



# POWER SOCCER COACHING RESOURCE

**A GUIDE TO INCLUSIVE PROGRAMMING**

# TABLE OF CONTENTS

## Introduction

What is Power Soccer?

Who Can Play?

Powerchair Specifications

Physical Literacy

Rules

Differentiating Practice

Power Soccer Skills Breakdown

Drill Diagrams Key

## Drills

## Additional Resources

## Acknowledgements

# INDIVIDUAL SKILLS AND COACHING RESOURCE GUIDE

The goal of this Power Soccer resource guide is to aid coaches, athletes and facilitators of Power Soccer to grow and develop the sport. This guide will give an overview of the game, rules, skill development and provide a variety of drills to be used to deliver effective and fun Power Soccer programming.

The guide is user-friendly and can be used to enhance Physical Literacy within Power Soccer programs, clubs, and communities. All drills in the resource guide are detailed and clearly explain how to execute each drill in order to build on individual's skills. The guide offers different adaptations so as to allow for participation by all players.

# WHAT IS POWER SOCCER?

Power Soccer, also known as Powerchair Football, was developed in the early 1970's in France, but in the late 1980's, a similar version of the game was started in Victoria, BC. Currently, Powerchair Football is played in Canada, USA, Europe and Japan.

In teams of four, Power Soccer athletes try to maneuver an oversized soccer ball around a gymnasium and in between the goal of their opposing team using an electric wheelchair with a foot-guard on the front.

Power Soccer was introduced in the BC Games for Athletes with Disabilities in 1982. Since 2006, the sport has been governed internationally by FIFPA, the Powerchair Football International Federation. In Canada, Power Soccer is represented nationally and internationally by Powerchair Football Canada, but the most support comes from PSOs (Provincial Sport Organizations), such as SportAbility.

In BC, there are several Power Soccer teams based in different cities, and many Power Soccer athletes from BC have gone on to represent Canada in international competitions.

Power Soccer is a fast-paced, competitive sport for people with disabilities using power chairs. It is a modified version of able-bodied soccer, where special foot guards attached to the power chairs are used to hit an over-sized soccer ball. Games are played in a gymnasium on a regulation sized basketball court.



# WHO CAN PLAY?

Power Soccer is available to anyone who uses a power chair for daily living and is able to operate it safely. All athletes must be at least 5 years of age. Teams are coed, with males and females playing together.

## POWERCHAIR SPECIFICATIONS

- Powerchair must have 4 or more wheels
- 3 or 4-wheeled scooters or similar equipment are not permitted. The maximum speed allowable during the match for powerchairs is 10 kph (6.2 mph), forwards and reverse.
- Backpacks, bags, etc. are not allowed to be attached to powerchairs during play (essential equipment accepted e.g. Oxygen / feeds / ventilators etc.)
- Chairs must not have any sharp surfaces or items that might become entangled with other powerchairs (inc. essential equipment)
- Chest/shoulder/head restraints are required equipment for those athletes who need them
- No part of the chair shall be constructed so as to be able to trap or hold the ball
- Additions should be placed on the powerchair which prevent the wheels from trapping, holding, or riding over the ball



# PHYSICAL LITERACY

Canadian Sport for Life defines physical literacy as:

***Having the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.***

- Motivation and confidence refers to an individual's enthusiasm, enjoyment of, and self-assurance in adopting physical activity as an integral part of life.
- Physical competence refers to the individual's ability to develop movement skills and patterns, and the capacity to experience a variety of movement intensities and durations. Enhanced physical competence enables an individual to participate in a wide range of physical activities and settings.
- Knowledge and understanding includes the ability to identify and express the essential qualities that influence movement, understand the health benefits of an active lifestyle, and appreciate appropriate safety features associated with physical activity in a variety of settings.
- Individuals who are physically literate have developed all of these components by participating in a wide variety of physical activities in multiple environments.



# PHYSICAL LITERACY & POWER SOCCER

Power Soccer supports the development of physical literacy through a variety of physical skills. Power Soccer helps to develop the physical skills of coordination, striking, power, speed, and accuracy. Power Soccer is an excellent activity to encourage individuals to practice and refine these skills in a fun, social environment.

It is important to consider how you can include people with physical disabilities in your session so that they have the same opportunities to develop their Physical Literacy skills.

**Below is a list of considerations when working with individuals with disabilities:**

## *Equipment Set-Up*

- Setting athletes up for success means setting them up with the equipment necessary for participation in order to have the best experience possible. This means getting to know the athlete and helping them get the necessary equipment and modifications to be successful. Ongoing modifications may be necessary to up-keep the success of the equipment.

## *Task*

- Make sure the task is challenging but achievable for every athlete. This can be done through differentiated practice.

## *Every Athlete is Unique*

- Understand that every athlete is different in their level of skills and abilities, but also in how they learn communicate, and just in their sporting background. Being understanding about an athlete's individual needs is all part of accommodating athletes with physical disabilities into your programs. Encourage athletes to learn from each other, no matter their ability level.

## *Leader Communication*

- Make sure all athletes can see and hear you during programming. Ensure every athlete can see your demonstrations, and check for understanding.

## *Participant Communication*

- Social inclusion and peer support are an important part of all sports. Encourage participants to communicate with each other and support one another.

# RULES

Power Soccer has a number of important rules which are listed below. An important thing to consider when facilitating a Power Soccer program is that athletes have differing abilities and skill levels, this can mean that sometimes you will need to make modifications so all athletes can be successful.

For a complete list of rules, visit the FIPFA website.

- Kickoff
- 2 on 1,
- 3 teammates in goal area
- Penalty kick, direct free kick, indirect free kick
- Powerchair Speed – Max 10km/h
- Holding, clipping or impeding
- Driving in Reverse – legal vs. illegal play
- Footguard contact





# DIFFERENTIATING PRACTICE

Making sure everyone is able to be included in programs, no matter what their ability level is, is important. By utilizing differentiating practice, you can adapt activities to make sure all participants are able to participate in a way that is challenging for them as well as create a fun learning environment. The best way to do this is by providing participants with different rules within the same activity. This ensures that all participants are included, stimulated, and are learning!

Each drill in this resource details “Ready for a challenge?” and “Need support for success?”, which will help you adapt the drill to suit the needs of all participants.

