



***Special Olympics***  
***Kentucky***

# Soccer Manual



## Rules, Regulations, & Training Information

**All Special Olympics Kentucky Soccer games and tournaments should be run according to FIFA rules. Any modifications to those rules can be found in this manual.**

Revised Spring 2007

# **SOCCER MANUAL**

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## **MISSION OF SPECIAL OLYMPICS**

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

## **PURPOSE**

Special Olympics is a worldwide program of Sports Training and Athletic Competition open to individuals with intellectual disabilities regardless of their abilities. The International Olympic Committee (IOC) has granted it's Official recognition to Special Olympics International, Inc. (SOI).

## **SOKY PLAYS BY THE RULES**

All Special Olympics competitions shall be conducted in accordance with the official Special Olympics Sports Rules, which are designed to protect the athletes, provide fair and equitable conditions of competition and promote uniformity so that no competitor shall obtain unfair advantage over another.

## **THE SPECIAL OLYMPICS KENTUCKY COACHES CODE OF CONDUCT**

**Special Olympics Coaches are role models whose behavior should serve as a positive example for their athletes. Their behavior should reflect a concern that the fairest and most positive competitive experience is equally available to every Special Olympian in a competition. The Coach has the unique opportunity to influence the development and personal growth of many individuals. For this reason, it is important that the coach adhere to the standards of ethical decision making and teaching. Recognizing this point, it is the position of SOKY that the coach shall:**

- Provide a good example in appearance, conduct, language and sportsmanship while striving to set an example of the highest ethical and moral conduct.
- Demonstrate and instill in their players a respect for and courtesy toward the opposing players, coaches, officials and spectators.
- Exhibit and develop in their players the ability to accept defeat or victory gracefully. The coach shall never place the value of winning above the value of instilling the highest desirable ideals of character.
- Be knowledgeable of and follow all existing Special Olympics and National Governing Body Rules.
- Provide for the general welfare, safety, health and well being of each Special Olympian in their charge – this entails supervision 24 hours a day.
- Direct criticism toward your athletes in a constructive, positive and objective manner.
- Ensure that each athlete has a current/valid SOKY medical on file with the state office and that copies of all medicals are with you during any Special Olympics activity.
- Cooperate with the SOKY staff and Competition Directors in establishing and conducting a quality athletic program.
- Encourage spectators (family members & other team supporters) to display conduct of respect and hospitality toward opponents and officials and to recognize good play and sportsmanship.
- Refrain from using alcohol or any mind altering substance while at Special Olympics events/competitions.
- Refrain from use of all tobacco products at SOKY events (i.e. sports venues, staging areas, opening/closing ceremonies, etc).
- Do not engage in any inappropriate contact or relationship with SOKY athletes and/or volunteers.

**Should the behaviors and/or abilities of any coach or other faction of your school/organization be contrary to these responsibilities or to the philosophies of Special Olympics, then one or more of the following actions may be taken by SOKY:**

1. The coach may be notified of the undesirable behavior and be requested to remedy the situation for continued participation. In other words an official **warning** will be given.
2. The coach may be withdrawn personally or as an organization from the remainder of an event or tournament.

**In the event of extreme and/or repeated behavior contrary to the best interests of Special Olympics athletes or Special Olympics, SOKY may:**

1. Prevent the coach or organization from participating in any or all Special Olympics events for a specified period of time.
2. Prevent the coach or organization from participating in Special Olympics Kentucky indefinitely.

## SPECIAL OLYMPICS KENTUCKY ATHLETE CODE OF CONDUCT

Participation in Special Olympics Kentucky is both an honor and a privilege. Therefore, athletes in the SOKY program must accept and carry-out these responsibilities:

1. Dress and act at all times in a manner that is a credit to Special Olympics.
2. Refrain from taunting or taking part in other forms of poor sportsmanship.
3. Commit to knowing and playing by the rules of your sport.
4. Treat all athletes, volunteers and competition officials with respect and communicate in a courteous manner.
5. Respect all competition facilities and equipment.
6. Treat your opponent with respect and courtesy.
7. Refrain from taking part in the consumption of alcoholic beverages and/or controlled substances while at a Special Olympics event/activity.
8. Refrain from smoking or using chewing tobacco at any competition venue.

Athletes who do not conduct themselves according to the above responsibilities, are subject to the following action(s):

1. The athlete may be notified of an undesirable behavior and be requested to remedy the situation for continued participation. In other words, an official **warning** will be given.
2. The athlete may be ejected from a game or competition for violation of any of the above and given an official warning.

