

VIRTUAL PRIMARY FOOTBALL

This virtual Football challenge is an exciting way to progress your football skills, whilst also competing in our “agility dribbling challenge”.



This challenge is linked to the School Games value of Self Belief

How can you demonstrate Self Belief throughout this challenge?

Be realistic in what you think you can achieve. Set yourself a target to reach for each event. Give it your BEST shot!

Can you be a Leader?

- Explain or demonstrate to a member of your class or household the events
- Teach another member of your class or household how to take part in each activity and challenge them to a mini competition

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VIRTUAL PRIMARY FOOTBALL RESULTS

HOW TO ENTER

Scoring:

The 2 scoring activities on for this are the Agility dribbling challenge and the Pairs Passing.

For the pairs passing please ensure the students are timed for 30 seconds and someone is keeping count of how many passes they complete in this time. These pairs must both be entered in the same team.

For the Agility Dribbling Challenge please time each student individually to go round once. This way you can enter the fastest times for your teams.

Enter the results in the column if they are being entered in the team



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Please include how many children took part overall from each year group. This information must be entered in the TOTALS sheet of the results sheet.

Up to 4 teams can be entered in to the finals. A,B,C,D. Please ensure the pairs are from the same team. You can decide on your teams based on your best results. Each team must be 4 boys 4 girls.



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VIRTUAL FOOTBALL

ACTIVITY 1: SLALOM DRIBBLE

- Mark out 4 cones with a 2 metre gap in between
- Dribble the ball in and out of the cones there and back
- To increase the challenge pupils can time how long it takes and then try and beat it



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tape measure
- Football
- Cones

BUT WHAT ELSE CAN I USE?

- 30cm Ruler

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MAKE IT EASIER

- Use 3 cones across the total 8 meters

MORE OF A CHALLENGE

- Have to use both feet
- Reduce the gap between the cones

MAKE IT INCLUSIVE

- Use a different ball
- Dribble in a straight line rather than in and out
- Dribble in any direction

SCORING

- Record the time it takes to complete

VIDEO

- [Video can be found here](#)

VIRTUAL FOOTBALL

ACTIVITY 2: GROUP PASSING, FOLLOW THE BALL

- Create a 10x10m square using 4 cones
- Have 1 pupil on each cone
- Pass the ball around the outside of the square as quickly as possible



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Cones
- Stopwatch
- Tape measure
- Football

BUT WHAT ELSE CAN I USE?

- Tape measure

MAKE IT EASIER

- Make the square 5x5m

MORE OF A CHALLENGE

- Once each pupil has passed, they need to follow their pass by moving to the cone they passed to

MAKE IT INCLUSIVE

- Use a different ball
- Smaller square
- Less people to pass too
- Do not need to follow the pass

SCORING

- Record how long it takes for them to complete 3 full rotations around the square

VIDEO

- [Video can be found here](#)

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VIRTUAL FOOTBALL

ACTIVITY 4 : TOE TAPS

- Use the soles of your feet to alternately tap the top of the football as many times as possible
- Record how many toe taps are completed within 30 seconds



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Football
- Cones
- Stopwatch

BUT WHAT ELSE CAN I USE?

- Jumpers
- Watch or phone timer

MAKE IT EASIER

- Take your time when tapping the ball using one foot at a time

MORE OF A CHALLENGE

- Using the soles of your feet see if you can roll the ball side to side or forward and back whilst toe tapping

MAKE IT INCLUSIVE

SCORING

- Record the number of taps completed in 30 seconds

VIDEO

- [Video can be found here](#)

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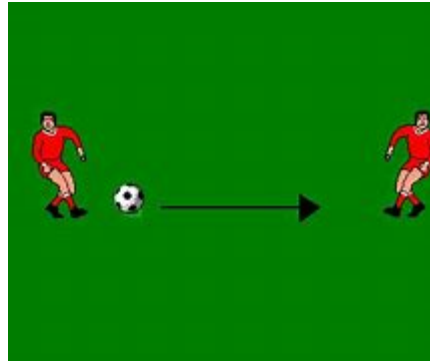


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VIRTUAL FOOTBALL SCORING ACTIVITY

ACTIVITY 4 :PAIR PASSING

- Stand 3m away, opposite your partner
- Pupils pass the ball to each other back and forth. Count how many passes they can get in 30 seconds and record the score.
- They can repeat this and see if they can improve their score



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Football
- Stopwatch
- Tape measure
- Cones

BUT WHAT ELSE CAN I USE?

- Watch timer

MAKE IT EASIER

- Move the pupils closer to the ball

MORE OF A CHALLENGE

- Move further away from the ball

MAKE IT INCLUSIVE

- Reduce the gap between the players
- Use a different ball

SCORING

- How many passes can be completed in 30 seconds. Record the score

VIDEO

- [Link to video can be found here](#)

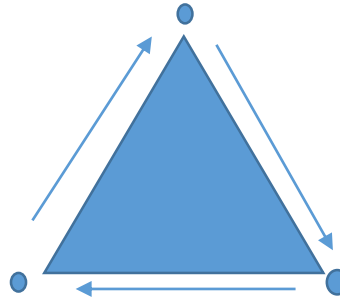
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VIRTUAL FOOTBALL SCORING ACTIVITY

ACTIVITY 5: AGILITY DRIBBLING CHALLENGE

- Set out the cones in a Triangle 7 x 7 x 7 as shown in the picture
- Pupils dribble the ball around the outside of the triangle
- The time is recorded for how long it takes
- Pupils can go either way round the Triangle



HEALTH & SAFETY TIPS

- Ensure surface is flat, dry and clear from obstacles
- You have sufficient space around the activity

EQUIPMENT NEEDED

- Tape measure
- Cones
- Football

BUT WHAT ELSE CAN I USE?

- 30cm Ruler (100cm = 1m)

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MAKE IT EASIER

- Take out the center cone and just dribble around a triangle shape

MORE OF A CHALLENGE

- Try using both feet whilst dribbling

MAKE IT INCLUSIVE

- Make the triangle smaller
- Change the shape

SCORING

- Record individual times and add together for the team of 8 (4 boys, 4 girls)

VIDEO

- [Link to video can be found here](#)

VIRTUAL FOOTBALL RESULTS

SCHOOL NAME:

CHILDS FIRST NAME:

YEAR GROUP:

EVENT	RESULT
PAIR PASSING	
AGILITY DRIBBLING CHALLENGE	

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TEAM GB



ParalympicsGB



Department for
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change
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