**TIP:** A simple approach to differentiating practices is to adapt any of the point in the simple acronym STEPS:

**S**pace

**T**ime

**E**quipment

**P**eople

**S**uccess

By changing any of these variables in your practice, you can make a practice, drill, or skill more or less difficult for a participant. Adopting these principles will progress a player’s success and enjoyment in the sport

# POWER SOCCER SKILLS BREAKDOWN

	DRIBBLING	BALL CONTROL	90°, 180°, 360° PASSES	STRIKING	CORNER KICK	PENALTY KICK	CHAIR CONTROL	SPATIAL AWARENESS	SPEED	90°, 180°, 360° SPINS	STOPS	KICKING A MOVING BALL	KICKING A STATIONARY BALL
<b>OBSTACLE COURSE</b> p. 14													
<b>FORWARD CONE WEAVES</b> p. 15													
<b>SWITCHBACK CONE WEAVES</b> p. 16													
<b>THE WAY IT GOES</b> p. 17													
<b>PRECISION KICKS</b> p. 18													
<b>THREE SPOT SHOT</b> p. 19													
<b>GO CONE STOP</b> p. 20													
<b>BACK CONE STOP</b> p. 21													
<b>2 IN, ALL OUT</b> p. 22													
<b>4 PLAYER BOX SHUFFLE</b> p. 23													

# POWER SOCCER SKILLS BREAKDOWN

	DRIBBLING	BALL CONTROL	90°, 180°, 360° PASSES	STRIKING	CORNER KICK	PENALTY KICK	CHAIR CONTROL	SPATIAL AWARENESS	SPEED	90°, 180°, 360° SPINS	STOPS	KICKING A MOVING BALL	KICKING A STATIONARY BALL
<b>DYNAMIC SPIN</b> p. 24													
<b>FLAG SPIN</b> p. 25													
<b>DODGEBALL</b> p. 26													
<b>CIRCLE PASS</b> p. 27													
<b>CENTER COURT PASS</b> p. 28													
<b>90° PASS AND SCORE</b> p. 29													
<b>SHOOT AND STOP</b> p. 30													
<b>ZIG-ZAG PASS</b> p. 31													
<b>SPIN IN THE BOX</b> p. 32													





# DRILL DIAGRAMS KEY

## LEGEND

Each drill will have an accompanying diagram to help athletes/coaches better understand the game procedure. See below for a legend of symbols used in the drill diagrams throughout this resource.



Player



Flag



Pylon



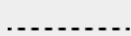
Coach



Player movement



Assistant



Ball movement



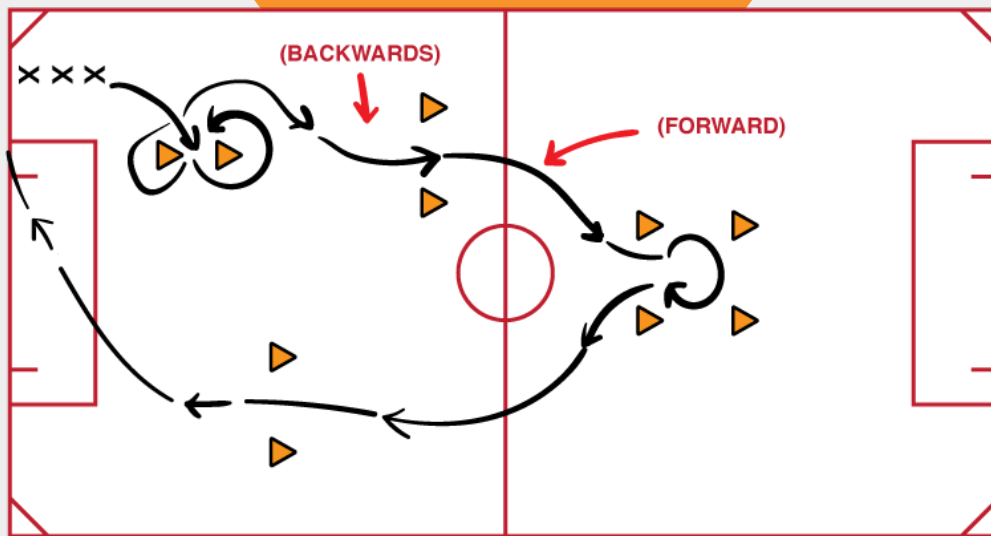
Ball



Volunteer

# OBSTACLE COURSE

**AIM: chair control, backwards movement control, spins, speed**



## EQUIPMENT

- 4 pylons (goalposts)
- 6 cones

### HOW TO PLAY:

1. Players form a single line at the starting point.
2. 1 player moves forwards and completes a figure eight around two cones.
3. The player then steers chair backwards through a goalpost.
4. Player turns around and completes a 360° spin inside the box
5. The player then goes forward through a goalpost and speeds back to where they started.

### KEY EXECUTION POINTS:

- Powerchair must have 4 or more wheels
- Work on a quick transition from forward and backward movement
- Being aware of space for the spin in the box

### READY FOR A CHALLENGE?

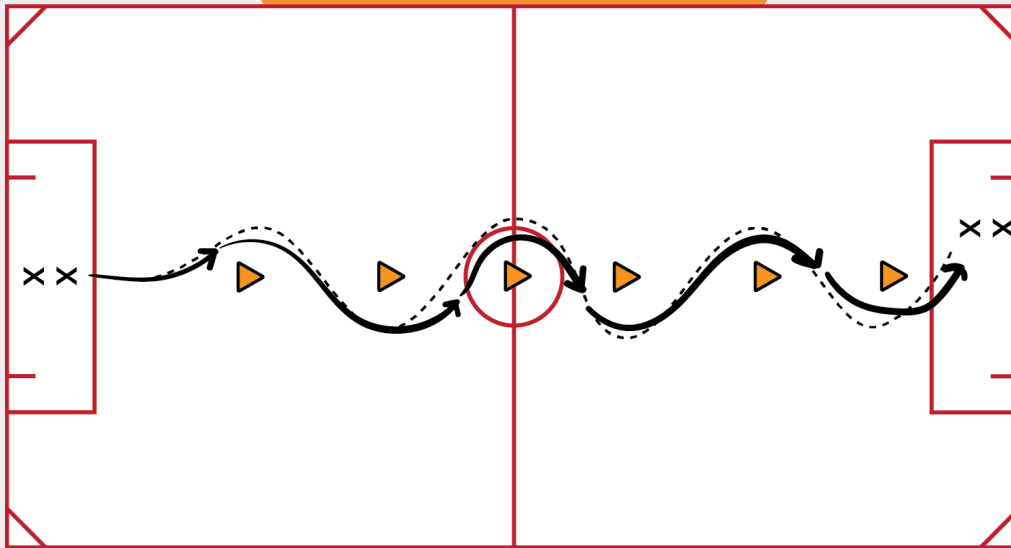
- Complete the entire course backwards
- Have player 2 start the course when player 1 completes the backwards movement through the cones

### NEED SUPPORT FOR SUCCESS?

- Players can complete the full course going forwards
- Coach can direct players through each obstacle

# FORWARD CONE WEAVES

**AIM: chair control, spatial awareness, speed**



## EQUIPMENT

- 10 cones

### HOW TO PLAY:

1. Players will form a single line at one end of the cones.
2. Players will take turns weaving in and out of the cones until they reach the end.

### KEY EXECUTION POINTS:

- Players must be aware of how close they are to the cones.