In the event of extreme and/or repeated behavior contrary to the best interests of Special Olympics, the following actions may be taken:

1. An athlete may be placed on **probation** or be **suspended** for a specified period of time.
2. An athlete may be **banned** from any future participation in the Special Olympics Kentucky program.

## SPECIAL OLYMPICS AGE GROUPS

- Athletes must be at least eight (8) years of age to participate. (In order to participate in powerlifting, an athlete must 16 years of age.)
- These Special Olympics age groups have been selected as being most representative of those used in sports competitions internationally. The following age groups shall be used for all Special Olympics Games and Competitions.

### A. Individual Sports

- 1) ages 8-11
- 2) ages 12-15
- 3) ages 16-21
- 4) ages 22-29
- 5) ages 30 and over
- 6) Open Age Group - reserved for combining age groups to meet the required minimum number of competitors or teams in a division

### B. Team Sports and Relay Events

- 1) Junior: ages 15 and under
  - 2) Senior: ages 16-21
  - 3) Masters: ages 22 and over
  - 4) Open Age Group: see above
- An athlete's age group is determined by the athlete's age on the opening date of the Games or competition. The age of the oldest athlete on a team shall be used to determine the age group in which that team will compete.
  - Combining Age Groups: In situations where there are not enough competitors to hold competition in a certain age group, the athletes should be moved into the next oldest age group. If there are not enough athletes within the Masters age group to hold an event, the athletes within the Masters age group shall be moved to the Open age group.

# **DIVISIONING**

## **INTRODUCTION**

- Special Olympics has developed modified rules, when necessary, in order to maximize the successful participation of all athletes and encourage competition throughout every level of the organization.
- The fundamental difference which sets Special Olympics competitions apart from those of other sports organizations is that athletes of all ability levels are encouraged to participate and every athlete is recognized for his or her performance.
- Competitions are structured so that athletes compete with other athletes of similar ability in equitable divisions. Historically, Special Olympics has suggested that all divisions be created where the variance between the highest and lowest scores within that division differ by no more than 10-15%. This is NOT a rule, but should be used as a guideline for establishing equitable divisions when the number of athletes competing is appropriate.

## **PROCEDURES FOR DIVISIONING**

- **AN ATHLETE'S ABILITY IS THE PRIMARY DIVISIONING FACTOR IN SPECIAL OLYMPICS COMPETITIONS.** The ability of an athlete or team is determined by an entry score from a prior competition or a preliminary event. Other factors which are significant in establishing competitive divisions are age and sex.
- Ideally, competition is enhanced when all divisions accommodate at least three and no more than eight competitors or teams of similar ability. In some cases, however, the number of athletes or teams within a competition will be insufficient to achieve this goal. The procedures on the following page describe the sequential process of creating equitable divisions by the event and also provide guidance for managing athlete participation when factors preclude ideal divisioning.

# TEAM SPORTS

## A. Step One: Divide Teams By Gender

- 1) Divide teams into two groups based upon gender. Female teams shall compete against other female teams and male teams shall compete against other male teams.
- 2) Teams shall compete against other teams of the same gender unless there is only one male or one female team within the competition. This team shall be divisioned with teams of the opposite gender who are of similar age and ability.

## B. Step Two: Divide Teams By Age

- 1) The age group of a team is determined by the age of the oldest athlete on that team on the opening date of the competition.
- 2) Divide male and female teams into the following age groups: ages 15 and under; ages 16-21; ages 22 and over. An additional group may be established if there is a sufficient number of teams in the "22 and over" age group.
- 3) Teams should compete against other teams within the same age group.

## C. Step Three: Divide Teams By Ability

- 1) All Special Olympics team sport competitions shall utilize the results of qualifying tournaments and games to assess the level of ability of the participating teams.
- 2) Create divisions of no more than eight teams by applying age groups to the teams within each ability group.
- 3) Within each ability group, age groups may be combined to create divisions.
- 4) If there are only two male or two female teams in the competition, these teams shall compete against each other.
- 5) If there is only one team within an age or ability group, that team must be divisioned with other teams, regardless of age or ability.

**\* In most cases, preference will be given to ability.**

## **SMART COACHES PREPARE FOR SUCCESS!**

An organized coach will give his or her athletes the edge on competition day. How many coaches prepare athletes for weeks and months for an event to find on the day of competition they did not plan for the unexpected?

