

THE CHALLENGE

EXPLAINED FOR SGOS/TEACHERS



DEVELOPED WITH THE PURPOSE OF MAXIMISING THE SCHOOL GAMES VALUES AND IDENTIFYING INDIVIDUAL AND TEAM PROGRESS AS SUCCESS.

The challenge is for anyone regardless of ability, disability, impairment or health condition and can also be used as a virtual warm up ahead of the summer School Games futsal competition.

TIPS

- You can use this as an individual team challenge, progress it to an intra competition within school or even extend the challenge to inter between schools – the choice is yours!
- On the resource cards you can access a video of each skill.
- There is an inter school progress card available should you wish to extend the challenge. [Click here](#)
- We recommend you spread the challenge over a number of weeks to encourage development, why not try all 6 skills one week then attempt them again the following week, practicing in between.
- We have included a few suggestions of how the games can be adapted but please use your own creativity to suit the players' needs – consider STEP.
- Encourage young leaders to lead this challenge.
- Once you have completed the challenge, progress to our Pokémon Futsal resources that introduce 2v2, 3v3 and 4v4 futsal games.
- Certificates are available for download. [Click here](#)





VALUES

**SPIRIT OF THE GAMES,
INSPIRATION THROUGH SPORT**

DETERMINATION

DETERMINATION

Keep going no matter what. Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and the self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!

HONESTY

HONESTY

Be honest with others and with yourself. Have the courage to do the right thing. Be truthful and promote fairness in every situation.

PASSION

PASSION

Giving it 100%, putting your heart and soul into whatever you are doing and never giving up. Care about what you do and the people around you, and approach each opportunity with enthusiasm and positivity.

RESPECT

RESPECT

Treat others politely, and with understanding. Accept life's 'ups and downs' with grace. Show respect every day, in everything you do and do for everyone around you.

SELF-BELIEF

SELF-BELIEF

You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.

TEAMWORK

TEAMWORK

Treat everyone equally, support each other and work together to have fun and achieve. Celebrate each others' success. Be a good friend and a positive team player in school, sport and life.



POKÉMON FUTSAL CHALLENGE



HOW TO PLAY

GET INTO TEAMS

Each team needs a minimum of four players.

HOW TO PLAY

This section will help you understand how to complete the skill.

ADAPT IT

Each player will have three attempts to complete the games. If players choose to adapt it, all three attempts must be completed with the same adaptations.

SET UP

This section provides a picture of how the game needs to be set up, including the distances.

TOP TIPS

Ideas to help you improve and get better.

WATCH THE VIDEO

This link will show you a video of the skill in action.

SHOOTING:

SCORBUNNY'S SHOOTING CHALLENGE

THIS GAME HELPS TO IMPROVE YOUR ABILITY TO SCORE GOALS

HOW TO PLAY:

- Start the timer when the player moves from the starting spot
- All 4 shots must go in the goal to count
- If one or more shots is missed add a total of 10 seconds to your time (NOT 10 seconds for each missed shot)
- See how long it takes to score all four goals
- Stop the timer when the last ball leaves the pitch or enters the goal

ADAPT IT

- Use your hands to travel and score rather than your feet
- Reduce number of shots
- Use your own creativity

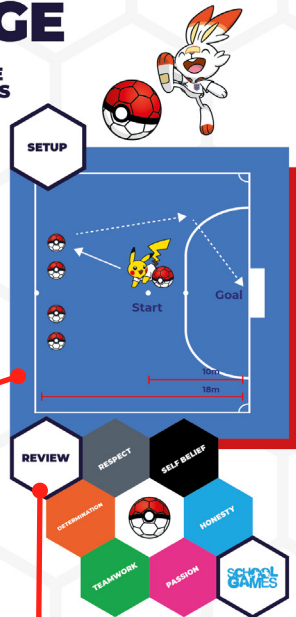
TOP TIPS

- The closer you are to the goal the easier it is to score
- Experiment with different parts of your feet to move the ball towards the goal

WATCH THE VIDEO HERE:

<https://www.mastertheball.com/asset-hub/>

**NOW IT'S YOUR TURN
YOU HAVE 3 ATTEMPTS**



Which School Games value/s did you use?
Discuss with your team mates



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REVIEW

After each game use the review tool. Decide which School Games Values you experienced. Discuss your choices with your team mates. What are the similarities and differences?