### READY FOR A CHALLENGE?

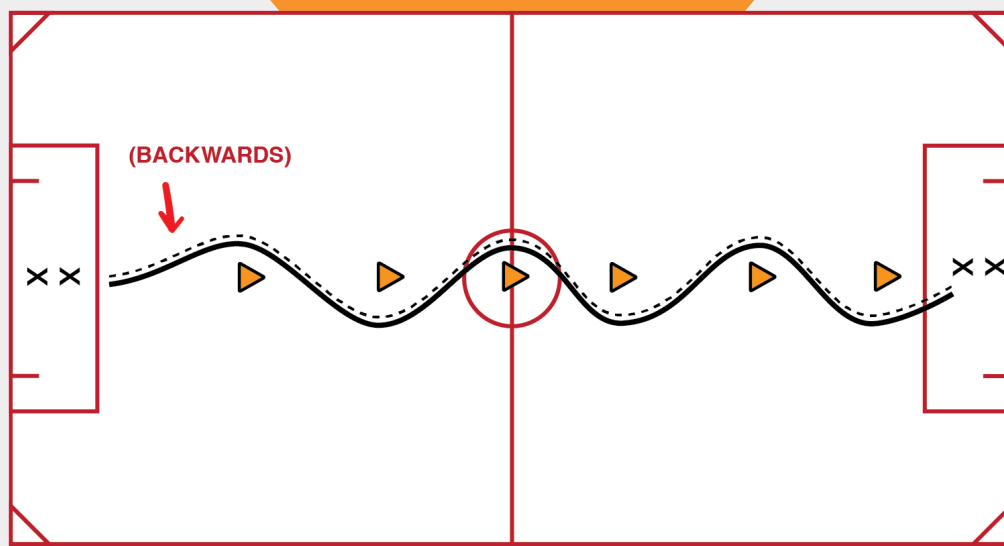
- Coaches can time how long players take.
- Add a ball that has to be dribbled through the cones.
- Space the cones closer together.

### NEED SUPPORT FOR SUCCESS?

- Space cones further apart.

# SWITCHBACK CONE WEAVES

**AIM: chair control, spatial awareness, backwards movement control**



## EQUIPMENT

- 4 pylons (goalposts)
- 6 cones

### HOW TO PLAY:

1. Players will form a single line at one end of the cones.
2. Players will take turns weaving backwards in and out of the cones until they reach the end.

### KEY EXECUTION POINTS:

- Players must be aware of how close they are to the cones.

### READY FOR A CHALLENGE?

- Coaches can time how long players take.
- Players must alternate moving forwards and backwards through each cone
- Space the cones closer together.

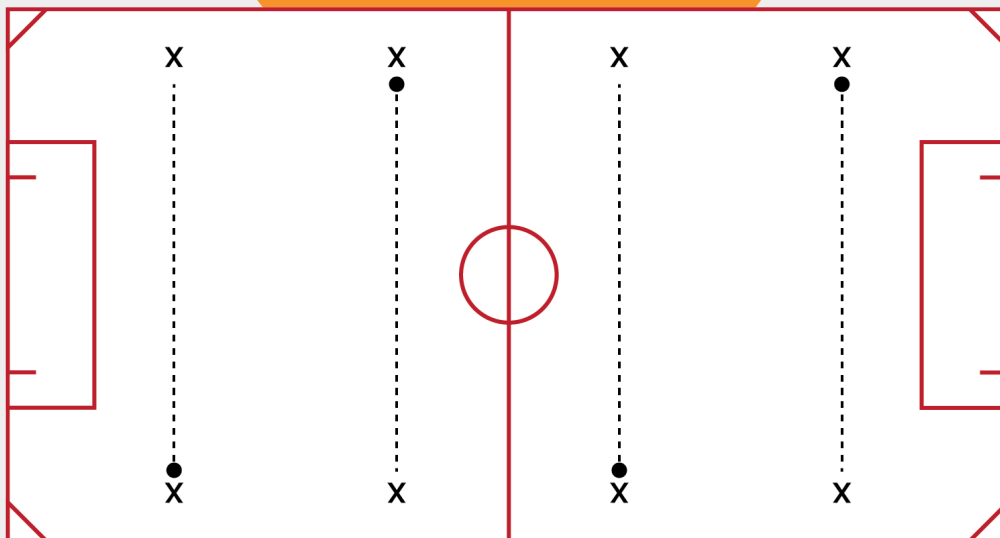
### NEED SUPPORT FOR SUCCESS?

- Space cones further apart.



# THE WAY IT GOES

**AIM: straight passes, 90° & 180° passes, kicking a moving ball**



## EQUIPMENT

- 1 ball per pair

### HOW TO PLAY:

1. Players get into pairs and one of partner on either side of the court.
2. Pairs pass the ball to each other using any style pass they want.
3. Pairs will complete 10 successful passes.

### KEY EXECUTION POINTS:

- Players must be aware of where their partner is.

### READY FOR A CHALLENGE?

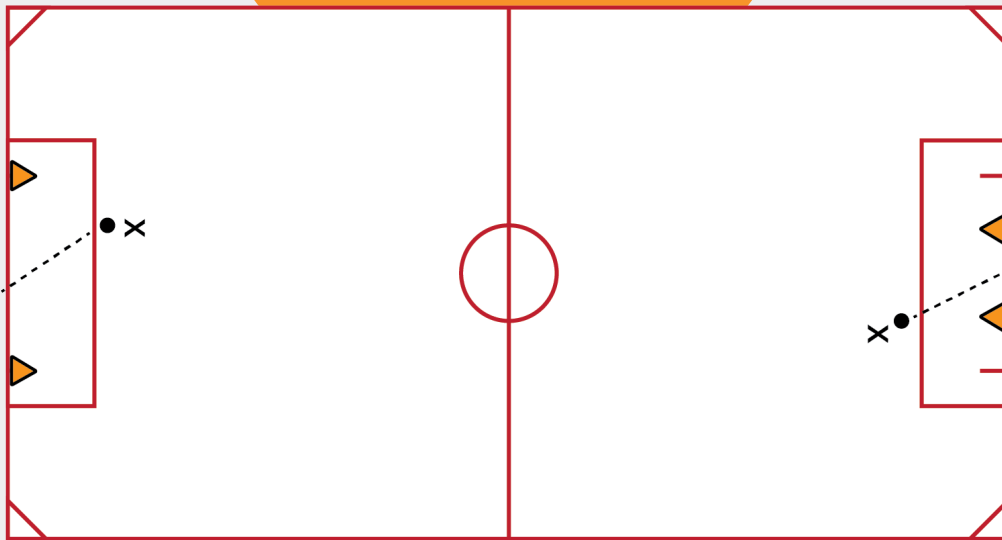
- Players must only use 90° & 180° kick passes.

### NEED SUPPORT FOR SUCCESS?

- With volunteer assistance, players can do stationary straight passes until comfortable.

# PRECISION KICKS

**AIM: 90°kicks, kicking a stationary ball, striking, accuracy**



## EQUIPMENT

- 1 ball per athlete
- 1 assistant per athlete
- Goal posts

## HOW TO PLAY:

1. 1 player stationed at the top of the goal box.
2. Assistant places ball in front of player.
3. Player performs a 90° kick towards the goal.
4. After player score 3x, goal is made smaller.

## KEY EXECUTION POINTS:

- Players must be aware of their chair in relation to the ball.

