


Virtual Football Challenge - Circuit for Key Stage 2

Station 1 – Penguin Feet	Description/Rules
	<ul style="list-style-type: none">❖ Pupils pass the ball from their left foot to their right foot (using the inside of their foot only).❖ Time limit = 30 seconds❖ 1 point for each time the ball touches each foot.

Station 2 – Target Passing



- ❖ How many balls can you knock down within the time limit?
- ❖ Pupils must try to knock off footballs (or similar) set up on cones by kicking a football at these targets.
- ❖ Set up 5 balls on cones 5m from where the pupil is standing. Have a 1m gap in between each target.
- ❖ Time limit = 30 seconds
- ❖ 1 point for each ball hit off the cone. Plus, 10 bonus points if they knock all 5 balls off within time limit.

Station 3 – Control Passing



- ❖ How many passes can you make to your teacher/helper in the time limit?
- ❖ The pupil must be at least 1m away from the teacher/helper. They must control the ball before they can pass it again.
- ❖ Time limit = 30 seconds
- ❖ 1 point for each pass made and successfully controlled.

Station 4 – Football Shuttle Run



- ❖ How many shuttle runs can you do with the ball in the time limit?
- ❖ Pupils must dribble the ball to a coned line 5m away and then back to the start.
- ❖ Time limit = 30 seconds
- ❖ 1 point for each dribble there and back.

Station 5 – Dribble and Shoot (DASH)



- ❖ How many goals can you score after a dribble?
- ❖ Pupils dribble a set distance and then shoot into a small sized goal (3m).
- ❖ Each pupil must dribble 5m to a coned line and then shoot into goal that is another 5m away. After their shot they run back to the start, collect another ball and go again.
- ❖ Time limit = 30 seconds
- ❖ 1 goal = 1 point (To get a point, pupils must shoot before the coned line; if they shoot after the line it doesn't count.)

