



Run and Kick *Event Overview*

EQUIPMENT NEEDED



Designated Markers

If you do not have cones or other objects, use something that will not be able to move



Soccer Ball

If you do not have a soccer ball, you can use another round object that you can kick



Stopwatch



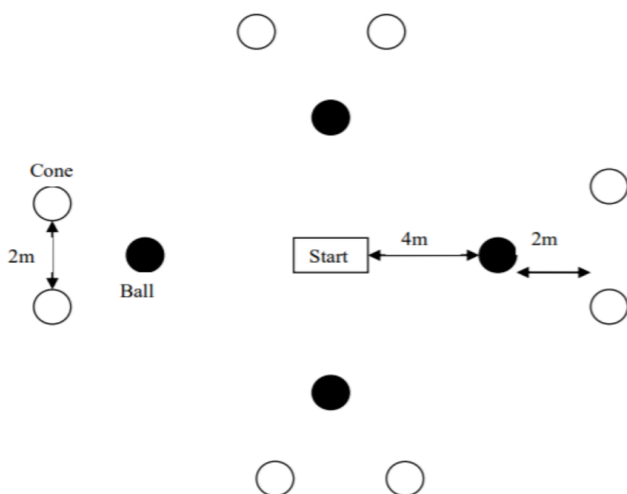
Measuring Tape

If you do not have measuring tape, take big steps. 1 Big Step = 1 Meter/3 Feet

RULES

- 1 Mark off a starting point with a stationary object
- 2 Mark off 4 target gates 4M (13 ft) away from start point (front, both sides, back)
- 3 Athlete runs to any ball and kicks it through the target gate
- 4 Continue until all 4 soccer balls are kicked
- 5 Time is converted into points
- 6 Record your points and add it to the total score

How fast can you run and kick a soccer ball?



Remember to take a picture or video of yourself competing in this event! Celebrate with other athletes online using the official hashtag:

#sowavirtualgames



Soccer Event Overview
2020 Virtual Summer Games

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