Take for example the coach who buys new uniforms for his team but waits for the day of competition to find out the uniforms don't fit. Or the coach who trains his/her basketball team using a junior size basketball, only to find out at the State Tournament an official high school leather ball is used. How many coaches will train their athletes in the 100 meter sprint by using a whistle instead of a starter's pistol? While some coaches give their athletes the advantage in competition, others put their players at a disadvantage.

Coaching on the day of the event is quite different from coaching during practice sessions. On the day of competition, the athlete should be expected to perform only those skills which he/she has already learned well. Although some strategies can be refined, the introduction of new skills may confuse and/or distract the athlete and may affect performance.

Coaches need to establish a checklist early on to assure their athletes will have everything they will need to perform at their best on the day of competition. Will your athlete's running shoes be broken in by the day of the race? When will the uniforms be distributed so that it can be determined who will need a different size? Will you need to bring a tape measure to mark off the long jump runway?

Organizing your needs will allow you to assign some jobs to parents, assistant coaches and volunteers who work in your program. This will take some of the burden off you and at the same time guarantee that nothing will be forgotten.

It is your responsibility to prepare your athletes for competition. Don't fall short on the day of the event. Refer to the following competition checklist to help you prepare. Although some items are not required for every event, all deserve consideration at one time or another, so please make additions as needed for your program.

## COACHES "SURVIVAL" LIST

### ADMINISTRATION

- Event schedule
- Directions/Maps
- Emergency Phone Numbers
- Athlete Medicals
- Transportation Confirmation
- Copy of Registration Materials
- Money
- Special Olympics Rule Book
- Sports Specific Rule Book

### UNIFORMS

- Warm-ups
- Extra socks
- Women's Athletic Bra
- Uniforms for competition
- Tennis shoes
- Athletic supporter for all males
- Hat/Visor

### MEDICAL

- Event schedule
- Athletic Tape
- Sunscreen
- Special Diets
- Snacks
- First Aid Kit
- Medications (clearly marked)
- Water
- Eye Wear Protection

### EQUIPMENT

- Cones
- Rope
- Tape
- Sport Specific Equipment
- Cassette Tape (gymnastics)
- Stopwatch
- Towels
- Scorebook

### OVERNIGHT PACKING

- Underwear
- T-shirts
- Sweater
- Sweatshirt
- Socks
- Tennis Shoes
- Pants
- Jacket
- Toiletries
- Shoes

### MISCELLANEOUS

- Pens/pencils
- Clipboard
- Change for phone/vending machine
- Laundry marker
- Kleenex
- Alarm clock
- Bug spray
- Extra toothbrush

## **SOCCER**

The Official Special Olympics Sports Rules shall govern all Special Olympics Soccer Competitions. Special Olympics has created these rules based upon Federation Internationale de Football Association (FIFA) rules. FIFA rules shall be employed except when they are in conflict with the Special Olympics Sports Rules. In such cases, the Official Special Olympics Sports Rules shall apply.

### **5-A-SIDE (Outdoors)**

The SOKY soccer season runs March through June. The State Competition is held each year in early June as part of the Special Olympics Kentucky Summer Games. Teams **MUST** qualify for the State event by participating in a Sanctioned Tournament. These tournaments must be held within the official SOKY Soccer Season.

#### **DIVISIONS**

Soccer teams will compete in the following divisions.

- a. Junior – ages 15 and under
- b. Senior – ages 16 – 21
- c. Masters – ages 22 and over
- d. Open Division – Reserved for combining ages groups when these are not a minimum number of teams in a division.

## 5-A-SIDE SOCCER RULES

The rules of play for 5-a-side are the same as 11-a-side except for the following modifications:

### 1. **Field of play**

- a. A 5-a-side field shall be a rectangle; maximum dimensions 50m x 35m, minimum dimensions 40m x 30m. The smaller field is recommended for lower ability teams.
- b. The field shall be marked out as shown on the diagram on page 18 of this manual.
- c. The goal size shall be 4m x 2m.

### 2. **The ball**

- a. All divisions will use a size 5 ball.
- b. Each team is responsible for providing a game ball at each tournament.

