlete then quickly runs back and tags the tag cone (volunteer places next ball on the shooting spot while athlete is tagging cone). Athlete then runs up and shoots the next ball toward the goal. This continues until all 6 balls have been kicked or the 45-second time limit runs out.

Unified Event: The same method as above is used EXCEPT the athlete shoots the first 3 balls and then after shooting the 3rd ball, runs back and tags the Unified partner, who is standing behind the “tag cone.” The Unified partner then shoots the 3 remaining balls, running back and tagging the tag cone after each attempt. The Unified team has 45 seconds to shoot all 6 balls or as many as they can until time runs out.

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 to complete all 6 shots.

10 points: 1. The shot goes into the goal; 2. The ball travels in the air all the way into the goal; AND 3. The ball is kicked using proper technique (inside or outside of foot or the “laces” – NOT the toe). All three 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. (note: any contact 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.

Maximum score possible: 60 points

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 while still in the air.
Standard - Shooting

Tag Cone

Ball

12 ft

Start/Shooting Spot

Ball

Ball

Ball

Ball

10 ft

20 ft

12 ft