## READY FOR A CHALLENGE?

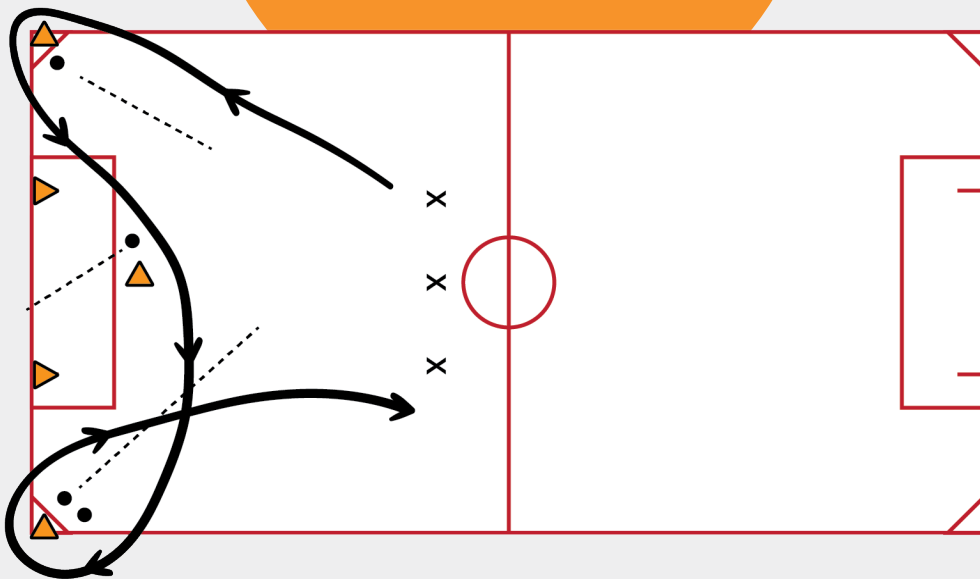
- Assistant rolls ball to player to shoot.

## NEED SUPPORT FOR SUCCESS?

- Player uses straight strikes to score
- Make goal area larger.

# THREE SPOT SHOT

**AIM: corner kicks, penalty kicks**



## EQUIPMENT

- 3 balls
- 1-2 assistants to reset balls

## HOW TO PLAY:

1. Balls are set up at 2 corners and for a penalty shot at center net.
2. Players take turns making each one of the 3 kicks.

## KEY EXECUTION POINTS:

- Understanding the best type of kick and power of kick for each position.

## READY FOR A CHALLENGE?

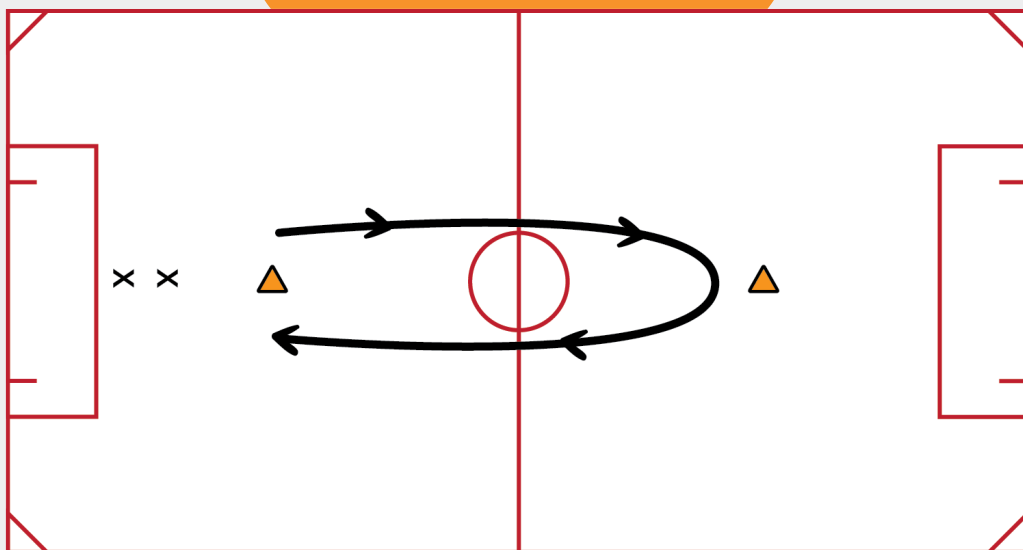
- Players must hit a cone with their kick.

## NEED SUPPORT FOR SUCCESS?

- Player uses straight strikes to kick the ball.

# GO, CONE, STOP

**AIM: chair control, stops**



## EQUIPMENT

- 2 cones

### HOW TO PLAY:

1. Players line up behind 1st cone.
2. 1st player speeds towards cone on opposite end of court of play.
3. Players must stop as close to the cone as possible and as quickly as possible, without hitting or touching the cone.
4. Players complete the same task on their way back to the line.

### KEY EXECUTION POINTS:

- Stopping as abruptly as possible to mimic stops in gameplay

### READY FOR A CHALLENGE?

- Players must complete 2 stops before reaching each end.

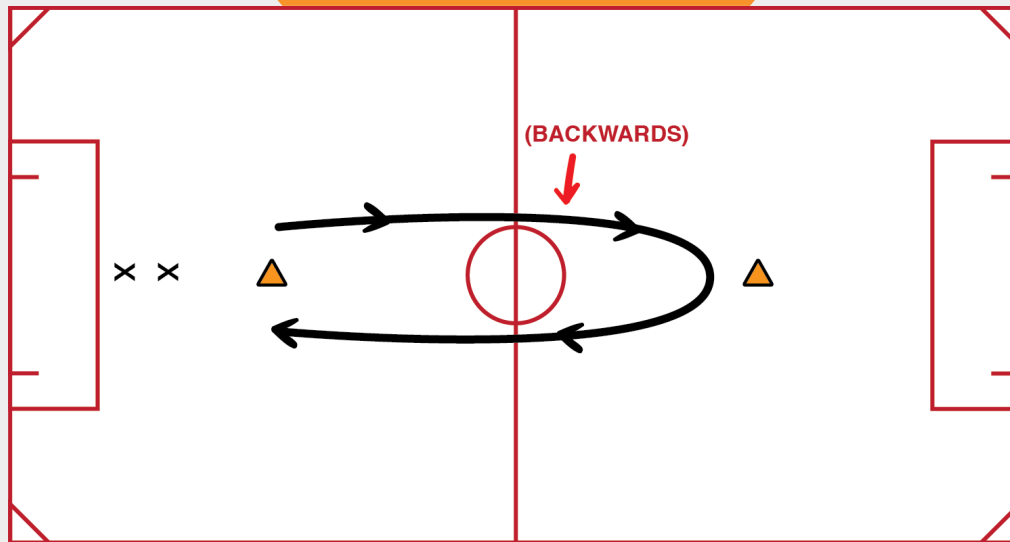
### NEED SUPPORT FOR SUCCESS?

- Coach can give player verbal cues to slow and stop.



# BACK, CONE, STOP

**AIM: chair control, stops, backward chair control**



## EQUIPMENT

- 2 cones

### HOW TO PLAY:

1. Players line up behind 1st cone.
2. 1st player speeds backwards towards cone on opposite end of court of play.
3. Players must stop as close to the cone as possible and as quickly as possible, without hitting or touching the cone.
4. Players complete the same task on their way back to the line.

### KEY EXECUTION POINTS:

- Stopping as abruptly as possible to mimic stops in gameplay.
- Awareness of direction when going backwards.

