

Soccer

(Choose as many activities that you are able to do)

Submit scores on specialolympicsri.org

Equipment Needed

Ball (any kind)

Stop watch or something to keep time

3 Cones or something to use as markers (Ex: rocks, toilet paper rolls, etc.)

Measuring Tape

Soccer Goal (optional)

(If you don't have a ball you can use a balloon.)

<u>EVENT</u>	<u>EVENT DESCRIPTION</u>	<u>SCORE</u>
#1 Juggle How many times can you juggle a soccer ball on your feet in 30 seconds?	Use any part of your body to keep the soccer ball in the air. Each touch counts as one point.	<input type="text"/>
#2 10m Speed Dribble How fast can you dribble a soccer ball 10m in control?	Measure 10m with a measuring stick or 12 steps. You will need 2 cones, one for your start line and one for your end line. If you don't have cones use anything that you have on hand to mark your start and end (Ex: a rock, toilet paper roll, etc.)	<input type="text"/> sec
#3 Toe Touches How many toe touches can you do in 30 seconds?	Touch the top of the ball alternating with each foot as fast as you can. You can do this standing or sitting.	<input type="text"/>

#4 Tick Tock

How many taps can you complete between your feet in 30 seconds?

Tap the ball back and forth alternating with each foot as fast as you can using the inside of your foot.

You can do this standing or sitting.

#5 Push Ups

How many push ups can you do in 30 seconds?

You can do the push ups in any modification that works for you.

You can do a standard push up, a push up from your knees, or a wall push up. If you are in a wheelchair, have a partner work with you and push them back as many times as possible.

#6 Sit Ups

How many sit ups can you do in 30 seconds?

You can do the sit ups in any modification that works for you.

You can do a full sit up, a bended knee crunch or a seated leg lift. If you are in a wheelchair, try to do toe touches and/or boxer punches.

#7 10m Sprints

How many 10m sprints can you complete in 30 seconds?

Measure 10m with a measuring stick or 12 large steps.

You will need 2 cones, one for your start line and one for your end line. If you don't have cones use anything that you have on hand to mark your start and end (Ex: a rock, toilet paper roll, etc.)

Go as fast as you can cone to cone for 30 seconds. Each lap to a cone counts as 1 point.

You can run, walk, jog or propel for this exercise in your yard, on a sidewalk or any open space.

#8 Shots on Goal

How many successful shots on goal can you make in 5 attempts?

If you do not have a soccer goal you will need 3 cones or whatever you used as a marker for the 10m sprint activity.



Set up 2 cones 15 feet (5 large steps) apart to make your goal line. From the goal line measure 10 feet (5 large steps) and place a third cone there. This will be your shooting spot.