

Virtual Football Challenge - Circuit for Key Stage 1

Station 1 – Toe Taps



Description/Rules

- ❖ How many toe taps can you do within the time limit?
- ❖ Pupils must tap the top of the ball with the sole of their foot, alternating feet. They must touch the top of the ball and not the side.
- ❖ Time limit = 30 seconds
- ❖ 1 point for each toe tap

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 – Dribble



- ❖ How many times can you dribble to the end zone?
- ❖ Mark out 2 boxes (end zones) 5m apart. Each pupil will dribble the ball from one end zone to the other end zone, repeating until the time is up.
- ❖ Time limit = 30 seconds
- ❖ 1 point for each completed dribble from end zone to end zone.

Station 4 – 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 at the goal they run back to the start and collect another ball and go again.
- ❖ Time limit = 30 seconds
- ❖ 1 goal = 1 point
(To score a point pupils must shoot before the coned line; if they shoot after the line it doesn't count.)