The logo for the Pokémon Futsal tournament is circular. At the top, the word "Pokémon" is written in its characteristic yellow font with a blue outline. Below it, the word "FUTSAL" is written in large, bold, red letters with a white outline and a blue shadow. In the center, Pikachu is depicted in a dynamic pose, jumping or running towards the right. To its right is a Poké Ball. At the bottom of the logo, there is a small crest featuring a shield with a cross and the words "POKÉ" and "BALL" on either side.

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The logo for the Pokémon Futsal event is circular with a dark blue background. At the top, the word "POKÉMON" is written in its characteristic yellow, bubbly font. Below it, the word "FUTSAL" is written in large, bold, red capital letters with a white outline and a slight 3D effect. In the center, Pikachu is depicted in a dynamic pose, wearing a white soccer jersey and shorts, appearing to be in motion. To the right of Pikachu is a red and white soccer ball. At the bottom of the logo, there is a small crest of the England Football Federation, followed by the text "ENGLAND FOOTBALL" in white capital letters.

SHOOTING:

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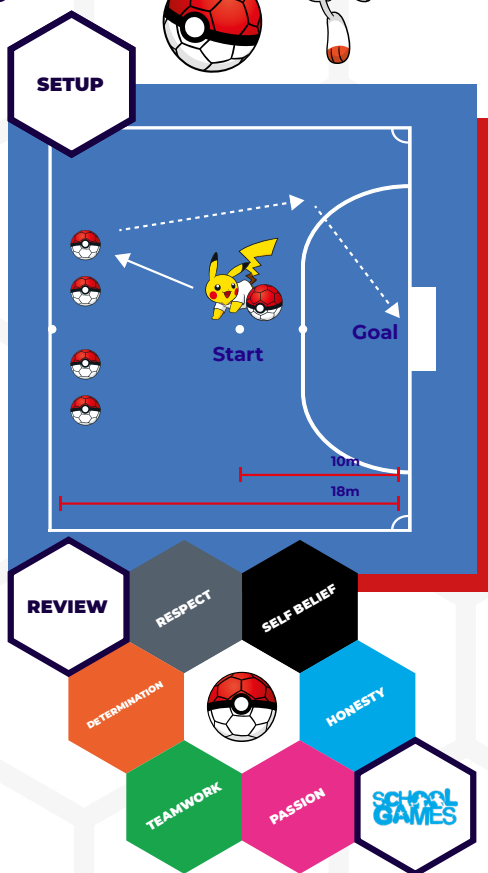
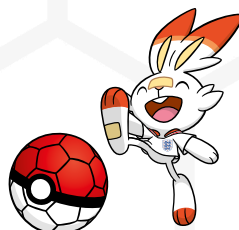
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FITNESS:

SCORBUNNY'S FITNESS TEST



THIS GAME WILL HELP TO IMPROVE YOUR FITNESS



HOW TO PLAY:

- Start the timer on go!
- Starting behind the line, run to the first marker and return, repeat the runs and return to the second and third marker
- Complete the round in as fast a time as possible
- Stop the timer when the player crosses the finish line

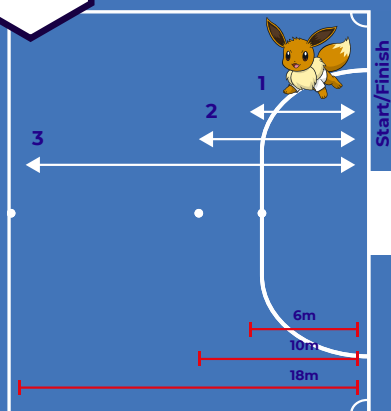
ADAPT IT

- Reduce the distances between each run
- Choose to walk instead of running
- Use your own creativity

TOP TIPS

- Focus on controlling your turns
- Accelerate running as fast as you can to the next point

SETUP



REVIEW

RESPECT

SELF BELIEF

DETERMINATION



HONESTY

TEAMWORK

PASSION

SCHOOL GAMES

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AGILITY:

PIKACHU'S AGILITY CHALLENGE



THIS GAME WILL IMPROVE YOUR AGILITY WITH THE BALL

HOW TO PLAY:

- Start the timer on go!
- With a ball at your feet run to marker 1 and turn left
- Run around marker 2 and make your way to marker 3
- Run around marker 3 and back to marker 1
- Run from marker 1 back to the start, and stop the time when the player gets there

ADAPT IT

- Reduce the distance between the marker points
- Choose to walk instead of run
- Use your own creativity

