

Soccer

Individual Skills Competition Score Sheet

**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.**

$$\square + \square + \square + \square + \square = \square$$

$$\square + \square + \square + \square + \square = \square$$

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.**

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

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