



SKILLS Challenge

Rules: CORE Soccer SKILLS Challenge – 4 stations

Station #1 – Juggling

Participants have TWO minutes to juggle a soccer ball as many times as they can in a row, without it touching the ground – any parts of your body may be used. If the ball drops the count will start over, (the max number of juggles in a row will be the one recorded) Staff will supply a size # 4 soccer ball for all participants to use, (NO MATTER WHAT SIZE BALL YOU PLAY WITH CURRENTLY) **Staff will time the event and count the number of juggles for the participant.**

Station #2 – Passing

8 Balls - TWO minute passing accuracy into any of the 5 numbered mini goals. Each goal will be worth a specific point value. Staff will play ball to the participant in the Circle Area; he/she then receives/turns and passes the ball into any goal of their choosing, while staying within the circle. **Staff will add up the total points after the 8 shots are taken or when the TWO minute clock has expired for each participant. (Balls MUST be Received and Passed within the Circle Area. If a ball is passed from outside this area those points DO NOT count in the total)**

Station #3 – Shooting

8 - Shots in TWO minutes (points for difficulty). There will be a goal set up with 7 different targets that will have 4 different point values. Each participant will have TWO minutes to shoot 8 stationary balls and score as many points as they can. **Staff will assist in the set up, timing of the event and adding up participant's points.**

Station #4 - Dribbling

Speed dribbling course. Each participant will be timed to dribble around and thru 8 different gates. Each gate will be assessed a 5point value, (Max Points = 40) Participant must complete the course as fast as possible while collecting as many points with minimal to NO deductions. If you miss/skip or knock down a gate, that gate points will be deducted from your total.

Example: Participant finished the course in 1:32, but missed one gate – 5pts. and knocked down two gates – 10 pts. (A total of - 15pt. *deduction* = FINAL Score 25pts. & TIME: 1:32)

Staff will record time and total points accumulated by each participant.

More info or questions: CORE Director - Jamie Swanner

Email – Jamie@coresoccertraining.com

Phone (314) 635-8880