

Football Challenge



Activity	How to Score	Tally Points	Total Points
Dribble	Dribble in and out the cones then run straight back. 1 point for each circuit completed		
Target Passing	Pass football to knock over target. 1 point for each knocked over.		
Wall Passing	How many passes can you do off the wall in allocated time? Use two feet if comfortable.		
Shooting Accuracy	Goal is divided up - players try to score more points by kicking the ball in the corner of the goal		
Toe Taps	How many toe taps can you complete in allocated time?		
Goalkeeping - Wall Passing	How many throw and catches off the wall can you do in allocated time? Chest pass is ideal.		

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Keepy ups	Three options- 1. Full keepy ups. 2. Hit in air then allow bounce between each. 3. Kick up and catch. How many can you do?		
Penguin Walk	Moving the ball between both your feet using the inside of your feet only.		
Target Hitting	Hoops or target marked on wall. How many points can you get?		
Sole Roles	Travel from one cone to another and back only rolling the ball with sole of your foot.		