

CP SOCCER



WHAT TO EXPECT:

Get in the game with CP Soccer!

CP soccer is an exciting, beginner friendly sport offering a competitive way to develop skills, build confidence, and connect with teammates! Whether you're new to the sport or a seasoned player, our expert coaches and supportive team atmosphere will help you improve your game while having fun. Come be part of the action!



JOIN THE GAME:

This program is designed exclusively for youth ages 5 - high school with:

- Ambulatory Cerebral Palsy
- Traumatic Brain Injury
- Stroke

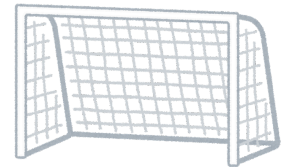
EQUIPMENT

- Sportable will provide all equipment necessary including:
 - Soccer balls
 - Scrimmage Pinnies
 - Drill equipment



COMMON ADAPTATIONS*

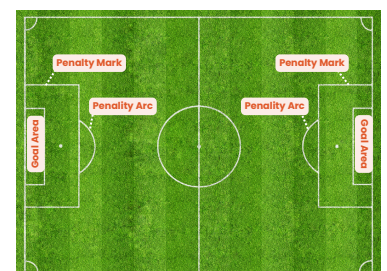
- In CP soccer, the field size is smaller to minimize fatigue, enhance ball control, and support balance & stability
 - Smaller goals are used to accommodate mobility challenges, match the reduced field size, and encourage more controlled play
- Regardless of age, CP soccer utilizes the largest standard soccer ball (size 5) for players



HOW TO PLAY

- CP Soccer is played on a smaller soccer pitch (field) for two 30-minute periods
 - 7 players for each team may be on the field at once
- There is no off-side rule in CP soccer!
- Under arm throw-in of the ball into play is permitted if an athlete has difficulty throwing over-hand
 - Athletes may roll the ball into play although it must touch the ground immediately once it has left the player's hands

SOCCER PITCH



*This is not an exhaustive list - Sportable can adapt and modify equipment to meet your individual needs and find what works for you!

