

FOOTBALL



KEY INFORMATION

AGE GROUP: Secondary Year 7, 8/9 and 10/11

GENDER SPECIFICATIONS: Girls

NUMBER IN A TEAM: 8

DESCRIPTION

There will be 4 tasks / skills to complete as part of this Football challenge. Please record the score for each activity on the score sheet, and the top 8 scoring children who meet the age and gender specifications above will form the 'team' whose results you will need to submit for the School Sport Partnership virtual competition.

Please complete and submit your monitoring sheet on completion and send to your local School Games Organiser.



CHESHIRE & WARRINGTON
VIRTUAL SCHOOL GAMES



TASK #1: WALL PASS

HOW TO PLAY:

Stand 2 metres away from the wall. Using the side of your foot pass the ball towards the wall and control it on the return.

Keep your non-kicking foot close to the side of the ball, use your arms for balance and keep your head still and eyes on the ball.

To challenge yourself you could stand further away from the wall or use only your weak foot.

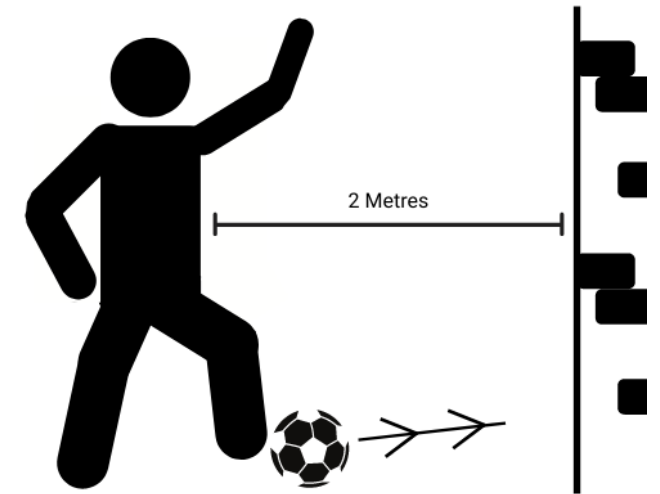
[Click here](#) to view a video of this task.

SCORING:

For each successful pass that you control you get 1 point. You have 1 minute to complete as many passes as possible.

EQUIPMENT

- 1 Cone
- 1 Ball
- Timer



TASK #2: SIDE TO SIDE

HOW TO PLAY

Place the ball in between your feet, with your legs shoulder width apart.

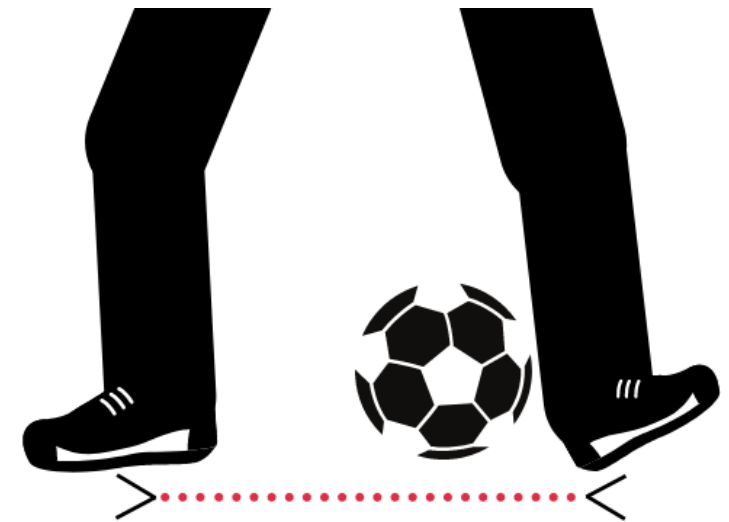
Slightly bend your knees and knock the ball in between your feet as quickly as possible using the inside of both feet without losing control.

To make this more challenging you could try moving forwards and backwards.

[Click here](#) to view a video of this task.

SCORING

You have 30 seconds to complete as many side to side passes as you can.



Place the ball in between your legs
shoulder width apart

EQUIPMENT

1 ball

Timer



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TASK #8: TOE TAPS

HOW TO PLAY:

Mark out a 5 by 5 metre square.

Stand in the middle and place the ball in front of your feet.

Tip the top of the ball with the sole of your foot.

The ball should stay in the same position. Use your arms for balance and switch feet after each touch.

To make this more challenging, try your other foot leaving the floor before you have put the 'tip' foot back on the floor.

[Click here](#) to view a video of this task.

SCORING

You have 30 seconds to complete as many toe taps as possible, you get 1 point for

EQUIPMENT

- 1 ball
- 4 cones
- 1 timer



TASK #4: CONE SPRINTS

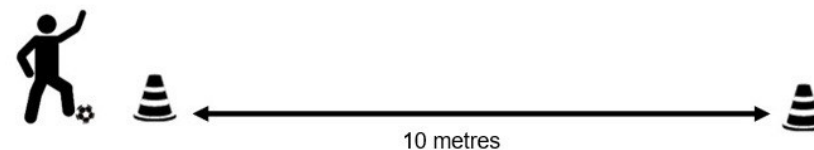
HOW TO PLAY

Set up a 10 metre long area, put a cone down at the start and the end.

Dribble the ball to the cone 10 metres away, dribble around the cone and dribble back keeping the ball as close to your feet as possible.

To make this more challenging, try dribbling with just your weaker foot.

[Click here](#) to view a video of this task.



SCORING

You have 1 minute to complete as many sprints as you can.

One lap round the cone and back is 1 point.

EQUIPMENT

- 1 Football
- 2 Cones
- 1 Timer



INCLUSIVE

You can use a larger ball or basketball for those that need to use a larger ball.

Consider the colour of the ball is some children can see some colours better than others.

Step towards the wall to make the distance shorter.

RISK ASSESSMENT:

Please make sure your exercise area is clear and there is nothing nearby which could cause a trip or fall. All the challenges are designed to be suitable for each age group, however it is important to understand that if you choose to take part, you are doing so at your own risk.

Covid-19: please adhere to the current Covid-19 guidelines at the time that you take part in this activity. This is in relation to social distancing and the use of equipment.

Please ensure that you have completed a risk assessment for the children taking part in this activity, and adapt the tasks / area to meet the requirements of your own school risk assessment.

SPIT OF THE GAMES VALUES

HONESTY when working with classmates and teachers, you must submit your score with honesty

DETERMINATION is important when completing challenges so you don't give up.

Resilience makes you overcome difficult challenges.



SCORE SHEET

PUPIL NAME	TASK 1	TASK 2	TASK 3	TASK 4	TOTAL

DATA COLLECTION

Total number of Boys taking part.	Total number of Girls taking part	Number of pupils where this is their first competition	Number of ethnic minority pupils	Number of SEND pupils	Number of Young Team Managers helping out	Number of teachers involved