### 3. **Number of players**

- a. Minimum number of players on a roster is six (6) and the maximum is 12.
- b. The game is played between two teams, each consisting of five (5) players, one of whom shall be the goalkeeper. A minimum of three (3) players shall be on the field at any one time.
- c. Substitutions are unlimited in number and players may return to the field after being substituted. Substitutions can be made at any stoppage of play (e.g., ball is out-of-bounds, between periods, after a goal is scored, during a time-out). The coach must signal the referee or assistant referee in order to make a substitution. A substituted player can only come on the field when given a signal by the referee.

### 4. **Players equipment**

- a. Team **MUST** have matching uniforms and shirts must be numbered.
- b. Shin guards are required! If wearing shorts, shin guards must be covered by socks.
- c. Soccer shoes are mandatory.

5. **Referee:** one referee
6. **Linesmen:** two assistant referees
7. **Duration of the match**
  - a. The match shall consist of two equal periods of 15 minutes with a half-time interval of five (5) minutes.
  - b. If the event of a tie, teams will play two complete five-minute overtime periods.
  - c. If the game is still tied, each team will designate five players to take alternating penalty kicks; the best of five is the winner.
  - d. If still tied, alternating penalty kicks will be taken by the remaining players until the winner is decided by a single goal.
8. **Start of play**

A ball must be kicked and move forward from the center spot before being touched by another player.
9. **Ball in and out of play**

A ball over the touch line results in a kick-in or throw-in. A ball over the goal line results in a goal kick or a corner kick. The ball must be completely over the line to be considered out of play.
10. **Goal Kick**
  - a. When the ball passes over the goal line, (not in the goal), having last been played by an attacking player, the goalkeeper, standing within his own penalty area, shall throw the ball back into play, beyond his own penalty area but not further than the halfway line. **The ball must touch the ground or another player before crossing the halfway line.** The ball shall be deemed in play as soon as it has passed outside the penalty area.
  - b. The above goal kick rule also applies when a goalkeeper gains possession, with his hands, of a ball that is still in play.

**Infringement penalties:**

1. If a ball thrown by the goalkeeper passes beyond the goalkeeper's half of the field without first having been touched by another player or without having touched the ground, the referee shall award an indirect free kick for the opposing team from any point on the half-way line.

2. From the goalkeeper's throw, if the ball is touched by an opposing player inside the penalty area, the throw shall be retaken.

#### 11. **Method of scoring**

The whole of the ball must have completely crossed the goal line to count as a goal.

#### 12. **Fouls and Misconducts**

(Same as for 11-a-side, EXCEPT THERE IS NO OFFSIDES.)

- a. Tripping, pushing, handball or charging results in a direct free-kick.
- b. Obstruction or dangerous play results in an indirect free-kick.
- c. If a player is expelled from the match (receives two yellow cards or a red card), this player may NOT re-enter the match. His team must play a player down for two minutes unless a goal is scored before the two minutes have elapsed. In this case the following shall apply:
  1. If there are five players against four players and the team with the larger number scores a goal, the team with four players may be completed.
  2. If both teams are playing with four players and a goal is scored, both teams may be completed.
  3. If there are five players playing against three and the team with the larger number scores a goal, the team with three players may be increased by one player only.
  4. If both teams are playing with three players and a goal is scored, both teams may add one more player.
  5. If the team scoring the goal is the one with fewer players, the game shall continue without changing the number of players.
    - Keeping check of the two minutes shall be the task of the Timer or fourth Official.
    - The player who enters the game as a substitute after two minutes may only do so with the consent of the referee and when the ball is out of bounds.

#### 13. **Re-start exception**

Any free-kick that is awarded to the defending team inside their penalty area will be restarted with a throw from the goalkeeper.

#### 14. **Free-kick**

Opposing players must be at least 5m from the ball for all free-kicks.

## 15. Penalty Kick

### POSITION of the BALL and the PLAYERS

- The ball is placed on the penalty mark.
- The player taking the penalty kick is properly identified.
- The defending goalkeeper remains on his/her goal line, facing the kicker, between the goalposts, until the ball has been kicked.
- The players other than the kicker are located inside the field of play, outside the penalty area, behind the penalty mark, and at least 10 yards (9.15m) from the penalty mark.
- The referee does not signal for a penalty kick until the players have taken up position in accordance with the rule. The referee decides when a penalty kick has been completed.

