



**Guide**

School sports challenges

**Soccer | Level 1**

# **RULES FOR THE SOCCER CHALLENGE**

## **1 – Steps for the Soccer challenge Level 1**

Step 1 -

Dribbling with the ball on the ground 5 times sideways with your left foot and then 5 times with your right foot.

Step 2 -

Dribbling with the ball on the ground by moving it from his right foot to his left foot and then back to his right foot 5 times.

Step 3 -

The athlete will have to carry the ball on the ground with his feet between 5 cones aligned about 1m apart. He must do this back and forth.

Step 4 -

The athlete kicks the ball in a net or between 2 cones located 3 m after the cones.

Steps for athletes with mobility aids, division 2 physical limitations and severe/deep intellectual disability:

Step 1 -

Dribbling with the ball on the ground by moving it from his right foot to his left foot and then back to his right foot 5 times.

Step 2 -

The athlete will have to carry the ball on the ground with his feet between 5 cones aligned about 1m apart.



Step 3 -

The athlete kicks the ball in a net or between 2 cones located 3 m after the cones.

## 2 – Rules

- At the start, the athlete's legs should be shoulder width apart.
- If the athlete loses the ball, they will have to retrieve it and return to the basic position before continuing the event.
- The stopwatch will start when the athlete makes their first dribbling move.
- The stopwatch will stop when the ball has penetrated the net.

## 3 – Penalties

Action	Penalties
<b>Failure to comply with the specific instructions of a step</b>	3 seconds will be added to the total time recorded for the event (per instruction not respected)
<b>Failure to complete a step</b>	10 seconds will be added to the total recorded time of the event.



## 4 – Videos

<https://youtu.be/1JFiSMJdSmk>

**Faut que ça bouge !**

**Let's get moving!**





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