

Virtual Fundamentals of Football: Key Stage 2 Challenges

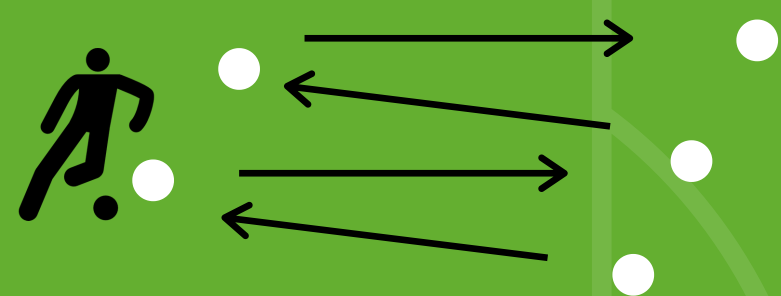


Challenge 1 - Dribbling Fast Feet

Place five markers on the floor, 3 metres apart from each other

Taking it in turns (with the ball at your feet) dribble the ball in and out of the cones. Once you've reached the last cone, dribble the ball back to the start.

How many times can you complete the circuit, as a team, in 5 minutes?

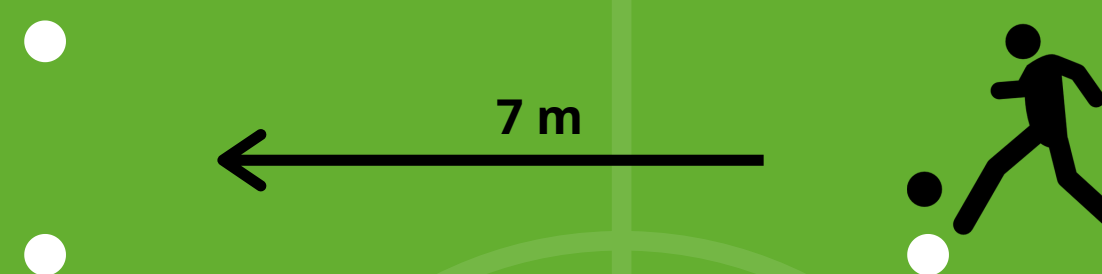


Challenge 2- Shooting Target Challenge

Place 2 cones 2 metres apart (your goal)

Place a cone 7 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?



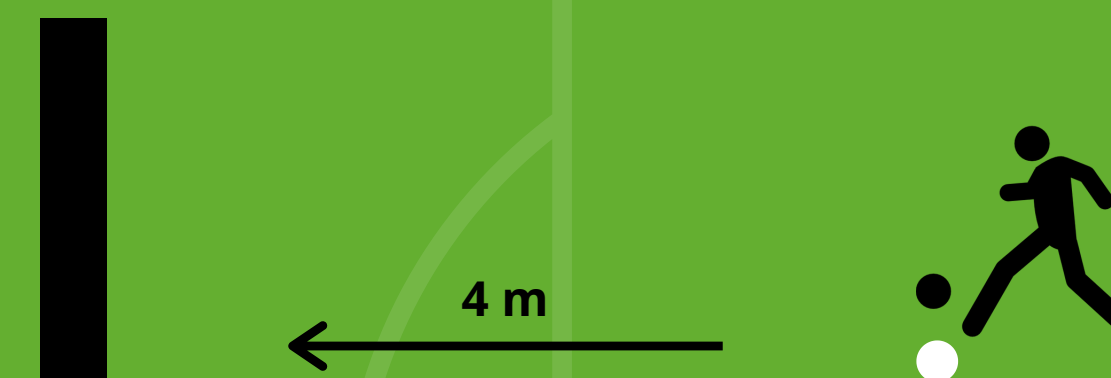
Challenge 3 - Receiving a ball Rapid Rebound

Place a cone 4 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?



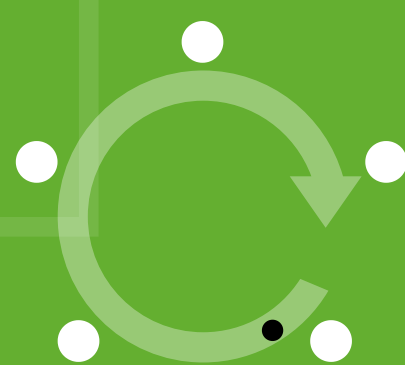
Challenge 4 - Passing Circle in Time

Place 5 cones in a circle all 3 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?



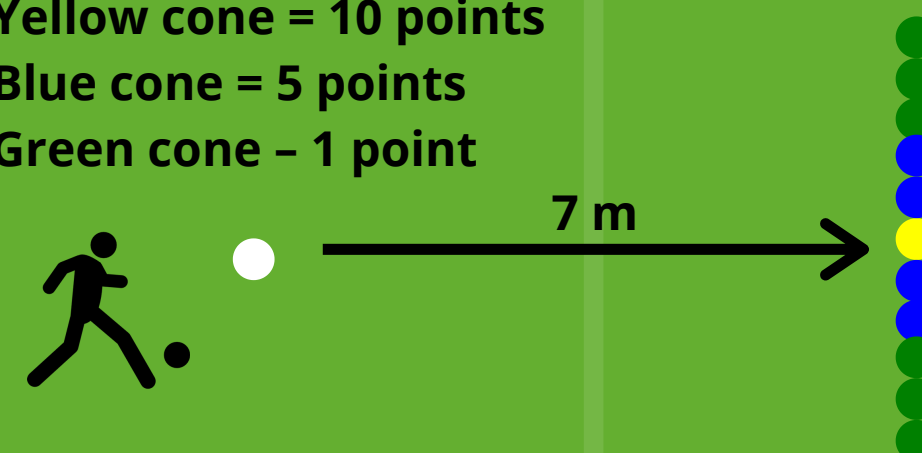
Challenge 5- Precision Zone Ball

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) 7 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

Place a football at the end of an agility ladder (use cones if you don't have a ladder).

Using fast feet, run along the ladder. When you reach the football, tap the top of the ball with the sole of your foot 20 times. Switch feet after every touch. The ball should stay in the same spot! Then balance the ball on top of your foot for 5 seconds.

How many times can each player in your team complete this circuit in 5 minutes?