### PROCEDURE

- The player taking the penalty kicks the ball forward.
- He does not play the ball a second time until it has touched another player.
- The ball is in play when it is kicked and moves forward.
- When a penalty kick is taken during the normal course of play, or time has been extended at halftime or full time to allow a penalty kick to be taken, a goal is awarded if, before passing between the goalposts and under the crossbar, the ball touches either or both goalposts and/or crossbar, and/or the goalkeeper.

### INFRINGEMENTS/SANCTIONS

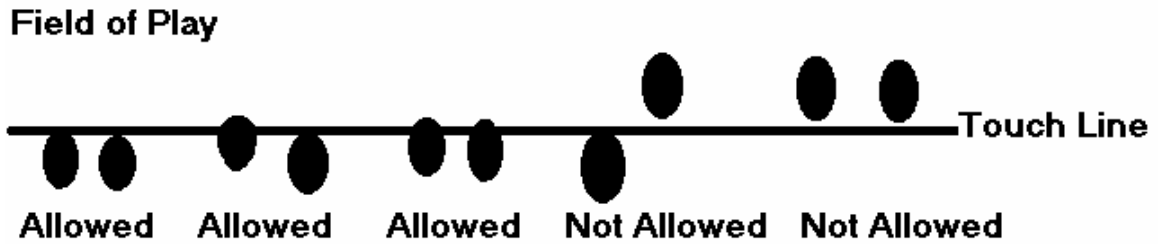
1. *If the referee gives the signal for a penalty kick to be taken, and before the ball is in play,*
  - *the player taking the penalty kick infringes the rules of the game:* the referee allows the kick to proceed. If the ball enters the goal, the kick is retaken. If the ball does not enter the goal, the kick is not retaken.
  - *the goalkeeper infringes the rules of the game:* the referee allows the kick to proceed. If the ball enters the goal, a goal is awarded. If the ball does not enter the goal, the kick is retaken.
2. *If, after the penalty kick has been taken*
  - *the kicker touches the ball a second time before it has touched another player:* an indirect free kick is awarded to the opposing team. The kick is to be taken from the place where the infringement occurred.

- *the kicker deliberately handles the ball before it has touched another player:* a direct free kick is awarded to the opposing team. The kick is to be taken from the place where the infringement occurred.
- *the ball is touched by an outside agent as it moves forward:* the kick is retaken.
- *the ball rebounds into the field of play from the goalkeeper, the crossbar or the goalposts, and is then touched by an outside agent:* the referee stops play. Play is restarted with a dropped ball at the place where it touched the outside agent.

**16. Kick-in (B Division ONLY - equivalent to the throw-in during 11-a-side)  
Throw-in (1A, 2A, 3A, and 4A)**

- a. In the B Division, when the whole of the ball passes over a touch line, it shall be kicked or thrown back into the game from the place where it crossed the touch line by a player from the opposing team to that of the player who last touched it. The ball must be stationary before being kicked or thrown. It shall be deemed in play immediately if it touches, while still in the air, the outer edge of the vertical plane of the touch line. Players from the opposing team must be at least 5m from the spot where the kick/throw is being taken.
- b. In the 1A Division, kick-ins will no longer be allowed. Athlete will have to attempt a throw-in to place the ball back into play. As long as an attempt is made on a throw-in, the throw-in will be legal.
- c. In the 2A, 3A, and 4A Divisions, a correct throw-in is required to place the ball back into play.
  - At the moment of delivering the ball, the thrower must:
    - be facing the field of play.
    - plant his/her heels on the ground and remain on the ground behind or on the touchline. One foot is allowed to drag on the ground, as long as the other foot remains stationary.
    - use both hands.
    - deliver the ball from directly behind and over his/her head.
  - **If at anytime the thrower delivers an incorrect throw-in, the throw-in will be awarded to the other team.**

