

## **Secondary Virtual Football Skills Challenge**

Please see below details of the Summer School Games Virtual Football competition, for boys and girls in Secondary (Years 7,8,9,10 and 11).

Designed to help support and promote activity, health and well-being for all students across the whole school, inclusive so that all students are able to take part at their own level and provide them the opportunity to develop and improve personal skills and techniques. The challenges also provide a focus on School Games Values of Teamwork, Determination, Self-Belief and Honesty.

These resources are flexible and if you wish can be adapted and used just internally to suit your school; this could be with a handful of students or a full year/key stage. If you wish to enter the Inter School Competition, please follow the rules below as closely as possible.

### **Safety**

Area to be risk assessment by school staff

- Each player/pair should retain and use the same pieces of equipment which could be cleaned after use.
- Social distancing should always be maintained.
- No Jewellery to be worn.
- All Loose clothing must be tucked in and shoe - laces tied.
- Pupils must be spaced at least 2 metres away from each other.
- Players will go one at a time and retrieve their balls at the end of each game.

### **Rules and Format**

- This will take place during Autumn Term and will take place at the individual schools that are participating with each school devising their own schedule. This could be during PE lessons, After School Clubs or in a Specific Competition Schedule within school
- We will collate results. See further detail below for results
- Students will compete using four separate challenges scoring points within each challenge to provide a combined total.
- Each pupil should have two attempts to create their best combined total, preferably with some practice in between attempts.

### **Leadership**

- In school young leaders could be utilised to co-ordinate and run each challenge station, monitoring participants, maintaining safety, timing, scoring and recording results.

### **Equipment**

- Footballs, Cones, Stopwatches, Goals.

## Recording Results

- If you would to enter the Manchester Inter School Competition you will need you to send us the following results by December 4<sup>th</sup> 2020 latest, via e-mail to either [Doug.Martin@WHGS-Academy.org](mailto:Doug.Martin@WHGS-Academy.org) or [Simon.Jones@WHGS-Academy.org](mailto:Simon.Jones@WHGS-Academy.org)
- Please submit your top 3 individual scores from each year group 7 to 11 for each boys and girls.
- Please also record and submit the total number of, girls and boys separately, that have taken part.
- Top scoring individuals and most improved scorers will be presented with prizes at the end of the competition.

### Challenge #1 – Juggling

- How many times can you juggle to ball in 1 minute. (For less able participants, allow one bounce in-between).
- Each keepy-up equal 1 point.
- Extra 3 points are awarded for tricks (around the world, heel flick etc).
- Challenge participants to use both feet & other part of the body (head, knee, shoulder).
- If the player loses control of the ball, just start again and add on to your score.
- Leader to keep score.
- Video Link - [Challenge 1 - Juggling](#)

### Challenge #2 – Through the gates

- You will need 6 cones to create 3 gates which will be 2 feet wide, for players to go through with the ball.
- Gates will be positioned 10 metres, 15 metres & 20 metres away from the starting positing, which can be anywhere in the area being used.
- Preferably, gate 1 (10m) will be situated to the left, gate 2 (15m) will be towards to right and gate 3 will be straight ahead of the start position. This will be subject to space being used.
- 5 points will be awarded for going through the 1<sup>st</sup> gate, 10 points for the 2<sup>nd</sup> gate and 15 points the 3<sup>rd</sup> and furthest gate.
- Begin with ball at the start position. Travel towards and through any of the gates to gain points you must go back to the starting position before going towards another gate.
- How many can you get in 2 minutes.
- Video Link - [Challenge 2 - Through the Gates](#)

### Challenge #3 - Dribble time

- 6 cones set up in a straight line with a half metre gap in between each cone.
- Player to start at the same end of the relay run.
- Player starts with the ball and dribbles in and out of the cones and back continuously until time is up.
- Players have 90 seconds to complete as many dribbles as possible.
- Video Link - [Challenge 3 - Dribble Time](#)

#### Challenge #4 – Shooting

- Penalty shots – Players to take 2 penalty shots, one with each foot.
- Cones are to be set up on the left and right, parallel to the goal posts and 15 metres back with another cone set 5 metres back in between for the starting position.
- Dribble towards cone set up on the left, then shoot as soon as you pass the cone. Run back collect second ball then dribble to the right cone and shoot.
- Long range shot from 20 metres from goal or beyond.
- Each goal is worth 5 points, except long range shot which is 10 points.
- Video Link - [Challenge 4 - Shooting](#)