

SOCCER OVERVIEW



Event Options: Unified Team Competition // Individual Skills Competition

Unified Team Competition

These are general guidelines to follow. Modification may be required depending on athlete needs and skill levels.

* *Athletes* are individuals receiving special education services, *partners* are individuals receiving general education services.

Training Requirements

- 6-8 weeks of training
- 2-3 trainings per week for 20-30 minutes each
- Each training session to include: warm-up, general fitness, sport-skill development, and competition experience

Facility

- Multiple fields required (specific number based on number of teams)
- Outdoor fields preferred, however indoor fields (gymnasium) also work

General Rules

1. 5 players per team on the field: Generally recommend a ratio of 2 Unified Athletes and 3 Unified Partners
2. 20 minute games consisting of two 10 minute halves, running clock
3. When the ball goes out of bounds, the opposite team gets possession and can use either an overhead pass or kick to get the ball back in play (up to referees discretion)
4. Unlimited time-outs, unlimited substitutions
5. Substitutions may be made freely on a dead ball (when the whistle has been blown). Alternatively, a coach may call for a substitution when their team has the ball.

Individual Skills Competition

These are general guidelines to follow. Modification may be required depending on athlete needs and skill levels.

Equipment

- Soccer balls, cones, pinneys, stopwatch, whistle, blue tape
- Some skills events do not require access to a soccer goal

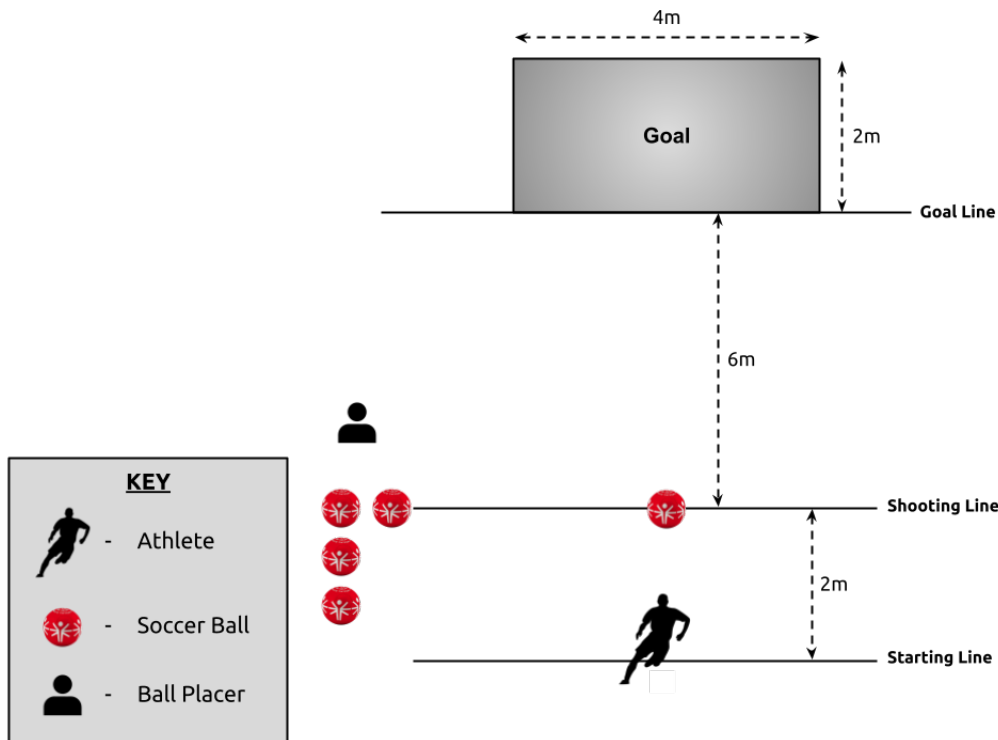
Facility

- Indoor or Outdoor fields

SECTION K - INDIVIDUAL SKILLS CONTEST (ISC)

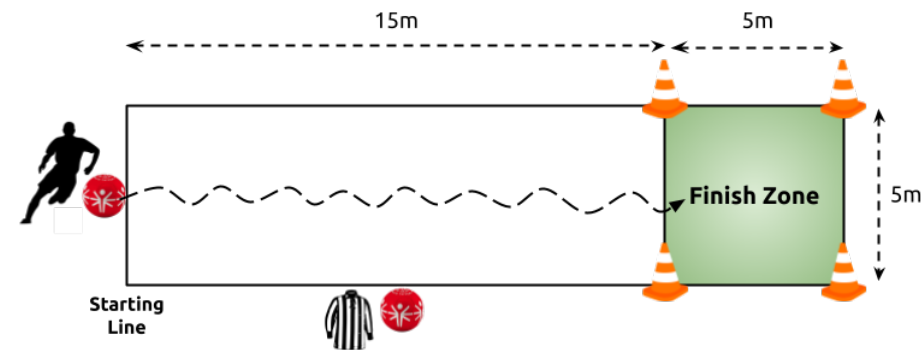
1. The following events provide meaningful competition for athletes with lower ability levels and/or need to use a walking device. It is not for athletes who can already play the game.
2. Athletes who receive assistance in the portion of the event that determines the score will receive a “Non Score” for the event. Athletes who score “Non Score” in all of the events will only be eligible for a Participation award. In order to receive a placement award (Gold through 8th Place), athletes must perform at least one of the events below without receiving assistance in the portion of the event that determines the score (see specific events for details).
3. The ISC consists of 3 events: Dribbling, Shooting, and Run & Kick. Competitors should perform each event twice. The total score from the two rounds is added together to give the final score.