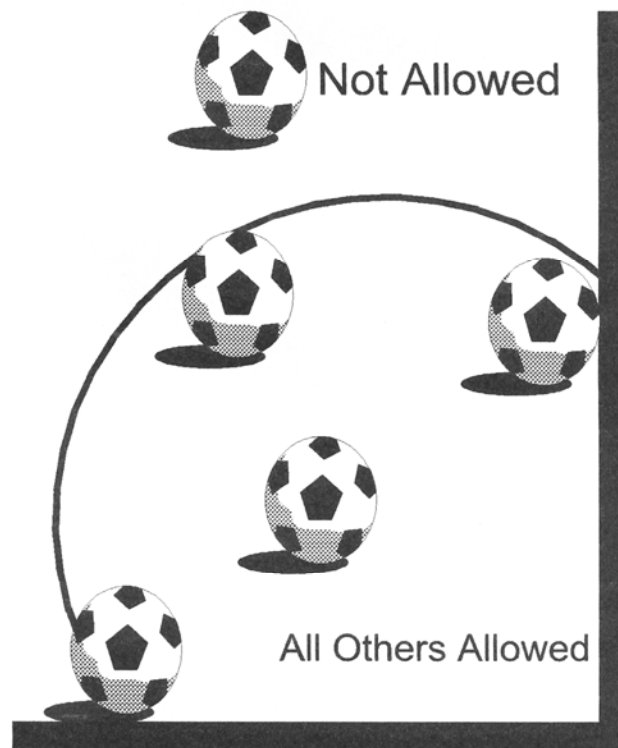
### Kick-In/Throw-In Foot Placement



- d. A goal cannot be scored directly from a kick-in or throw-in.
- e. If the player taking the kick-in or throw-in plays the ball a second time before it has been touched by another player, an indirect free kick is awarded to the opposing team from the point where the infringement occurred.

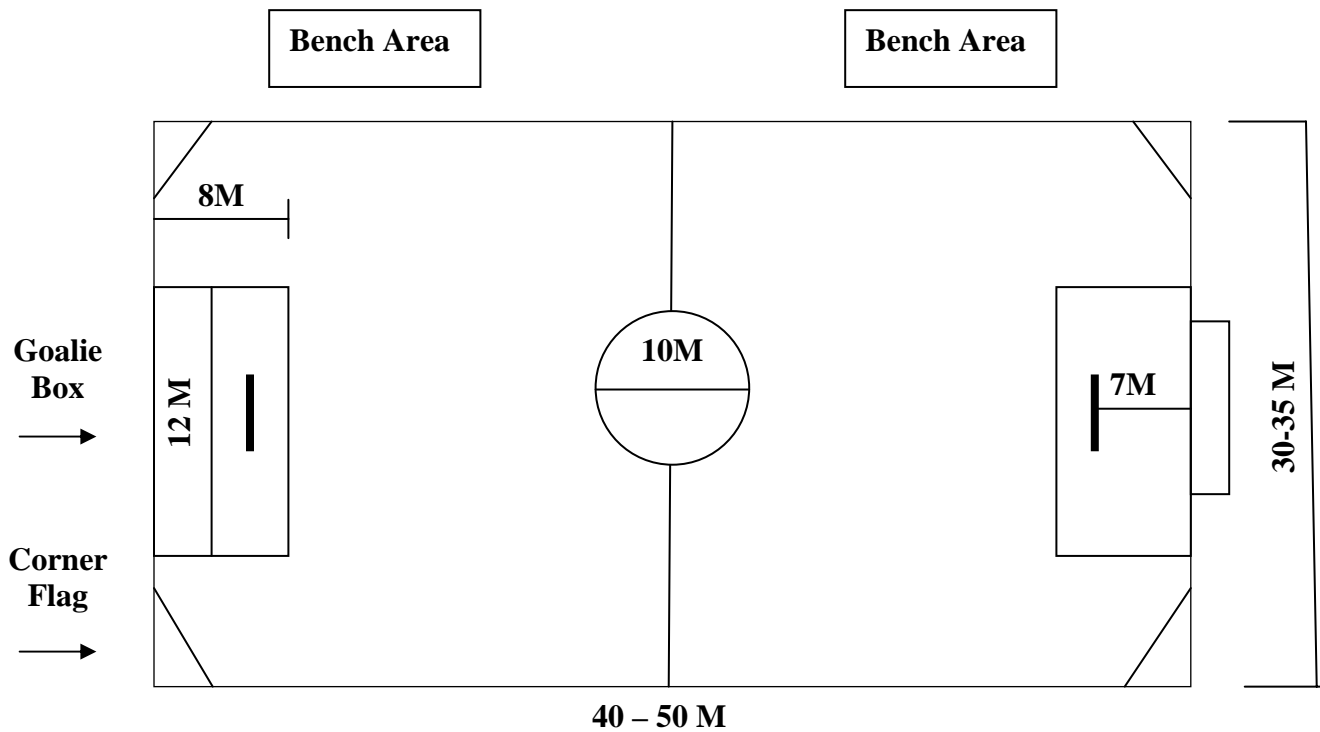
### 17. Corner Kick

Awarded to the attacking team when a player from the defending team kicks the ball over his/her own goal line. Opposing players must retire at least 5m from the ball.



