

Soccer (Men)

(Aug 2024 Version)

Skills (60%): Results of each item 15% + Quality of skill of each item 5%				Attendance & Participation	Written Examination
Exam	<u>Dribbling</u>	<u>12-Yard Penalty Kicks</u>	<u>Passing and Controlling</u>	20%	20%
Content	(1) Ten cones will be located evenly in 50 feet’s distance, and students are required to dribble the ball along the cones in a zigzag pattern. (2) The completion time will be marked only when students return to the starting point. (sec.) (marks) (sec.) (marks) 18” – 15 40” – 7 20” – 14 43” – 6 22” – 13 47” – 5 25” – 12 50” – 4 28” – 11 53” – 3 31” – 10 56” – 2 34” – 9 59” – 1 37” – 8 62” – 0	(1) Shots: 4 (The best 3 shots out of 4 will be counted) (2) Scoring: please refer to the following diagram <div><div>6 ft.</div><div><div>535</div><div>424</div><div>313</div></div><div>2.5ft.</div></div> a. Shots that are in after touching the goalpost will be scored. Shots that are not in after touching the goalpost are regarded as misses, which will not be scored. b. Shots that go to the grid after touching the rope, boundary marker, will be scored based on the grid’s mark. c. 4 points will be scored if hitting the cross point of the rope and bounce back; d. if hitting on the remaining parts of the rope and bounce back, it will be scored according to the higher points region.	(1) Two students in a group (2) One ball (one ball in reserve) (3) Distance: 40ft (4) Time limit: 40 sec Passing the ball to each other. Scoring: The first 10 successful pass-and-control will be awarded 1 point each and the following successful trial will be awarded 0.5 point each. A total of 20 accumulative successful trials is required for full score of 15 points. Both get same points. – <div><div>Width 17ft</div><div><div></div><div></div></div><div>Distance: 40ft</div></div> a. If the ball is passed outside the rectangular region, score will not be counted.		
	Quality of Skills	5 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 3 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful			
No. of Trials	1	1	1		

Soccer (Women)

(Aug 2024 Version)

Skills (60%): Results of each item 15% + Quality of skill of each item 5%				Attendance & Participation	Written Examination									
Exam	<u>Dribbling</u>	<u>9-Yard Penalty Kicks</u>	<u>Passing and Controlling</u>	20%	20%									
Content	(1) Ten cones will be located evenly in 50 feet’s distance, and students are required to dribble the ball along the cones in a zigzag pattern. (2) The completion time will be marked only when students return to the starting point. (sec.) (sec.) (marks) (marks) 26” – 15 48” – 7 28” – 14 51” – 6 30” – 13 54” – 5 33” – 12 57” – 4 36” – 11 60” – 3 39” – 10 63” – 2 42” – 9 66” – 1 45” – 8 69” – 0	(1) Shots: 4 (The best 3 shots out of 4 will be counted) (2) Scoring: please refer to the following diagram <div><div>6 ft.</div><table><tr><td>5</td><td>3</td><td>5</td></tr><tr><td>4</td><td>2</td><td>4</td></tr><tr><td>3</td><td>1</td><td>3</td></tr></table><div>2.5ft.</div></div> a. Shots that are in after touching the goalpost will be scored. Shots that are not in after touching the goalpost are regarded as misses, which will not be scored. b. Shots that go to the grid after touching the rope, boundary marker, will be scored based on the grid’s mark. c. 4 points will be scored if hitting the cross point of the rope and bounce back; d. if hitting on the remaining parts of the rope and bounce back, it will be scored according to the higher points region.	5	3	5	4	2	4	3	1	3	(1) Two students in a group (2) One ball (one ball in reserve) (3) Distance: 30ft (4) Time limit: 35 sec Passing the ball to each other. Scoring: 1 successful pass to your partner, 1 point will be awarded. (full mark: 15 points) e.g. 15 successful pass, each student will get 15 points. <div><div>Width 17ft</div><div><div></div><div></div></div><div>Distance: 30ft</div></div> a. If the ball is passed outside the rectangular region, score will not be counted.		
	5	3	5											
4	2	4												
3	1	3												
Quality of Skills	5 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful 3 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful 1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful													
No. of Trials	1	1	1											