

Adaptive Soccer and PE

Safe, Fun, Active,
Inclusive!



TOPSOCCER

Ryan Beier

TOPSoccer Director

South Dakota

Dad

Junior High PE Teacher, k-12
High School Coach, Club Coach
Ussf C License, National Youth
TOPSoccer Certificate
Special Olympics Certificate



TOPSOCCER

Dakota Alliance Soccer Stars

6 week programs - Fall and spring
and/or
Monthly festival type events

Ages 3 - 18



TOPSOCCER

Dakota Alliance Soccer Stars

- Started in 2017
- Fall & Spring seasons
- 1 hour a week for 6 weeks
- 15 registered athletes
- Adult and HS age buddies
- 2 Coaches



 \$20 fee per season

Adaptive Equipment - Use what you have!

Beg, Borrow, Steal

Various Soccer balls - Bigger, smaller, softer, lighter, beeper, beachballs, balloons

Hoops, Noodles, Bean bags

Pinnes, Disks, Cones, Spots

Goals - Large and small - Pugs

Turf, or inclusive surface - Miracle field or futsal, Court, Field size - Barriers

Weather - When and where

<https://gophersport.com/> <https://adasportsandrackets.com/>



TOPSOCCER

Soccer Stars

Adaptive Equipment



















ACHIEVE



SANFORD POWER
RIGGS PREMIER FOOTBALL ACADEMY

START. PERFORM. FINISH.

GETTING QUICK



START. PERFORM. FINISH.

FOOTBALL ACADEMY

GETTING QUICKER



POWER
PRIMER FOOTBALL ACADEMY

START.PERFORM.FINISH.

GETTING QUICKER









DETERMINATION





OUTH DAKOTA
NIOR FOOTBALL
RFB.COM



DEDICATION

1







Ability not Disability!

What do you want them to accomplish?

What can they do?

Goal for today?

(Inclusive, fun, active, safe, skill development)

Games and Activities - Animals, Superheroes, Pirates, Monsters, ect.

Tag games, dribble relays, red light/green light, lots of movement and interaction!

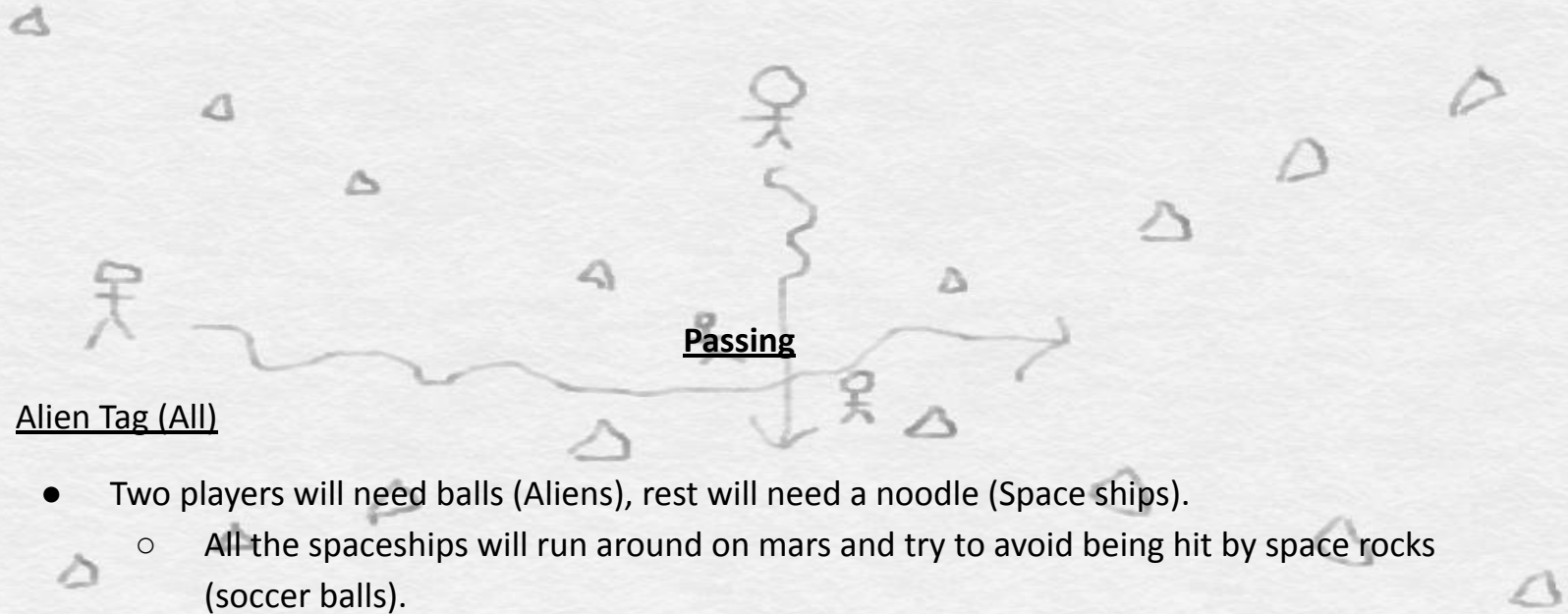
Have a handful of favorites you can always do if needed. 3-4 per session.

Scoreboard soccer - <https://scoreboardsoccer.com/dl/home>

Twitter - Elementary PE, Youtube - PE/Soccer activities

Youth development soccer activities - Google it!

- Add ball and emphasize dribble with head up avoiding other cars.



Alien Tag (All)

- Two players will need balls (Aliens), rest will need a noodle (Space ships).
 - All the spaceships will run around on mars and try to avoid being hit by space rocks (soccer balls).
 - If a player is hit with a ball the first time the can repair their ship (jumping jacks) second time they are hit they become an alien.

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Putt Putt (T.S.)

- Make a Putt Putt course have 3 kids/1 coach
 - course can have cones in the way of the hole (flag 2yds apart or goal/hurdle)

Soccer Stars outdoor - video

<https://youtu.be/ppFdKN9uE8U>

Keloland

<https://www.keloland.com/news/local-news/dakota-alliance-gives-kids-living-with-disabilities-the-ability-to-play-soccer/>

Contact info - Ryan Beier - SD TOPSoccer

<https://www.southdakotasoccer.com/programs/topsoccer/>

<https://www.dakotaalliancesoccer.com/soccer-stars>

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Please reach out with any questions.

Roundtable Q and A

How can we help each other out with adaptive and Inclusive activities?

Ideas? What are your challenges in adapting?

Stealing is a good thing!