



Stick-handling

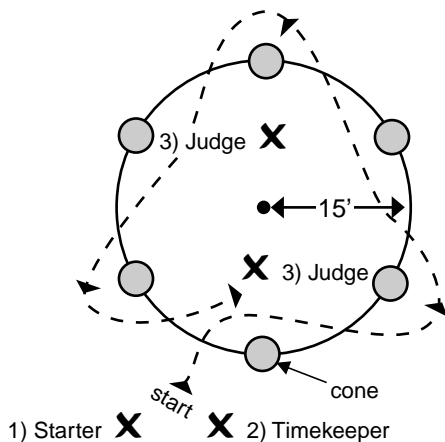
Participants will be required to stick-handle around six cones placed in a circle with a 30' diameter. Participants will have 40 seconds to pass as many cones as possible while keeping the puck under control. Both the participant and puck must pass on the correct side of the cones (see diagram 11). Two points will be awarded for each cone successfully passed. If a participant knocks over a cone or moves it off the circle, he/she will not be awarded points for that cone.

The starter will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. The timekeeper will start timing upon signal from the starter. The timekeeper will yell "time" when each participant's allotted 40 seconds has elapsed. Two judges will be needed, one to count the number of cones successfully passed and one to signal when a participant or puck passes on the incorrect side of a cone. Judges will also need to reset the cones when necessary.

Equipment needed:

- 2 Pucks
- 1 Stopwatch
- 6 Cones

Diagram 11



Soccer Skills Contest:

Dribbling

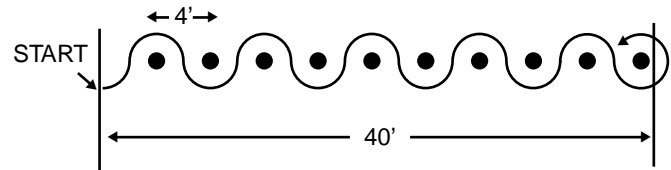
Participants will be allowed 10 seconds to dribble the ball around cones (see diagram 12). Participants will be awarded one point for each cone successfully passed.

The starter will organize the participants and explain the rules, start the participants and record their scores on the entry forms. One judge will check the validity of each participant's attempt and report score to scorer. The timekeeper will time the participant, keeping the clock running at all times during an attempt.

Equipment needed:

- 1 Soccer ball
- 10 Cones
- 1 Stopwatch
- 1 Tape measure

Diagram 12



Shooting

Participants will be allowed three attempts to score on a goal from designated shooting areas. The shots can be taken with any foot. Scoring will be based on accuracy. Place cone along the goal line four feet from the inside of each goal post (see diagram 13). Participants will be awarded 10 points for balls entering the goal between the post and the cone. Participants will not be allowed points for balls entering the goal between the cones.

The starter will organize the participants and explain the rules, answer questions, start the participants and record their scores on the entry forms. Two judges will be needed, one to check the validity of each participant's attempt and retrieve balls, and one to keep track of shots and report scores to starter.

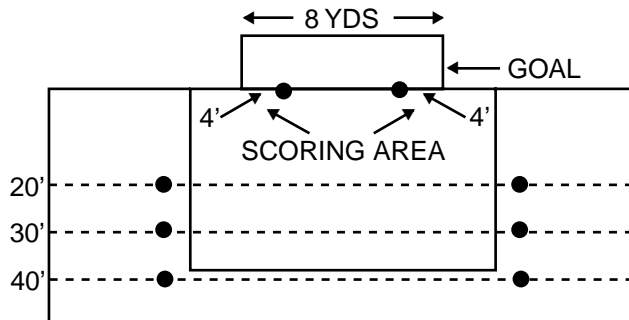
Shooting distances:

8-9 years	20 feet
10-11 years	30 feet
12-13 years	40 feet

Equipment needed:

- 3 Soccer balls
- 3 Cones - to mark shooting distances
- 1 Tape measure

Diagram 13



Throwing

Participants will have six attempts at throw-ins using the proper technique (both feet touching the ground with both hands on sides of ball, bringing ball from completely behind head over the top and releasing). Five points will be awarded for each throw-in reaching or surpassing the designated distance between the cones (*see diagram 14*).

The starter will organize the participants and explain the rules, start the participants and record their scores on the entry forms. Two judges will be needed, one judge to validate the throw-ins, and one to check accuracy and distance.

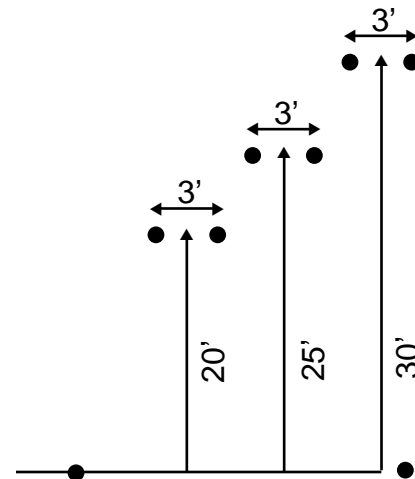
Throwing distances:

8-9 years	20 feet
10-11 years	25 feet
12-13 years	30 feet

Equipment needed:

- 1 Soccer ball
- 6 Cones
- 1 Tape measure

Diagram 14



Scoring

Once all participants have finished, the starter will submit their entry forms and the three event scores to the official scorer. The official scorer will then compute the total scores and transfer them to the master scoresheets. Using the master score sheets, the scorer will determine the first, second, and third place winners in each of the six age groups. The results will then be verified by the contest chairperson and kept secret until the awards presentation.

Present Your Awards

The awards presentation should be the highlight of your contest. The first, second, and third place winner in each of the six age groups should be awarded an official Tri-Star Sports Skills plaque. Remember all of the participants are winners and should be recognized. Listed below are other ways to make your awards presentation special:

- Invite a local sports star to say a few words and present the awards
- Give away extra prizes such as sports-related equipment
- Make special recognition of any particularly outstanding performances
- Serve refreshments
- Recognize the parents
- Group photos

Clean-up the Contest Site

Leave the site in the same or better condition than it was when you arrived.



Optimist Tri-Star Soccer Contest Master Score Sheet

Sponsored By _____ Optimist Club of _____

Date of Contest ____/____/____ Age Group _____

Location _____ Chairperson _____

Contestant	Dribbling Score	Shooting Score	Throwing Score	Total Score	Rank
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

For additional forms, please photocopy.