ISC Event #1: Shooting



1. Purpose: To measure the athlete’s shooting ability.
2. Equipment
 - a. 5 Size 5 soccer balls
 - b. Tape, chalk or field paint
 - c. 4 meter X 2 meter 5-a-side goal with net
3. Description
 - a. Athlete begins at starting line and walks/runs forward to shoot the ball into the goal from 6 meters.
 - b. Athlete returns to the starting line.
 - c. Official places next ball for athlete to shoot.
 - d. Player receives 5 total attempts.
4. Scoring
 - a. Each successful goal scored is 10 points.
 - b. The maximum score for this event is 50 points. The minimum score is zero.
 - c. If the athlete receives assistance moving toward the ball and/or kicking, or otherwise moving the ball in a forward motion, they will receive a “Non Score” for this event.

ISC Event #2: Dribbling

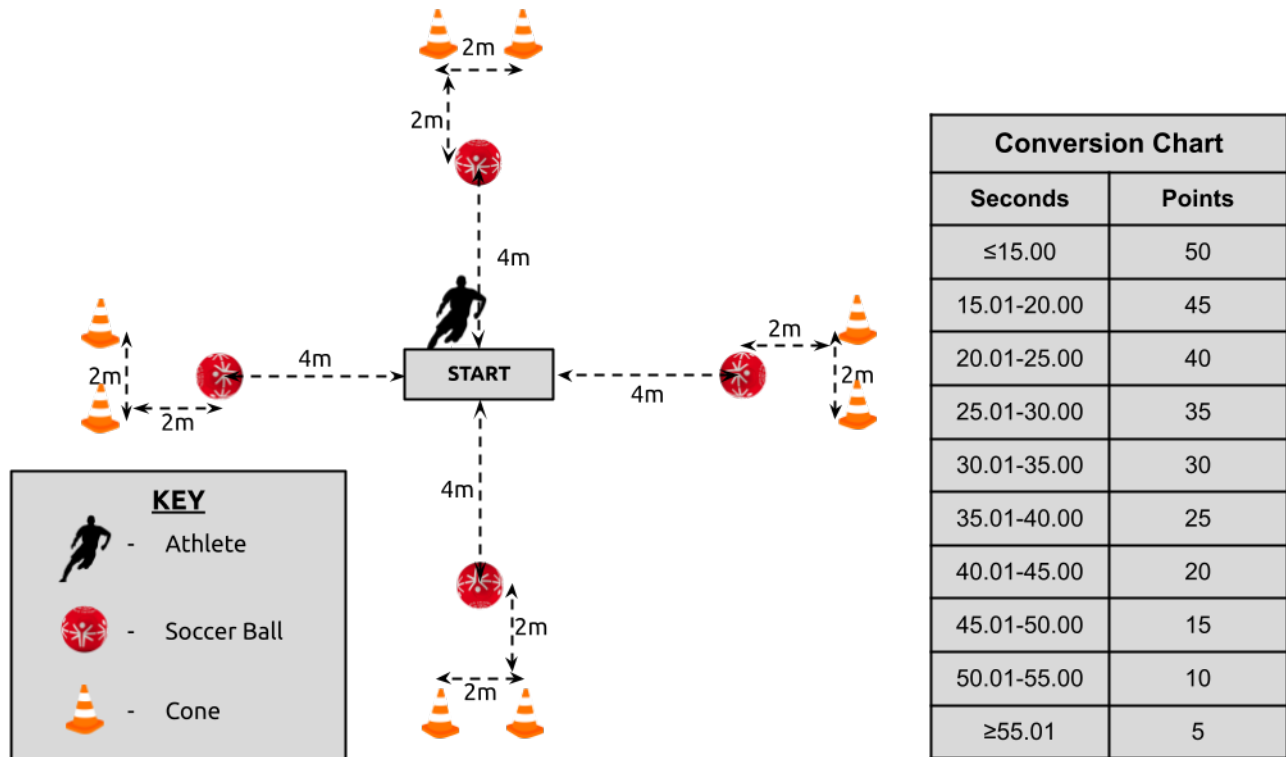


KEY	
	- Athlete
	- Soccer Ball
	- Official

Conversion Chart			
Seconds	Points	Seconds	Points
≤10.00	60	35.01-40.00	30
10.01-15.00	55	40.01-45.00	25
15.01-20.00	50	45.01-50.00	20
20.01-25.00	45	50.01-55.00	15
25.01-30.00	40	≥55.01	10
30.01-35.00	35		