Ball Placement For Corner Kick

# FIELD DIMENSIONS



**Goal Size:** 4M x 2M  
**Goalie Box:** 12M x 8 M  
**Penalty Kick Line:** 7M from goal line

## Reminders:

Bench Area – Reserved for coaches and athletes only! All spectators should be in spectator area.

# SOCCER TERMS & DEFINITIONS

## Goalkeeper

The goalkeeper's main responsibility is to protect the goal by keeping the soccer ball out of the goal. The keeper is the only player who may use his/her hands to play the ball on the playing field within his/her goalie box. The keeper can use their hands to catch or pick up from the ground.

## Throw-in or Kick-in

A player throws or kicks the ball into the field of play after the ball has been sent off the field outside one of the boundary lines. A player can use the method in which he or she is more comfortable.

Proper throw-in or kick-in:

- Player must face the field and the player's hands (if using throw-in), must retain on opposite sides of the ball.
- Player must remain off the field until the ball leaves the players hands or foot
- When using the throw-in, the throwing motion must begin with the ball behind the player's head and the ball must be thrown over the head.
- The throw-in or kick-in must occur from the spot at which the ball left the field.
- When using the throw-in, the player's feet must stay on the ground until the ball leaves the player's hand.

## Cards

Certain rule violations by players (and coaches) result in a referee issuing a card to the offending player. There are two types of cards in soccer: yellow and red cards. Specific rules dictate which rule violation result in yellow versus red cards being used. The most serious rules violations result in a player receiving a red card. Once a player receives a red card, he/she is expelled from the remainder of the soccer match. If a player is removed from the game because of a red card, his or her team cannot replace that player on the field. That team must play the remainder of the match minus a player.

## Hand Ball

A hand ball refers to a rule infraction in which a player, (except the goal keeper), intentionally handles the ball with his or her hand or arm.

## Obstruction

This is a rule infraction when a player used his or her body to block the path of an opposing player, without the former player making an apparent attempt to play the ball. When a referee calls obstruction, the opposing team is awarded an indirect free kick from the point at which the foul occurred.

### **Corner Kick**

Corner kicks are used to restart the field of play when the ball goes out of play across the goal line after having been last touched by a player on the team defending the goal. Corner kicks are taken within the corner area of the field closest to the point at which the ball crossed the goal line.

### **Uniforms & Equipment**

- Players must have shirts tucked in their shorts or pants.
- Players **MUST** wear socks pulled up, shin guards and soccer shoes.
- Players may not wear items likely to cause harm to themselves or others (e.g., jewelry, metal hair barrettes, hard casts)
- Goal keepers **MUST** wear colors that distinguish them from other players and the referee.

### **Tackle**

Tackle instructs a defensive player to use his or her feet to take the ball away from an opposing player who is dribbling the ball.

### **Dribble**

A reference for a player who has control of the ball while advancing the ball forward with the feet.

### **Assist**

An assist refers to a play in which a player passes the ball to a teammate and the teammate immediately scores a goal.

### **Header**

When a ball in the air approaches a player, he or she should play the ball with his or her head. The player should attempt to pass or direct the ball with his or her head to a teammate or take a shot at the goal.

### **Control**

Controlling the ball on the ground or in the air with any part of his or her body.

### **Procedure to determine the winner of a match**

This procedure refers to breaking a tie score existing at the end of a soccer match and the overtime periods. Each team is allowed five penalty kicks as part of this tie breaker. The team scoring the most goals during the tie breaker wins the match. The taking of penalty kicks continues until the tie is broken.

**Touch Line = side line**

**Goal line = end line**

## **Free Kicks**

Free kicks are either direct or indirect. For both free kicks, the ball must be stationary when the kick is taken and the kicker does not touch the ball a second time until it has touched another player.

### The Direct Free Kick

- If a direct free kick is kicked directly into the opponents' goal, a goal is awarded.
- If a direct free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

### The Indirect Free Kick

- **Signal**  
The referee indicates an indirect free kick by raising his arm above his head. He maintains his arm in that position until the kick has been taken and the ball has touched another player or goes out of play.
- **Ball Enters the Goal**  
A goal can be scored only if the ball subsequently touches another player before it enters the goal.
  - If an indirect free kick is kicked directly into the opponents' goal, a goal kick is awarded.
  - If an indirect free kick is kicked directly into the team's own goal, a corner kick is awarded to the opposing team.