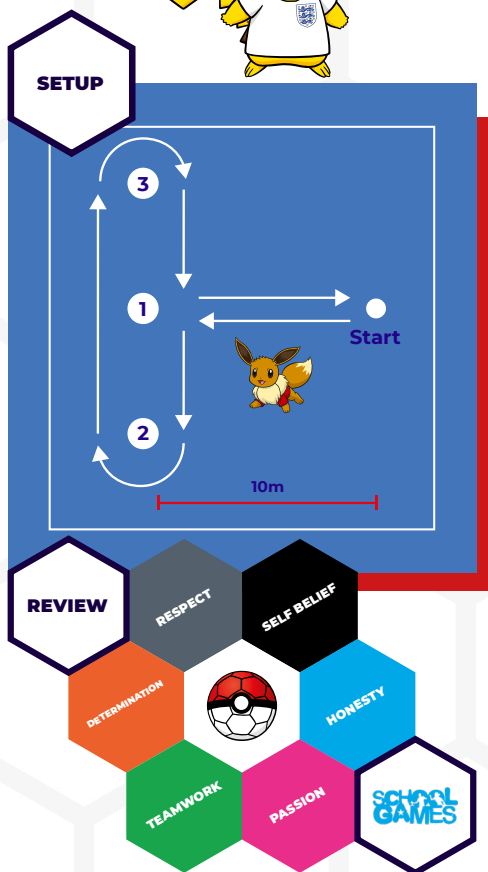
TOP TIPS

- Adopt a lower body position as you approach the turn
- Look to accelerate away

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CONTROL:

PIKACHU'S CONTROL DRILL



**THIS GAME IMPROVES YOUR
ABILITY TO MOVE QUICKLY
WHILST MAINTAINING
BALL CONTROL**



SETUP

HOW TO PLAY:

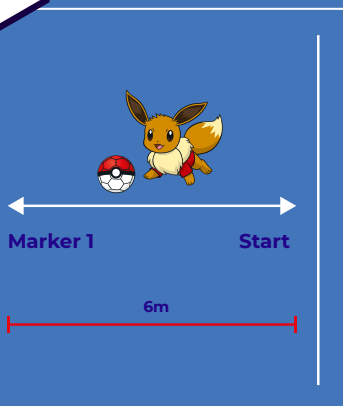
- Start the timer!
- Travel from the start to marker 1 and return to the start line, this counts as 1 complete lap
- Ensure the ball goes over the goal line each time
- How many laps can you complete in 30 seconds?

ADAPT IT

- Reduce the distance between the start line and marker 1
- Hold or bounce the ball instead of dribbling
- Use your own creativity

TOP TIPS

- Use the sole of your foot to pull the ball around the front of your body into your forward path where you can try to run with the ball towards the next marker.



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PASSING:

EEVEE'S PASSING DRILL



THIS GAME IMPROVES YOUR CONTROL ON THE BALL WHEN PASSING AT CLOSE RANGE

HOW TO PLAY:

- Working in a group of 3, one person starts the timer!
- The two remaining players face each other and pass a ball back and forth
- How many passes can be made in 30 seconds?

ADAPT IT

- Reduce the distance between the marker points
- Roll the ball rather than kicking
- Use your own creativity

TOP TIPS

- Control the ball with the sole of your foot so it can be instantly returned with the second touch

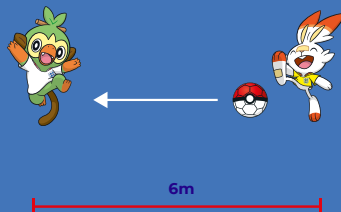
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CONTROL:

GROOKEY'S DEFENDING DRILL



THIS GAME IMPROVES YOUR DEFENDING TACTICS



SETUP

HOW TO PLAY:

- Working in a group of 4, one person start the timer!
- Two of the remaining players face each other, with one defender in the middle
- The pairs pass the ball back and forth
- How many intercepts can the defender complete in 30 seconds?

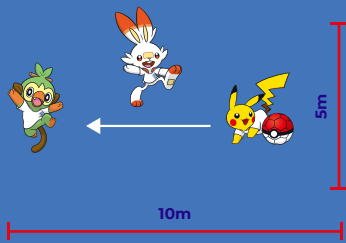
ADAPT IT

- Reduce the space between the two passers
- Change the pass to a roll
- Use your own creativity

TOP TIPS

- Adopt a half turn position whilst defending to allow you to see where the ball is coming from and going to

Defender



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