### READY FOR A CHALLENGE?

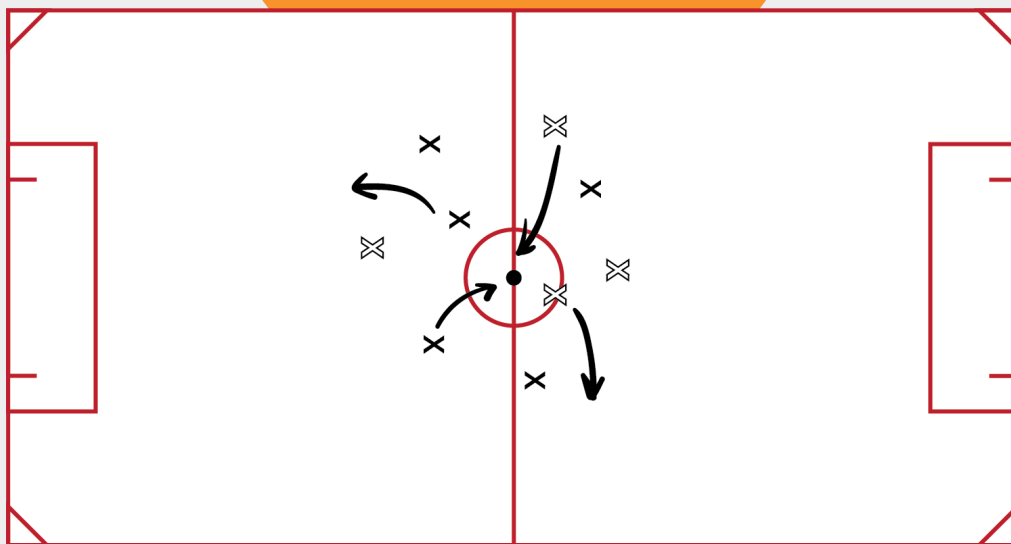
- Players must complete 2 stops before reaching each end.
- Players cannot look behind them

### NEED SUPPORT FOR SUCCESS?

- Coach can give player verbal cues to slow and stop.

# 2 IN, ALL OUT

**AIM: 2 on 1 rule awareness, stops**



## EQUIPMENT

- Pinnies or two different coloured jerseys

### HOW TO PLAY:

1. Players, grouped into two teams, form a circle at center court where there is a ball in the middle.
2. Both teams will have 1 player in the center. A player from the outside circle will move into inner group.
3. The player with the same colour jersey will leave the center as to not have 2 on 1.
4. The same repeats for both teams until the drill is over.

### KEY EXECUTION POINTS:

- Players must have an awareness of what is going on around them and stay alert.

### READY FOR A CHALLENGE?

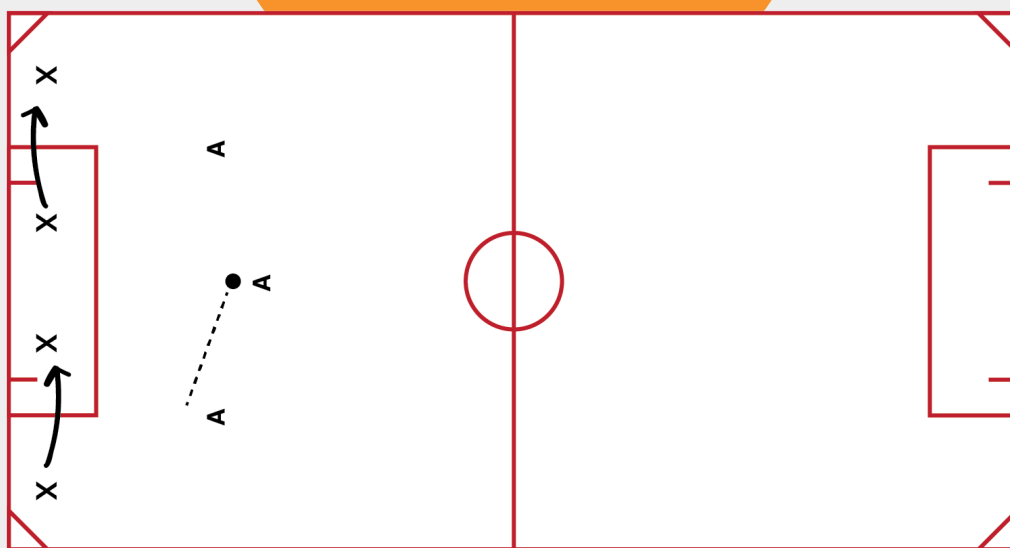
- Have a decoy player that is not part of either team. They will not count towards the 2 on 1 scenario, but serve as a distraction.

### NEED SUPPORT FOR SUCCESS?

- Players can call each other's names as they change positions.

# 4 PLAYER BOX SHUFFLE

**AIM: 3 in the box rule awareness, speed, turns, spatial awareness**



## EQUIPMENT

- 3 assistants
- 1 ball

## HOW TO PLAY:

1. 2 assistants stand on either side of the box, 1 assistant stands in the middle at the top of the box.
2. 2 players start in the box; two other players are on either side of the box.
3. The assistant in the middle passes the ball to one of the other assistants, the players must shuffle positions to ensure only 2 people stay in the box.
4. The assistants continue to pass to one another, forcing the players to change places in and out of the box.

## KEY EXECUTION POINTS:

- Players must change who is in the box with every pass.
- All players must be watching, as players cannot tell one another to exit or enter the box.

## READY FOR A CHALLENGE?

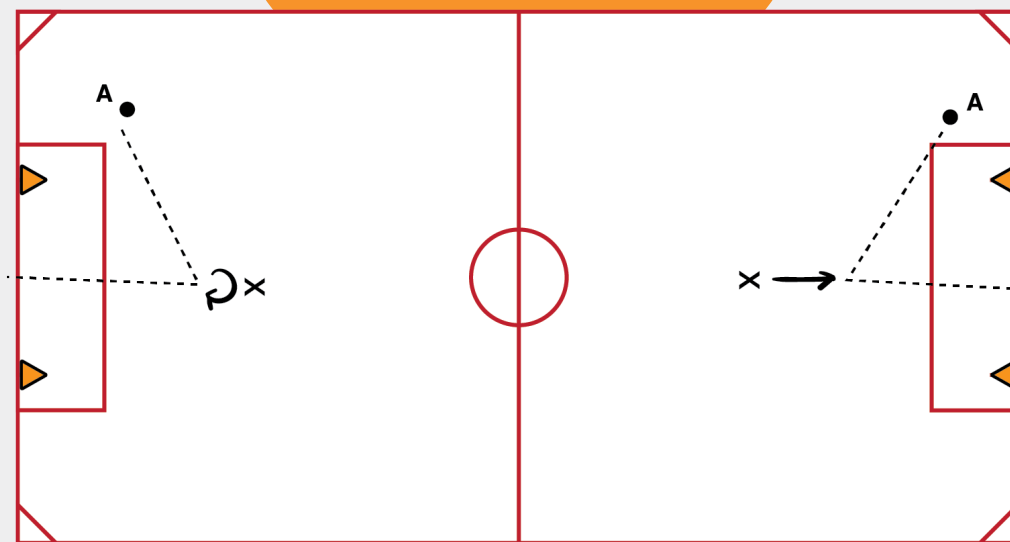
- Speed up passes.
- Have two sets of players performing the activity at once.

## NEED SUPPORT FOR SUCCESS?

- Slow down passes.
- Allow players to communicate who needs to exit or enter the box.

# DYNAMIC SPIN

**AIM: kick a moving ball, 90° & 180° spins**



## EQUIPMENT

- 2 Assistants
- 2 Balls
- 2 Goal Posts

## HOW TO PLAY:

1. Assistant rolls ball towards player.
2. Player then kicks the ball with a straight shot into the goal.
3. Next, the assistant rolls the ball to the player again, this time the player kicks the ball through the goal using a 90° spin.
4. Finally, the assistant rolls the ball to the player who kicks the ball through the goal using a 180° spin.

