# **VIRTUAL CHALLENGE - Football**

### **Dribbling Challenge**

**Quick Introduction** 

How many laps can you complete in 60 seconds?

#### **Getting Started**

- Set out two lines of 5 cones spaced 50cm apart, with a distance of 3m between the two lines.
- Use a timer and when the player is ready begin the timer. .
- Players must dribble between the 5 cones, then run across and dribble the ball back down the opposite 5 cones and across again to the starting point.
- Count how many laps the player can complete in 60 seconds, 1 lap = up one row of 5 cones and back down the opposite 5 cones.
- If a player is over half way through a lap when the timer stops the lap can be counted. if a player is under halfway through when the timer stops the lap does not count. Halfway is counted as having made it to the second row of cones.

#### **Equipment Required**

- 1 football
- 10 cones
- Stopwatch
- Score sheet

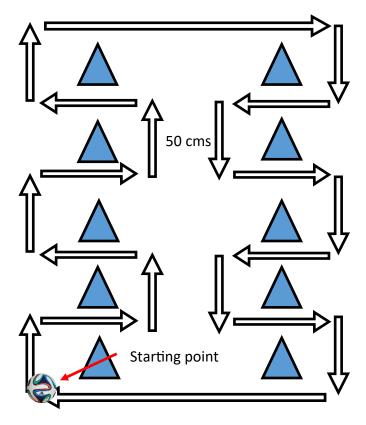
Measuring tape

Make sure the ball isn't being kicked towards any other players/leaders.

Ensure there is enough space.

Health and Safety

3M



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Player Name	Year Group	Score	Player Name	Year Group	Score			
						Player Name	Year Group	