1. Purpose: To measure an athlete's ball dribbling ability.
2. Equipment
 - a. 2-3 Size 5 soccer balls
 - b. Tape, chalk or field paint
 - c. 4 large cones to mark finish zone
 - d. Stopwatch
3. Description
 - a. Athlete dribbles from the starting line to the finish zone, staying inside the marked lane.
 - b. Finish zone is marked with cones and chalk.
 - c. Clock is stopped when both the athlete and the ball are stopped inside the finish zone.
 - d. If athlete overshoots the finish zone, he/she must dribble ball back in the finish zone to finish (stop time).
4. Scoring
 - a. Time (in seconds) elapsed while athlete is dribbling ball is converted into points using scale above.
 - b. Deduction of 5 points is made for each time the ball runs over the sidelines of the lane or if athlete touches ball with his/her hands.
 - c. If the ball runs over the sideline, the official will immediately place another ball in the center of the lane opposite the point at which the ball went out.
 - d. The maximum score for this event is 60 points. The minimum score is 10.
 - e. If the athlete receives assistance moving from Start to Finish, and/or dribbling, or otherwise moving the ball in a forward motion, they will receive a "Non Score" for this event.

ISC Event #3: Run & Kick



1. Purpose: To measure athlete's ability to run and then kick the ball with accuracy.
2. Equipment
 - a. 4 Size 5 soccer balls
 - b. Chalk, tape or field paint to mark starting point
 - c. Cones or flags for 2-meter wide target gate
3. Description
 - a. Athlete begins at starting point.
 - b. Athlete runs to any ball and kicks it through target gate (each ball can only be kicked once).
 - c. Athlete then proceeds to run and kick another ball through target gate.
 - d. Clock is stopped when athlete kicks last remaining ball.
4. Scoring
 - a. Total time (in seconds) elapsed from when the athlete start to when he/she kicks the last ball is recorded and converted into points using the conversion chart above.
 - b. Bonus of 5 points is added for each ball kicked successfully through a target gate.
 - c. The maximum score for this event is 70 points. The minimum score is 5 points.
 - d. If the athlete receives assistance moving toward the ball and/or kicking, or otherwise moving the ball in a forward motion, they will receive a "Non Score" for this event.

FINAL ISC SCORE

1. The athlete's final score for the Individual Skills Contest is determined by adding together the scores achieved in Rounds 1 and 2 for each of the three events. The maximum final score possible for one round is variable.
2. A sample of the Soccer Individual Skills Contest Scorecard can be found on following page (Page 16).

SAMPLE SOCCER INDIVIDUAL SKILLS CONTEST SCORECARD

Special Olympics Northern California

Individual Skills Contest (ISC) Scorecard SOCCER

Place Athlete Label Here

Athlete Name:		Age Group:		Division:	
Delegation:		Gender:			

SHOOTING	ATTEMPTS					Score	
	1	2	3	4	5		
ROUND 1							Sum of Points
ROUND 2							
DRIBBLING	Time (seconds)	Points (See Chart)		Penalty (-5 pts each)			Points minus penalties
ROUND 1							
ROUND 2							
RUN & KICK	Time (seconds)	Points (See Chart)		Bonus (+5 pts each)			Points plus bonuses
ROUND 1							
ROUND 2							
Total Score (Round 1 + 2)							

Shooting

- Athlete begins at the starting line and runs/walks forward to shoot the ball into the goal
- Athlete returns to the starting line for each attempt
- Scoring: - **10 points** for each goal scored
- **Score is the total of 5 shots (Maximum of 50 points)**

Dribbling

- Athlete begins at the starting line and dribbles the ball to the finish zone inside the marked lane
- Clock starts when the athlete moves the ball and stops when the athlete and the ball are stopped inside the finish zone
- Scoring: - Time in seconds is converted to a score -->
- A deduction of five points is made each time the ball overruns the sidelines of the lane or if the athlete touches with his/her hands
- **Score is points (from scale) minus penalties (Maximum of 60 points)**

Dribbling Conversion Chart			
Seconds	Points	Seconds	Points
0-10.00	60	35.01-40.00	30
10.01-15.00	55	40.01-45.00	25
15.01-20.00	50	45.01-50.00	20
20.01-25.00	45	50.01-55.00	15
25.01-30.00	40	≥55.01	10
30.01-35.00	35		

Run & Kick

- Athlete begins at the starting point in the center of the target gates
- Clock starts when the athlete moves towards the first ball and stops first ball and stops when the athlete kicks the last remaining ball towards the target gate
- Scoring: - Time in seconds is converted to a score -->
- A bonus of five points is added for each ball kicked successfully through a target gate
- **Score is points (from scale) plus bonuses (Maximum of 70 points)**

Run & Kick Conversion Chart			
Seconds	Points	Seconds	Points
0-15.00	50	35.01-40.00	25
15.01-20.00	45	40.01-45.00	20
20.01-25.00	40	45.01-50.00	15
25.01-30.00	35	50.01-55.00	10
30.01-35.00	30	≥55.01	5