

# Soccer - Individual Skills Scoresheet

**Special Olympics**  
Texas



Athlete Name	Heat #	Age	Gender <input type="radio"/> M <input type="radio"/> F
Coach Name	Delegation/Team		

SKILL 1 - DRIBBLING		
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.		
Preliminary	Time	Points
1st Round Final	Time	Points
2nd Round Final	Time	Points
<b>Final 1st &amp; 2nd Rounds Total Points</b>		

DRIBBLING SCORING (Seconds → Points)			
5-10 sec	60 pts	36-40 sec	30 pts
11-15 sec	55 pts	41-45 sec	25 pts
16-20 sec	50 pts	46-50 sec	20 pts
21-25 sec	45 pts	51-55 sec	15 pts
26-30 sec	40 pts	55+ sec	10 pts
31-35 sec	35 pts		
<b>Deductions:</b>			
<ul style="list-style-type: none"> <li>Subtract <b>5 points</b> each time the ball goes out the sidelines. Place a new ball in the middle of the lane at the point where the ball goes out.</li> <li>Subtract <b>5 points</b> if the player touches the ball with hands.</li> </ul>			

SKILL 2 - SHOOTING IN THE GOAL						
Each athlete has 2 minutes to complete a total of 5 shots. Athlete begins at the start line and walks or runs forward to shoot the ball into the goal from a distance of six meters. The 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. When the player kicks the last ball, the clock is stopped at a maximum of 2 minutes. <b>Each goal is 10 points or no goal is zero points; circle a score in each box.</b>						
Attempts	Attempt 1	Attempt 2	Attempt 3	Attempt 4	Attempt 5	Final 1st & 2nd Rounds Total Points
Preliminary	0 10	0 10	0 10	0 10	0 10	
1st Round Final	0 10	0 10	0 10	0 10	0 10	
2nd Round Final	0 10	0 10	0 10	0 10	0 10	

SKILL 3 - SHOOTING AT THE TARGET		
Player begins at the starting marker. Athlete runs to any ball and kicks it through a target gate. The 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. <b>A bonus of five points will be given for each ball kicked successfully through a target gate.</b>		
Preliminary	Time	Points
1st Round Final	Time	Points
2nd Round Final	Time	Points
<b>Final 1st &amp; 2nd Rounds Total Points</b>		

SHOOTING SCORING (Seconds → Points)			
11-15 sec	50 pts	36-40 sec	25 pts
16-20 sec	45 pts	41-45 sec	20 pts
21-25 sec	40 pts	46-50 sec	15 pts
26-30 sec	35 pts	51-55 sec	10 pts
31-35 sec	30 pts	55+ sec	5 pts
<b>A bonus of five points will be given for each ball kicked successfully through a target gate.</b>			

<b>TOTAL OF ALL THREE SKILLS</b>	
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