

# POWER SOCCER



## WHAT TO EXPECT:

### Join the action with power soccer!

Power soccer is a fast-paced, competitive sport designed for power wheelchair users! We'll teach you the rules, skills, and drills to get playing right away! Come join the team, build your skills, and be part of the action!



## JOIN THE GAME:

Our athletes participate in power soccer with a wide range of diagnoses including, but not limited to:

- Muscular Dystrophy
- Cerebral Palsy
- Spinal Cord Injury
- Arthrogryposis
- Spina Bifida
- Multiple Sclerosis
- Spinal Muscular Atrophy
- Osteogenesis Imperfecta

## EQUIPMENT

- Sportable will provide all equipment necessary including:
  - USPSA Soccer balls
  - Goal Posts
  - Footguards to be attached securely to your power wheelchair

## COMMON ADAPTATIONS\*

- Plastic soccer guards can be utilized to fit a wide variety of power chair sizes
- A 13" soccer ball is utilized during gameplay to increase player safety and visibility of the ball on the court
- Instead of a typical soccer net, power soccer utilizes 2 heavy-duty goal posts with visual contrast so wheels cannot get caught!



## HOW TO PLAY

- Power soccer is played on a standard-sized basketball court with 4 players on the court at one time
  - A match consists of two 20-minute periods
- When the ball leaves the touchline of the field, players "kick-in" the ball instead of throwing it back in
- The team with the most points at the end of the match **wins!**

- 3-in-the-area
  - The defending team is only allowed to have **2 players** in their own goal area
- 2 on 1 rule
  - Only 1 player and 1 opponent are allowed **within 3 meters** of the ball when in play, this prevents clogging up of play - an exception to this rule is if one of the 2 teammates is the goalkeeper within their goal area



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

OUR PARTNERS:

