



Soccer- Individual Skills Competition Score Sheet

Athlete Name:

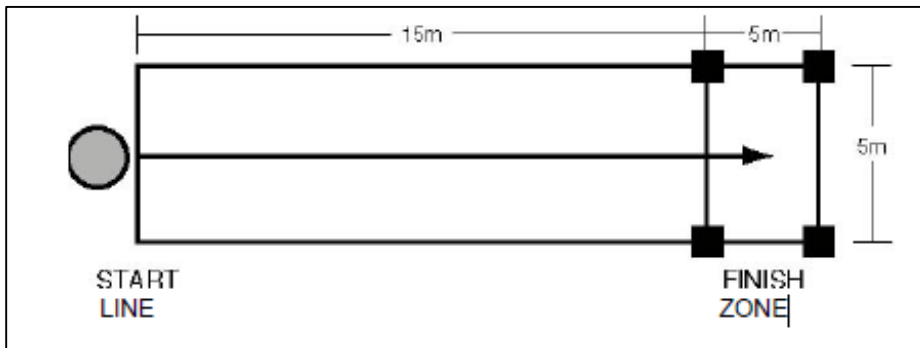
Division #:

Individual Skills Competition:

Consists of three events: dribbling; shooting; and run and kick. Competitors should first go through a divisioning round where each athlete performs each event once. The total score from the three events is then used to place players in divisions with others of similar abilities for the competition (medal) round. In the medal round, each player should perform each event twice. The total score from the two rounds is added together to give the final score.

Event 1- Dribbling

Description: The player dribbles from the starting line to the finish zone, staying inside the marked lane. The finish zone should be marked off with cones as well as chalk. The clock is stopped when both the player and the ball are stopped inside the finish zone. If the player overshoots the finish zone, he/she must dribble it back in to finish.



Time	Points
5-10	60
11-15	55
16-20	50
21-25	45
26-30	40
31-35	35
36-40	30
41-45	25
46-50	20
51-55	15
55 or more	10

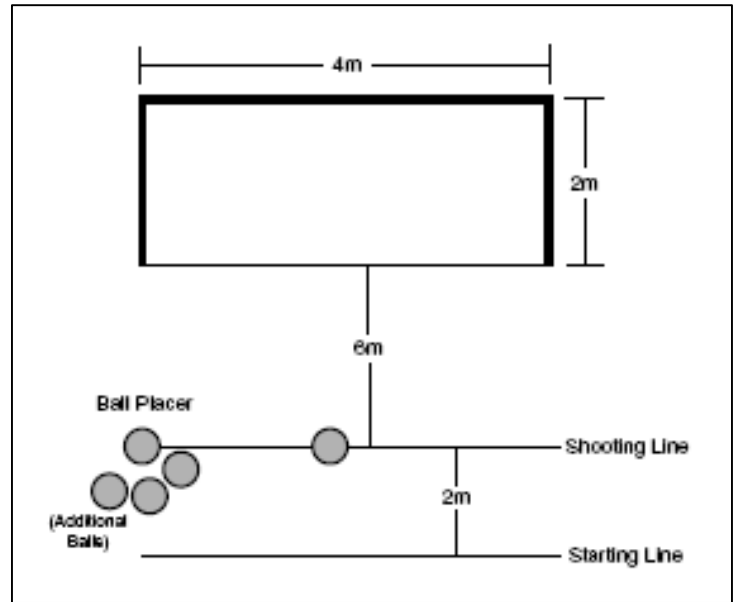
Scoring: The time (in seconds) elapsed while the player is dribbling is converted into points using the scale below. A deduction of five points is made for each time the ball runs over the sidelines of the lane or if a player touches the ball with his/her hands (note: If the ball runs over the sideline, the referee will immediately place another ball in the center of the lane opposite the point at which the ball went out).

Round	Time	Points	Total
1			
2			

Event 2- Shooting

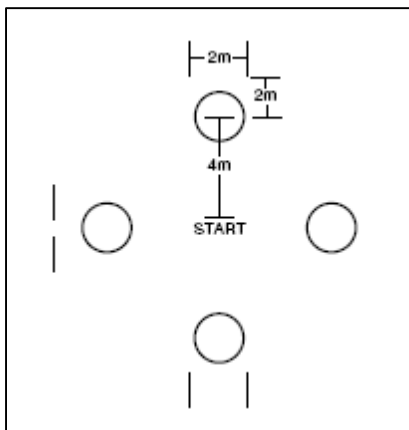
Description: Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six meters. Athlete is only allowed to kick the ball once. The athlete returns to the line. Ball placer (official) places the next ball to be shot. Athlete repeats. Total of five shots. When the player kicks the last ball, the clock is stopped at a maximum of two minutes.

Scoring: Each successful goal scores 10 points. No goal is zero points; circle each score:



Attempts	1		2		3		4		5		Totals	Final Score
Round 1	0	10	0	10	0	10	0	10	0	10		
Round 2	0	10	0	10	0	10	0	10	0	10		

Event 3: Run and Kick



Description: Player begins at the starting marker. Athlete runs to any ball and kicks it through a target gate. Athlete is only allowed to kick the ball once. The player then runs and kicks another ball through a target gate. When the player kicks the last ball, the clock is stopped.

Scoring: 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 below. A bonus of five points is added for each ball kicked successfully through a target gate.

Time	Points
11-15	50
16-20	45
21-25	40
26-30	35
31-35	30
36-40	25
41-45	20
46-50	15
51-55	10
55 or more	5

Round	Time	Points	Total
1			
2			

Final Individual Skills Score: