

Virtual Fundamentals of Football: Key Stage 1 Challenges



Challenge 1 - Dribbling Fast Feet

Place two markers on the floor 3 metres apart from each other

Taking it in turns with the ball at your feet, how many times can you dribble the ball from one marker to the other, around the marker and back again as a team in 5 minutes?

Score 1 point for each circuit completed within the allocated time.



Challenge 2- Shooting Target Challenge

Place 2 cones 2 metres apart (your goal)

Place a cone 5 metres away from your goal (your penalty spot)

Taking it in turns and kicking the ball, how many goals can you score as a team in 5 minutes?



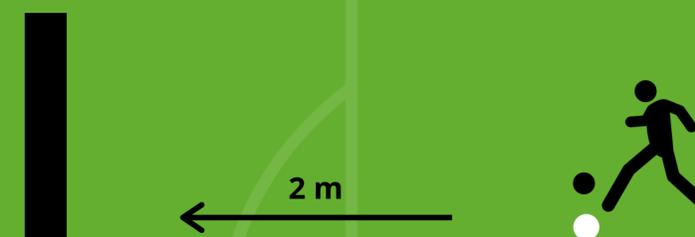
Challenge 3 - Receiving a ball Rapid Rebound

Place a cone 2 metres away from a wall

Kick the ball against the wall, when it rebounds back control it with your feet before kicking it back at the wall again.

Score a point every time you successfully receive and return the ball

How many can each player in your team score in 60 seconds?



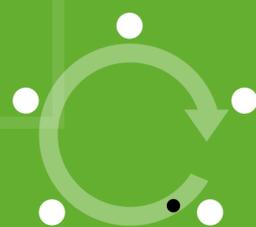
Challenge 4 - Passing Circle in Time

Place 5 cones in a circle all 2 metres apart. Each player stands by a cone (one player to a cone)

Choose which player will start with the ball. When the timer starts this player must pass (kick) the ball in a clockwise position to their closest player.

The ball must travel from player to player in a clockwise direction passing through every player

Score 1 point for each complete circuit the ball covers. How many points can you score as a team in 5 minutes?

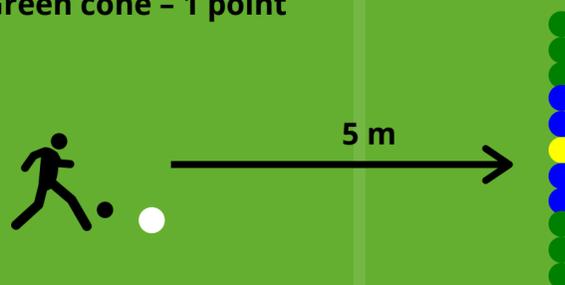


Challenge 5- Precision Zone Ball

Place 1 yellow cone on the floor. Place 2 blue cones either side of the yellow cone and then 3 green cones either side of the blue cones (so they are in a straight line)

Place your line marker (shooting line) 5 metres away from the line of cones (target). Taking it in turns kicking the ball, how many points can you score as a team in 5 minutes?

Yellow cone = 10 points
Blue cone = 5 points
Green cone = 1 point



Challenge 6 - Fitness, balance & skill Toes Taps

Tap the top of the ball with the sole of your foot. The ball should stay in the same spot. Use your arms for balance. Switch feet after each touch.

How many toe taps can each player in your team score in 60 seconds?

Add the points of each player together and submit their combined total.

