
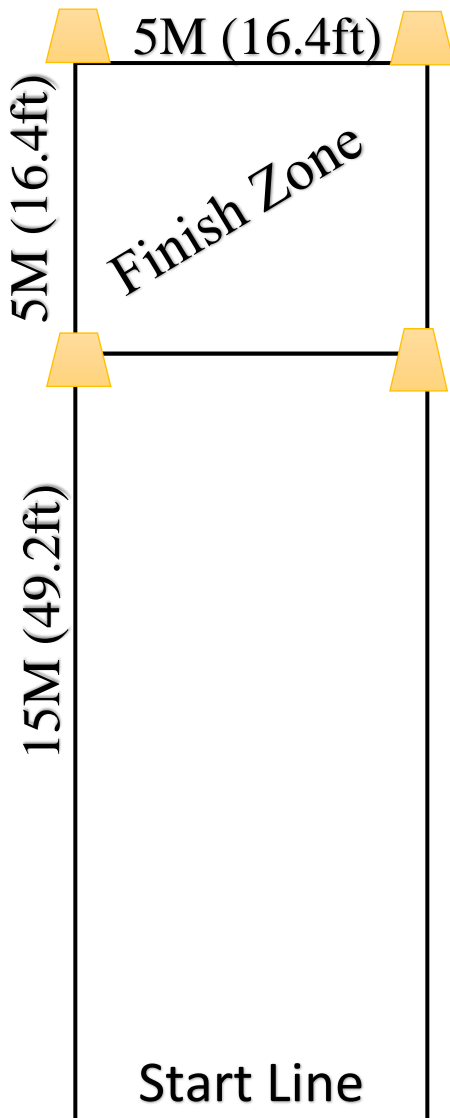


Soccer Skills

Dribbling

 = Athlete



Equipment Needed:

- Soccer Ball
- 4 cones
- Measuring tape
- Stopwatch

Dribbling Set Up:

- Set up a 20M x 5M box.
- From the start line measure out 15M.
- The “Finish Zone” will be the remaining 5M
- Be sure to mark off the Finish Zone with the cones.

Rules:

- The athlete dribbles from the start to the finish zone.
- The athlete must stay inside the marked zone, and finish inside the finish zone.
- The clock starts when the athletes begins to dribble and stops when the athlete and the ball are stopped inside the finish zone.
- If the balls goes past the finish zone, athlete must dribble it back in to the finish zone.
- The athlete will have two attempts.

Scoring:

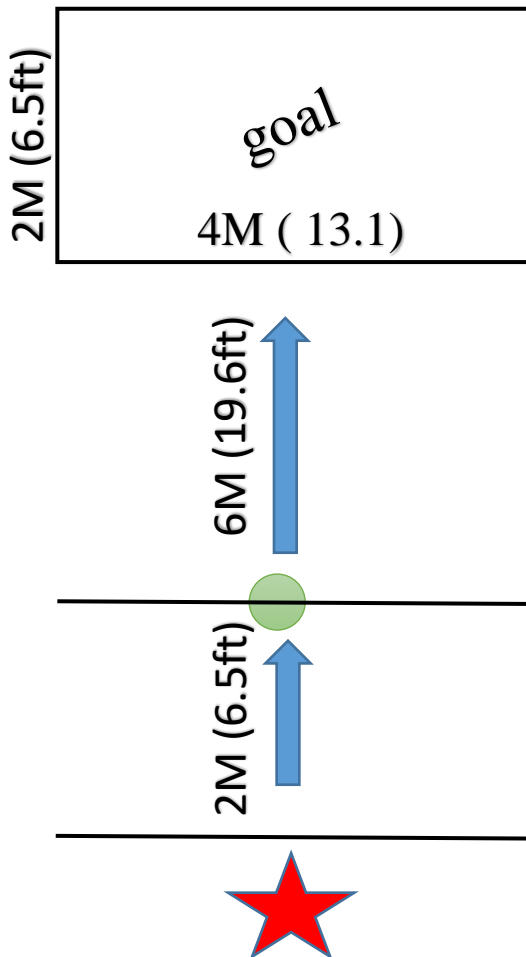
- The athletes time will be converted into points
- 5 points will be deducted for each time the ball goes outside the zone.



Soccer Skills

Shooting

★ = Athlete



Equipment Needed:

- Goal
 - Modification: cones set up to mirror the width of the goal
- Soccer ball
- Measuring tape
- Cones

Shooting Set Up:

- A Standard Soccer Goal. If one is not available measure out 4M wide of an area and set cones.
- From the goal like measure out 6M for the shooting line
- Shooting line is where the balls are placed.
- From the shooting line measure 2M for the starting line.

Rules:

- Athlete will start at the starting line for each kick.
- They will run (walk) to the ball on the shooting line.
- Athletes can only make contact with the ball once.
- The athlete then returns to the starting line and repeats 10 times.

Scoring:

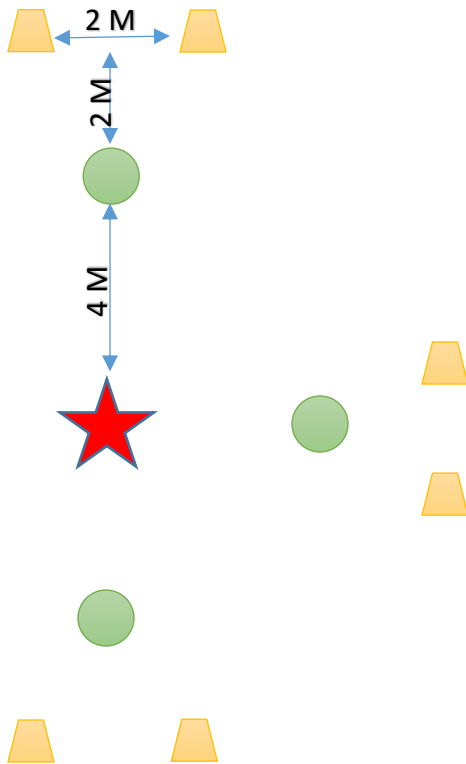
- 10 points for a goal and 0 for a miss.



Soccer Skills

Run and Kick

★ = Athlete



Equipment Needed:

- 4 soccer balls
- Measuring Tape
- Stopwatch
- 8 cones

Shooting Set Up:

- Set an Athlete start spot.
- Measure out 4 M from the start spot.
 - The ball will be placed there.
- 2 meters from the ball will be the goal
- Set the cones 2M apart.
- Repeat the set up at 3 o' clock, 6 o' clock, and 9 o'clock to make a t.

Rules:

- The athlete will begin at the start spot.
- Time begins after "Go"
- Athlete runs and kicks the ball through the goal.
- They will then run and kick another until all 4 balls are kicked.
- Once the player kicks the last ball the time is stopped.
- The athlete can go in any order and does not need to return to the center spot.
- Each ball can only be kicked once.

Scoring:

- Time conversion chart on scorecard.
- Bonus 5 points for successfully kicking through the cones.
- Two trials are given