## KEY EXECUTION POINTS:

- Ability to perform 90° & 180° spins.

## READY FOR A CHALLENGE?

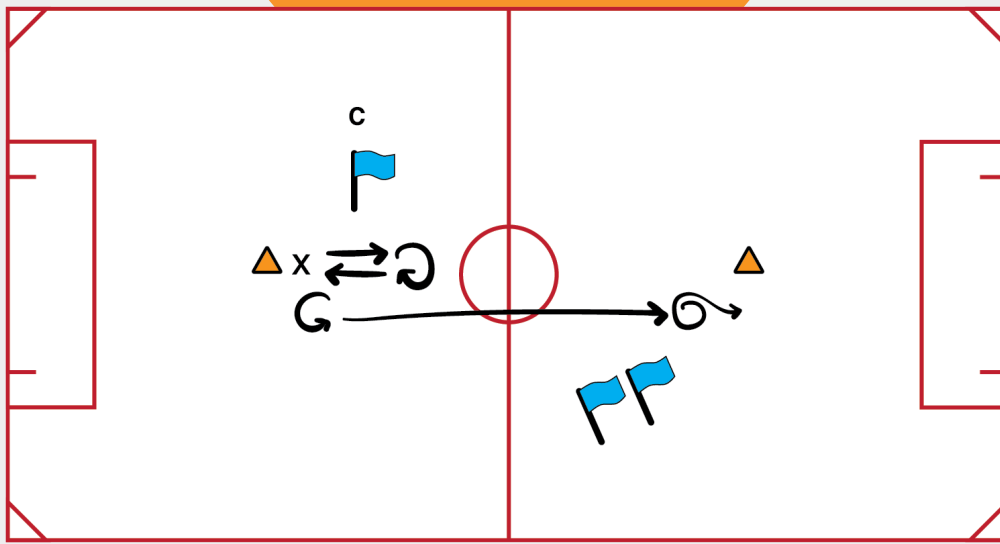
- Player must perform all 3 types of kicks in sequence (note: this would require 3 balls per player).

## NEED SUPPORT FOR SUCCESS?

- Player can kick stationary balls until they are comfortable kicking a ball in motion.

# FLAG SPIN

**AIM: turns, spatial awareness, controlled spins**



## EQUIPMENT

- Two referee flags
- Two pylons

## HOW TO PLAY:

1. Two pylons are placed at either end of the court. The player lines up with one of the cones.
2. The player moves forward towards other pylon, paying attention to the coach.
3. When the coach raises one flag, the player performs a 180° spin and continues moving forward towards the new pylon.
4. When the coach raises two flags, the player executes a 360° spin and continues moving forward.
5. The drill is over when the coach says 'STOP'.

## KEY EXECUTION POINTS:

- Executing controlled spins on command.
- Player awareness of their surroundings and coach's movement.

## READY FOR A CHALLENGE?

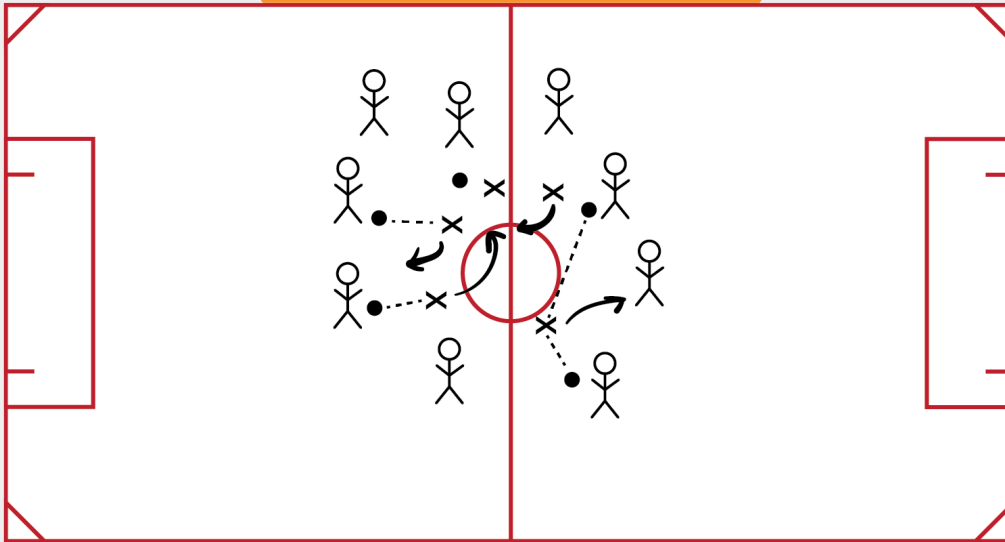
- Player can attempt to speed to reach one pylon before the coach lifts a flag.

## NEED SUPPORT FOR SUCCESS?

- Coach can give verbal cues instead of flags.
- Players only to one type of turn for 1st half of drill and switch for the 2nd half.

# DODGEBALL

**AIM: chair control, spatial awareness**



## EQUIPMENT

- Volunteers
- ~10 balls

### HOW TO PLAY:

1. Volunteers form a large square with players in the center, each volunteer has one ball.
2. Volunteers then roll the ball quickly towards players in the center who will try to dodge the incoming balls.
3. When a player is hit, they exit the square and wait on the sidelines.
4. Game ends when there is only one player left in the center.

### KEY EXECUTION POINTS:

- Balls must stay on the ground; volunteers must be mindful of their kicks so the ball does not raise off the ground.
- Players must be aware of where other players are in order to avoid collision.

### READY FOR A CHALLENGE?

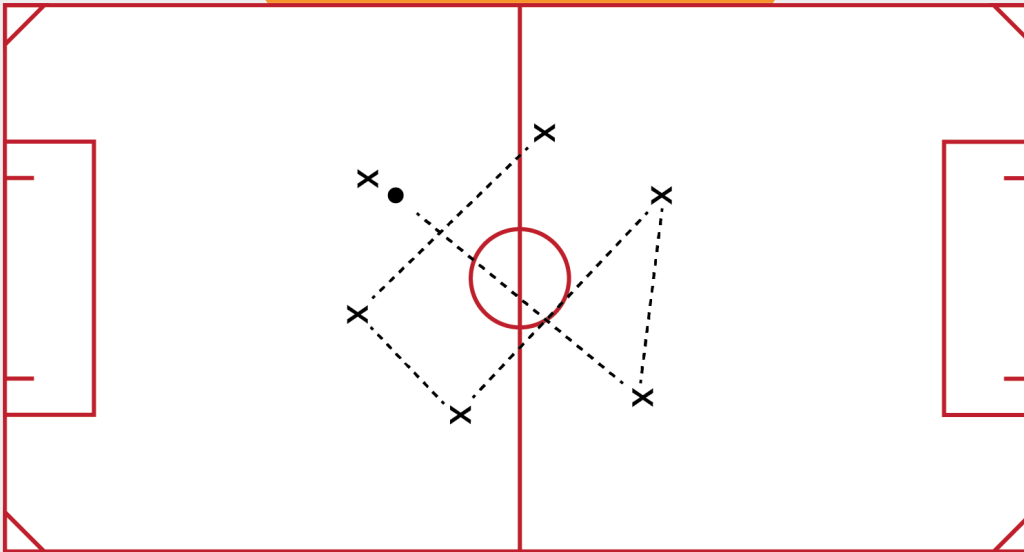
- Players and volunteers switch roles. Players kick balls using any type of kick to hit the volunteers.

