

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
- Measuring tape
- Score sheet

Health and Safety

- Ensure there is enough space.
- Make sure the ball isn't being kicked towards any other players/leaders.



