

Virtual Football Challenge - Circuit for Years 7 & 8

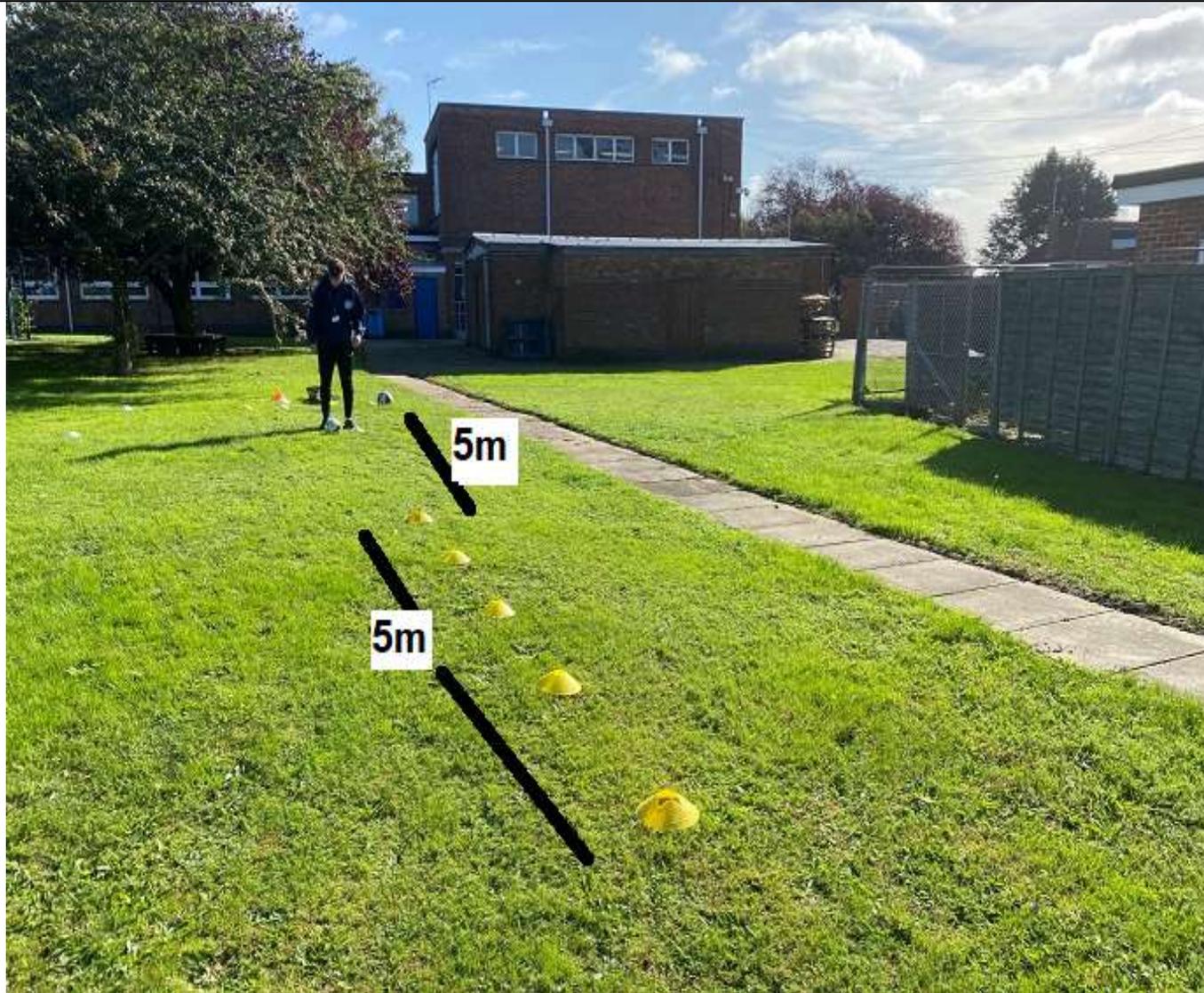
Station 1 – Speed Pass



Description/Rules

- ❖ How many passes can you make within the time limit?
- ❖ Pupils and a partner pass to each other staying inside a box.
- ❖ Mark out two 5m x 5m boxes that are 10m apart. The student stands in one box, the partner in the other. They must complete as many passes as they can within the time limit. The pass must be controlled inside the box to get a point.
- ❖ Time limit – Yr 7 = 40 seconds.
Yr 8 = 30 seconds.
- ❖ 1 point for every pass controlled inside the box.

Station 2 - Slalom



- ❖ How many dribbles can you do in the time limit?
- ❖ Pupils dribble up a slalom course and straight back down to the start as many times as they can.
- ❖ Measure out a 5m long distance and place cones along it spaced 1m apart. The start must be 5m from the slalom dribble.
- ❖ Time limit – Yr 7 = 40 seconds.
Yr 8 = 30 seconds.
- ❖ 1 point for each time the pupil makes it back to the start line.

Station 3 – 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 10m from where the pupil is standing. Have a 2m gap in between each target.
- ❖ Time limit - Yr 7 = 40 seconds.
Yr 8 = 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 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 10m to a coned line and then shoot into the goal that is another 5m away. After their shot they run back to the start, collect another ball and go again.
- ❖ Time limit – Yr 7 = 40 seconds.
Yr 8 = 30 seconds.
- ❖ 1 goal = 1 point

Station 5 – Receive and Shoot (RAS)



- ❖ How many goals can you score after receiving a pass?
- ❖ Pupils receive a pass from a partner/teacher, take up to 3 touches to control the ball, then shoot at the goal. Repeat.
- ❖ The partner/teacher stands next to the goal (with a pile of balls). The pupil stands by a cone 10m from the goal.
- ❖ Add in a gate at the bottom corners of the goal 1m wide to make the challenge harder.
- ❖ Time limit – Yr 7 = 90 seconds.
Yr 8 = 60 seconds.
- ❖ 1 goal = 1 point. Through the gates = 2 points

