

SOCCER SKILLS COMPETITION



These events provide meaningful competition for athletes to help develop their soccer skills. There are two different levels athletes can participate in based on their ability (Standard & Advanced). There are three events that are part of each contest and they work on the following skills: Passing, Dribbling and Shooting. The athlete's final score is determined by adding together the scores achieved in each of these three events. Athletes will be divisioned according to their total scores from these three events.

Standard Skills Competition: *15-Meter Dribble, Run & Pass, 6-Meter Shot*

Rules are included on the [SOI Sport Rules](#). This event is offered for athletes 8 years of age or older who have not scored 130 points or higher in this event. **Those with a score of 130 points or higher must compete in the Advanced Skills Competition.**

Advanced Skills Competition: *12-Meter Slalom Dribble, Control and Pass, Gather-Dribble-Shot*

This event is offered for athletes and Unified Partners 8 years of age or older who have scored 130 points or more in the Standard Skills Competition. This is an advanced skills event and only athletes who are capable should be entered into this event.

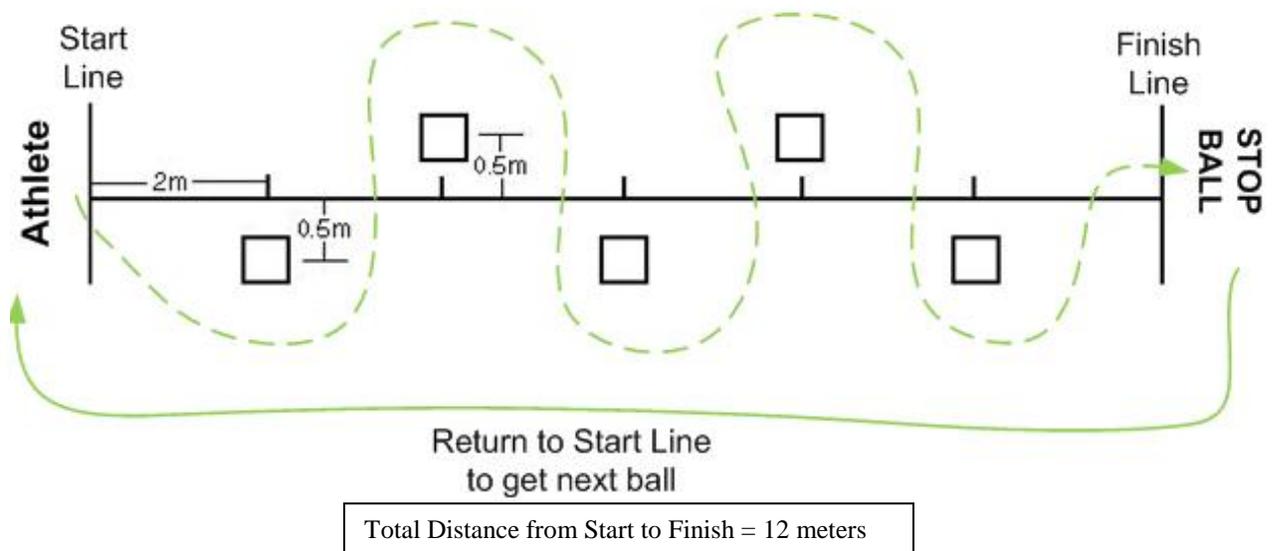
Standard Skills are the same three events that we have competed in in the past. Rules are included on the [SOI Sport Rules](#). This year for EFS and Fall Fest we are adding an **Advanced Skills** Competition for athletes that have scored 130 points or more in the Standard Skills Competition. The rules for Advanced Skills are found below.

SOCCER SKILLS COMPETITION



Advanced Skills Competition — Event #1: 12-Meter Slalom Dribble

1. Equipment
 - a. 5 cones set 2 meters apart and staggered 0.5 meters from central line, Three to five balls at the start line, Cones/Line for start and finish line. Total distance from Start Line to Finish Line is 12 meters.
 - b. Stopwatch to keep time
 - c. Whistle to signal time is up
 - d. Clipboard and scoring sheet
2. Description
 - a. The Player(s) begins from behind the start line and between the cones.
 - b. The Player starts dribbling and moving when the official signals. The official commands should be "Ready", "Set", "Go".
 - c. Player dribbles through slalom as quickly as possible, rounding all cones.
 - d. Player must control ball with their feet and cannot take more than 2 steps in between touches. If the player takes more than 2 steps in between touches then the ball is returned to position of last touch and clock continues to run.
 - e. Player leaves ball over the finish line - **ball must be stopped** - and sprints back to the start.
 - f. Player(s) continues to repeat until 45 seconds has elapsed.
 - g. A whistle will be blown when 45 seconds has elapsed to signify the end of the event.
3. Scoring
 - a. Player scores five points for each cone passed - **to the outside**. (25 points per successful run).
 - b. Cones that are knocked down do not count.



SOCCER SKILLS COMPETITION



Advanced Skills Competition Event #3: Gather, Dribble, Shot

1. Equipment
 - a. Spot mark the start line, 4 cones to mark the shooting area, Spot for marking gathering area.
 - b. Penalty area and goal (approx. 4m x 2m) with nets.
 - c. Five balls at the top of the penalty arc.
2. Description
 - a. The player begins at the start line and walks or runs to gather the ball from gathering area.
 - b. The player dribbles into the shooting area and shoots.
 - i. Player attempts to shoot the ball in the air into the goal.
 - ii. Players can shoot from whatever distance they choose once they are inside the penalty area.
 - c. The player is only allowed to kick the ball once on each shot.
 - d. Event is repeated. The Athlete takes a total of five shots.
3. Scoring
 - a. Player scores ten points for each shot traveling from foot to goal in the air.
 - b. Player scores five points for each shot that touches the ground before entering the goal.