### NEED SUPPORT FOR SUCCESS?

- Make the square larger.
- Have fewer balls in play.

# CIRCLE PASS

**AIM:** passing, controlled kicks



## EQUIPMENT

- 1 ball

### HOW TO PLAY:

1. Players form a large circle; one player starts with a ball.
2. Players then pass the ball to a teammate using any kick of their choice.

### KEY EXECUTION POINTS:

- Players being attentive and ready for incoming passes.

### READY FOR A CHALLENGE?

- Add in a second ball to be passed around.

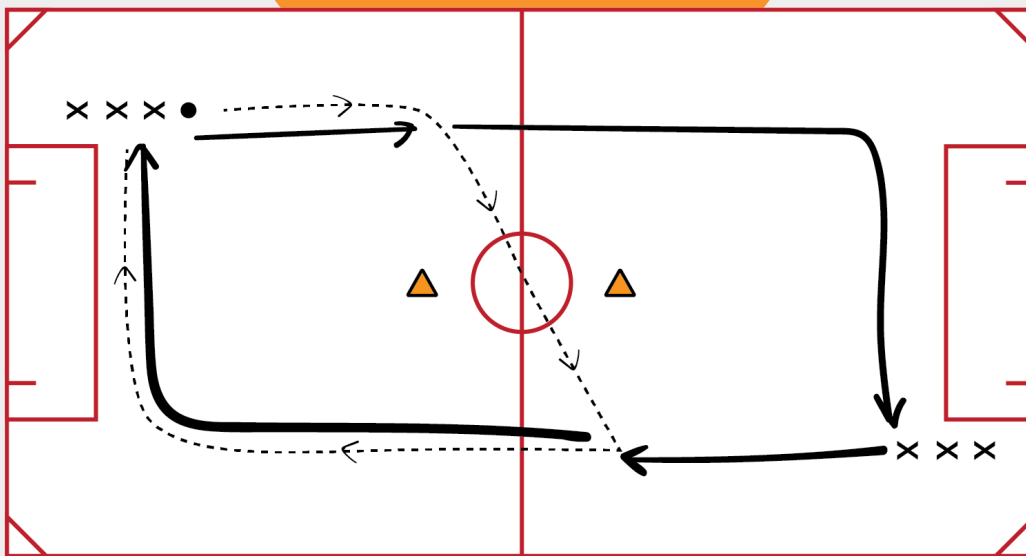
### NEED SUPPORT FOR SUCCESS?

- Players can call out the name of the teammate they are passing to.



# CENTER COURT PASS

**AIM: passing, accuracy, dribbling**



## EQUIPMENT

- 2 pylons
- 1 ball

## HOW TO PLAY:

1. Players start at opposite ends of the court with a gate is set up in the center of the court.
2. One player starts with the ball and moves towards center court, the player without the ball also moves towards center court.
3. The player with the ball attempts to pass the ball through the gate to the other player, who then attempts to pass the ball back through the gates.

## KEY EXECUTION POINTS:

- Awareness of where the other player is on the court.
- Players must be able to perform a 90° kick to pass the ball.

## READY FOR A CHALLENGE?

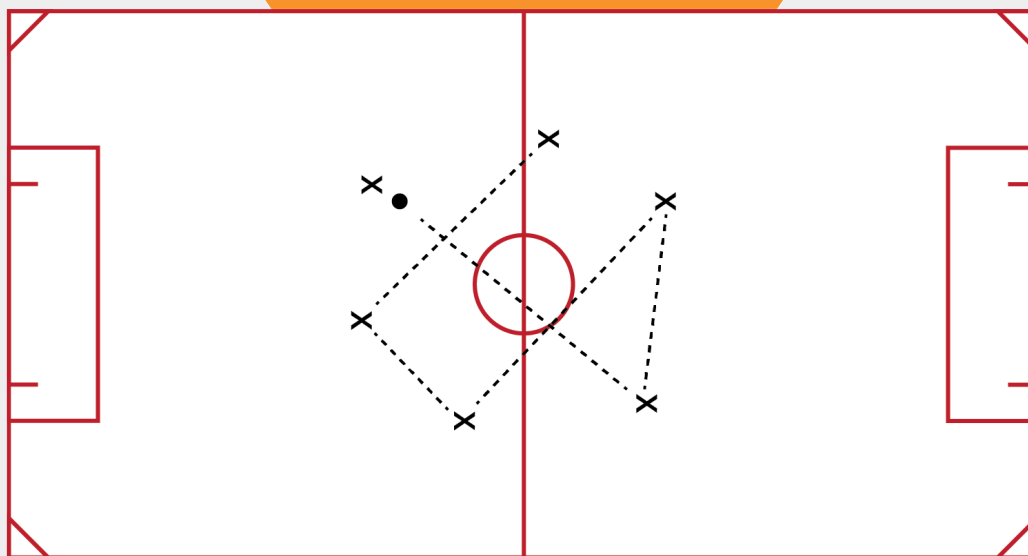
- Players move backwards across the court.

## NEED SUPPORT FOR SUCCESS?

- Ball can be stationary at center court and made ready to be passed.
- Use only straight kicks.

# 90° PASS AND SCORE

**AIM: 90° kicks, accuracy, kicking a moving ball, shooting**



## EQUIPMENT

- 1 ball
- 2 goalposts

## HOW TO PLAY:

1. Player 1 starts on one side of the goal box, player 2 starts at the top, center of the box.
2. Player 1 passes the ball to player 2 who, without stopping the ball, uses a 90° kick to shoot the ball into the goal.
3. Players then rotate their roles.

## KEY EXECUTION POINTS:

- Ability to execute a 90° kick on a moving ball.

## READY FOR A CHALLENGE?

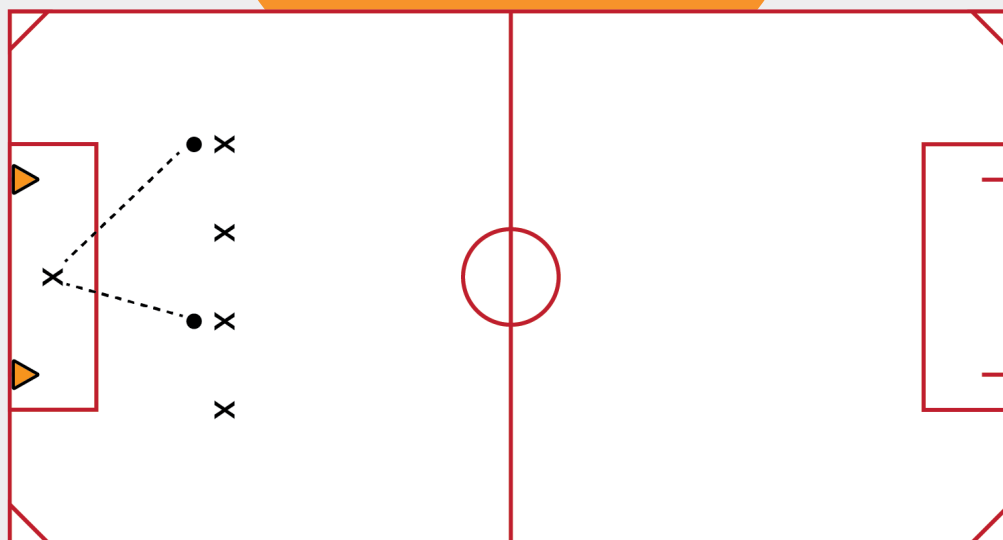
- Both players must use 90° kicks.