## **SOCCER DRILLS**

### **Monkey in the Middle**

Circle five (5) to eight (8) players around a single player ("the monkey"). Using one ball, the players outside must pass the ball around the circle without losing the ball to the monkey. The players can make only minimal movements side to side. If the monkey has stolen the ball, the player losing possession goes to the middle. If they make a bad pass, the offending player goes to the middle.

### **Who Will Get There First?**

Make two equal teams. Put two cones 5m away from each team. One player is to be the goalie. Place the ball on the penalty line. The coach blows the whistle. One person from both teams will run to the ball. The player who gets the ball first takes a shot on a goal. This drill will improve running and kicking.

### **Switch**

Divide the team into offense and defense. Pair athletes with similar skill levels so that they are challenged. Place them at mid field. Kick the ball to the middle of the field and have the players race to it. Whoever gets there first is offense, the other is defense. If anytime the defender takes the ball away from the other player, they become offense. Take the shot and try to score. Add a goalie to this drill and practice three players at once.

### **World Cup**

Place a goalie and three balls on the goal line. Athletes in pairs will take the field at the midfield line. The goalie will throw the ball into play. The athletes must try to get to the ball first. Partners should pass the ball between them to move the ball up the field, and they should attempt a shot on the goal. If successful, they move on. The ball stays in the net and the goalie throws out a new one. This drill focuses on ball control and teamwork.

### **Follow the Leader**

Form a single file line. Place a ball at the feet of the first athlete in line. Set up cones for the players to weave through. The first player dribbles the ball through and the rest of the line follows behind. Once the course is completed, the leader goes to the back of the line. The next athlete in line then becomes the leader. The primary focus of the drill is dribbling.

## **Recommended Procedure for Avoiding Heat Injury/Illness through Analysis of Heat Index and Restructuring of Activities Special Olympics Kentucky**

Special Olympics' practices, competitions, and activities are often conducted outdoors. Heat problems often occur when athletes play too long and hard, and stay in the sun too long. Heat index calculations should be used to determine the appropriate precautions that should be taken to ensure athlete health and safety.

### **Heat Index:**

A measurement of the air temperature in relation to the relative humidity, used as an indicator of the perceived temperature (how hot it actually feels.)

Problems that may arise as a result of high heat index levels include, but are not limited to, heat cramps, heat exhaustion, and heat stroke.

### **Heat Cramps:**

Painful cramps involving abdominal muscles and extremities cause by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating. Symptoms include muscular pains and spasms, usually in the legs or abdomen.

### **Heat Exhaustion:**

A condition characterized by faintness, rapid pulse, nausea, profuse sweating, cool skin, and collapse, caused by prolonged exposure to heat accompanied by loss of adequate fluid and salt from the body.

### **Heat Stroke:**

A disturbance of the temperature-regulating mechanisms of the body caused by overexposure to excessive heat, resulting in fever, hot and dry skin, and rapid pulse, sometimes progressing to delirium and coma.

### **Coach Responsibility:**

Coaches must play an active role to ensure their athletes are prepared for and protected from the weather. All athletes should consume plenty of water to ensure hydration well before exposure to the heat and each athlete should be provided with individual water bottles. If necessary, it is the coach's duty to find shade for their team, provide cold towels, etc. **Providing these things is not the responsibility of the Tournament Officials.**

**The following heat index scale should be used to determine appropriate participation procedures. This recommended procedure should be used until such time as the temperature is below 80 degrees as no combination of heat and humidity at that level will result in a need to limit activity.**

\*Any time restructuring of an activity is necessary the heat index should be re-checked every 30 minutes to ensure there has not been an increase.

## Heat Index

Under 95 degrees

## Procedure

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.

95 degrees to 99 degrees

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.
- Alter uniform by removing items if possible.
- Reduce time of outside activity.
- Consider postponing practice to later in the day.

100 degrees to 102 degrees

- Provide ample amounts of water.
- Must take water breaks.
- Ice-down towels for cooling.
- Watch/monitor athletes carefully.
- Alter uniform by removing items if possible.
- Allow for changes to dry t-shirts and shorts.
- Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
- Postpone activity to later in the day.

Above 102 degrees

- Stop all outside activity and stop all inside activity if air conditioning is unavailable. Best efforts will be made to reschedule.