

Soccer Individual Skills Competition Score Sheet

...and worksheet for determining INDIVIDUAL SKILLS BSAT score

**Special
Olympics
Washington**



Athlete Name: _____ Division: _____

Team Name: _____

Preliminaries: Finals: **GRAND TOTAL** _____

Dribbling

- Athlete dribbles the ball from the start line to the finish zone.
- Athlete will be timed from start to when both the ball and athlete are stopped in the finish zone.
- If the athlete overshoots the finish zone, they must dribble the ball back into the finish zone.
- A deduction of 5 points is made for each time the ball runs over the side-lines of the lane or if the athlete touches the ball with their hands.
- If the ball runs over the sideline, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out.
- **Score both attempts and add together for total score:**

| Dribble Time (Seconds) | Point Score |
|------------------------|-------------|
| 5-10 | 60 points |
| 11-15 | 55 points |
| 16-20 | 50 points |
| 21-25 | 45 points |
| 26-30 | 40 points |
| 31-35 | 35 points |
| 36-40 | 30 points |
| 41-45 | 25 points |
| 46-50 | 20 points |
| 51-55 | 15 points |
| 55 or more | 10 points |

$$\begin{array}{ccc}
 \square & + & \square & = & \square \\
 \text{1}^{\text{st}} & & \text{2}^{\text{nd}} & & \text{Total} \\
 \text{Attempt} & & \text{Attempt} & &
 \end{array}$$

Shooting

- Athlete will stand at the starting line and move up to the shooting line.
- Athlete will shoot the ball into the goal from a distance of six meters.
- The athlete is only allowed to kick the ball once.
- Athlete will complete two rounds consisting of five attempts per round.
- Each successful goal = 10 points / Missed goals = 0 points
- **Score all 10 attempts and add together to get final score.**

$$\begin{array}{cccccc}
 \square & + & \square & + & \square & + & \square & + & \square & = & \square \\
 \square & + & \square & + & \square & + & \square & + & \square & = & \square
 \end{array}$$

Total = \square

Run & Kick

- Athlete begins at starting line, runs to any ball and kicks into designated target gates.
- Athlete is only allowed to kick the ball once.
- Athlete repeats this for all four balls.
- The clock stops when athlete kicks all four balls.
- The total time (in seconds) elapsed from when the player starts to when he/she kicks the last ball is recorded and converted into points using the conversion chart.
- A bonus of five points is added for each ball kicked successfully through a target gate.
- **Athlete will complete two rounds. Add both rounds together for final score.**

| Dribble Time (Seconds) | Point Score |
|------------------------|-------------|
| 11-15 | 50 Points |
| 16-20 | 45 points |
| 21-25 | 40 points |
| 26-30 | 35 points |
| 31-35 | 30 points |
| 36-40 | 25 points |
| 41-45 | 20 points |
| 46-50 | 15 points |
| 51-55 | 10 points |
| 55 or more | 5 points |

$$\begin{array}{ccc}
 \square & + & \square & + & \square & = & \square \\
 \text{1}^{\text{st}} & & \text{2}^{\text{nd}} & & \text{Bonus} & & \text{Total} \\
 \text{Round} & & \text{Round} & & & &
 \end{array}$$

If using this form to determine BSAT score - place score in the FINAL REGISTRATION designated column - do not submit this worksheet.