## NEED SUPPORT FOR SUCCESS?

- Players can use straight kicks.
- Players can stop the ball before executing a kick.

# SHOOT AND STOP

**AIM: shooting, goalie shot drill**



## EQUIPMENT

- 1-3 balls
- 2 goalposts

### HOW TO PLAY:

1. Players form a line in front of the goal and take turns making shots on goal.

### KEY EXECUTION POINTS:

- Goalie must be prepared for the shot to come from any direction

### READY FOR A CHALLENGE?

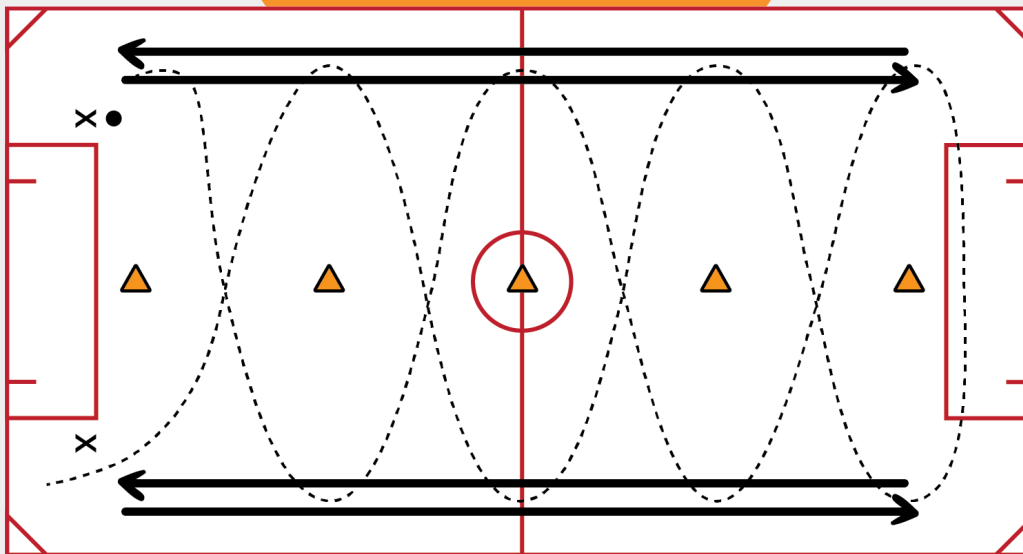
- Have more than one player kick at once.
- Goalie starts outside of the box.

### NEED SUPPORT FOR SUCCESS?

- Stationary kicks in a set order down the line of players.

# ZIG-ZAG PASS

**AIM: passing, accuracy, dribbling, chair control**



## EQUIPMENT

- 10 cones
- 1 ball

### HOW TO PLAY:

1. Two players will start at one end of the court and move along the length of the court.
2. As the players move forward, they will pass the ball between each set of cones that are set up in between them.
3. When players reach the end of the cones, they return to the start by once again passing the ball back and forth between the line of cones.

### KEY EXECUTION POINTS:

- Players must be aware of where the other player is, while keeping control of the ball.

### READY FOR A CHALLENGE?

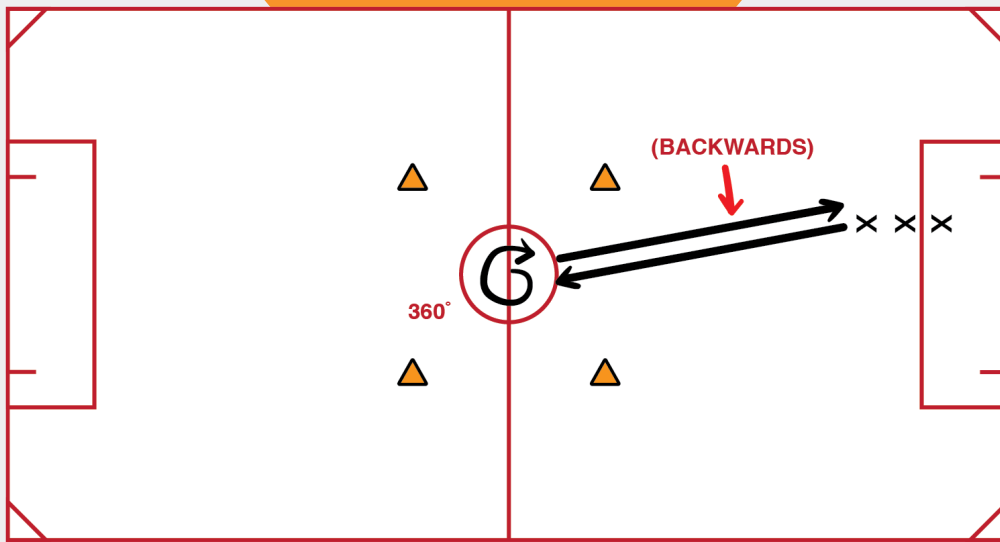
- Have other balls being rolled in to throw off players' attention.

### NEED SUPPORT FOR SUCCESS?

- Players can stop between each set of cones to pass.

# SPIN IN THE BOX

**AIM: controlled spins, backwards chair control**



## EQUIPMENT

- 4 pylons

### HOW TO PLAY:

1. Players will take turns quickly moving inside of a square set of pylons and executing a 360° spin without knocking any pylons down.
2. Once the spin is complete, players will maneuver backwards out of the box to let the next player in.

### KEY EXECUTION POINTS:

- Players must be aware of where they are in relation to the cones, so as to not knock them over.

### READY FOR A CHALLENGE?

- Have two players perform the spin simultaneously.

### NEED SUPPORT FOR SUCCESS?

- Make the square larger.



# ADDITIONAL RESOURCES

FIPFA: Fédération Internationale de Powerchair Football Association

- [www.fipfa.org](http://www.fipfa.org)

SportAbility

- [www.sportabilitybc.ca](http://www.sportabilitybc.ca)
- [www.facebook.com/sportabilitybc](https://www.facebook.com/sportabilitybc)
- [www.twitter.com/sportabilitybc](https://www.twitter.com/sportabilitybc)
- [www.instagram.com/sportabilitybc](https://www.instagram.com/sportabilitybc)

US Power Soccer Association | Karen Russo

- [www.powersoccerusa.org](http://www.powersoccerusa.org)

Powerchair Football Canada

- [www.powerchairfootballcanada.com](http://www.powerchairfootballcanada.com)

Physical Health Education Canada

- [www.phecanada.ca](http://www.phecanada.ca)

Long Term Athlete Development Stages

- [www.canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages](http://www.canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages)

This project was funded in part by, a grant from viaSport BC, the Province of British Columbia and the Government of Canada.



Government  
of Canada

Gouvernement  
du Canada

Canada

---

**CREATED BY STAFF AT SPORTABILITY**