

14 Football challenges

Challenges



Age range

- 8-14.

Group size

- Any.

What you need

- Football.
- Marker cones (optional).

Safety points

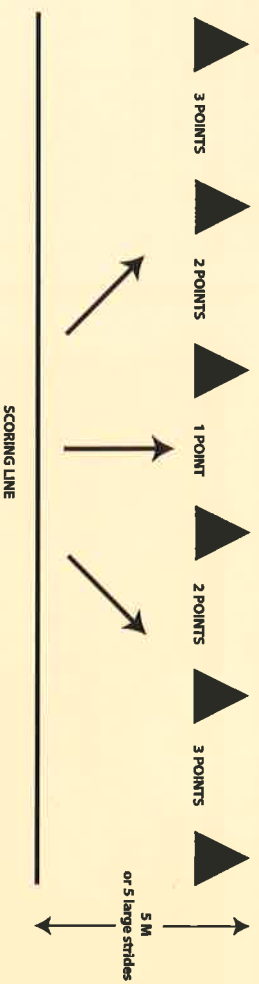
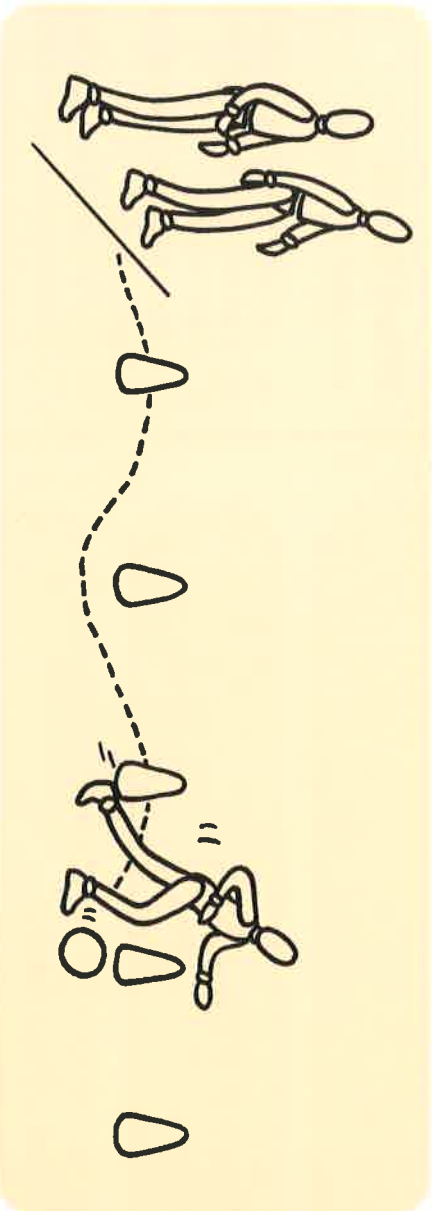
- Wear supportive trainers.
- Watch out for 'flying' equipment.
- Watch out for others by keeping your head up and looking ahead.

Easier

- Reduce the distances.

Harder

- Increase the distances.
- Try to beat previous scores.



What to do

- With a partner stand about 10m or 10 large strides apart.
- How many passes can you and a partner make with a football in 30 seconds?
- How long does it take for you and your partner to pass a ball between you whilst travelling over a distance (e.g. 50m)
- How long does it take you to dribble a football in and out of five cones and back to your starting position?
- With the cones and scoring set up as above, how many points can you score given 5 attempts?

Remember

- Practise the skills over a few weeks before trying the challenges.