BOROUGH SKILLS CHALLENGES



football

Challenge 1:

Challenge Description: Football taps

Tap the top of the football with your right foot and the quickly change to tap the top of the ball with your left. Keep going as quickly as possible.

How many can you do in 30 seconds

Scoring:

You will receive 1 point for each successful foot tap on the ball you complete.

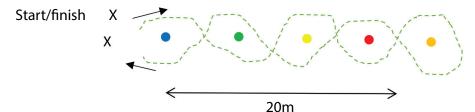
Challenge 2:

Challenge Description: Football slalom dribble

Set up a line of 5 cones, 4m between each (20m total length)

Dribble the ball through the cones and back.

How many times in a minute?



Scoring:

You will receive 1 point for each complete run out and back.

Challenge 3:

Challenge Description: Football dash

Set up 2 cones 30m apart.

Keeping the ball under control, dribble 30m from one cone to another.

How many times in 2 minutes.

Scoring:

One point for each complete 30m dribble.

Challenge 4:

Challenge Description: Football target

Set up 2 cones 1m apart.

Kick the ball from 10m away.

How many times can you kick the ball through the cones?

10 attempts.

Scoring:

One point for each 'goal' scored.



