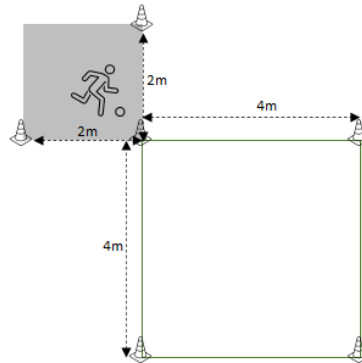


Special Olympics Challenge

Skill Football 7 – SQUARE



Description of the skill

The player runs with the ball at their feet. They run outside a square formed by 4 cones, then cover the same path in the opposite direction. The course finishes when the player sets their foot on the ball in the starting area (grey zone).

Effect of the skill

This skill trains athletes to lead the ball. They must control the ball to keep it close while moving along a set course.

Determining the score

The time starts when the player touches the ball, they cover the course in both directions. When the player arrives in the finish zone and sets foot on the ball, the coach stops the stopwatch. The exercise is performed twice, the final score is the better of the two results.

Rules

- The cones are placed as in the diagram above. A 2x2 metre square for the start/finish zone, a 4x4 metre square for the course.
- During the course, the ball must pass outside the cones.
- At the midpoint of the course, the ball must enter the grey zone before the athlete starts off in the other direction.
- If the player loses control of the ball, they must recover it. The time continues to be counted.
- The skill must be performed with a size 4 or 5 ball.
- The skill may be performed on any playing surface.
- The skill must be performed with the same ball and on the same surface for the entire duration of the Challenge.

For further information, please contact us at: challenge@specialolympics.ch