

EQUIPMENT NEEDED



Goal Zone/Markers

If you do not have cones or other objects, use something that will not be able to move. If you do not have a goal, use 2 objects to mark the edges of the goal. This can be a cone, a broom, a chair, etc. Tape the size of a goal on a fence or wall surface



Soccer Ball

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



Measuring Tape

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

RULES



2

Measure out 6 meters (19 ft) from the goal andplace a cone (or stationary object) to mark offwhere to kick the soccer ball from

Goals should be 4 meters (13 ft) wide by 2 meters(6 ft) high



Complete 10 turns

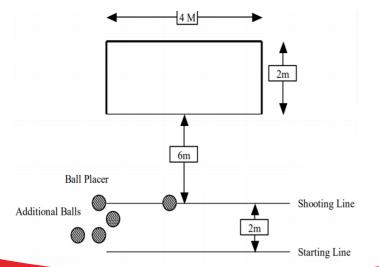


Each goal scored is worth 1 point. Goals missed are 0 points



Add your score to the total score

How many goals can you make from six meters away from the net?





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 Special Olympics Washington

