



VIRTUAL SCHOOL GAMES

Intra School Competition Programme

FOOTBALL

@TraffordSSP #TraffordVirtualSchoolGames



STATION 1: KICKING / LOFTED PASS

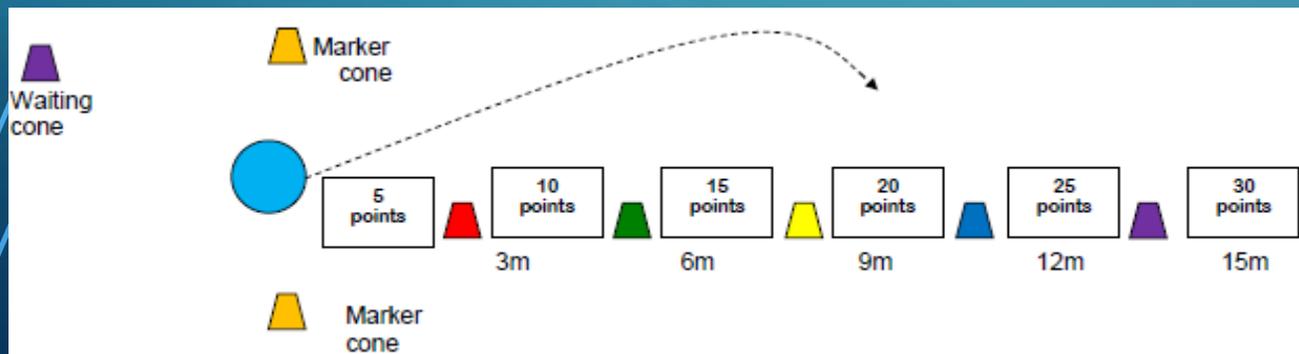


Equipment & Set Up

- ⚽ Teams of 6 players
- ⚽ Activity set out as per diagram
- ⚽ Equipment: marker cones, footballs x3
- ⚽ Place the cones in a straight line 10m apart
- ⚽ Sports Leaders to co-ordinate and score
- 📋 **Scoring:** Record each players total score and add together to calculate the overall team score.

How to Play

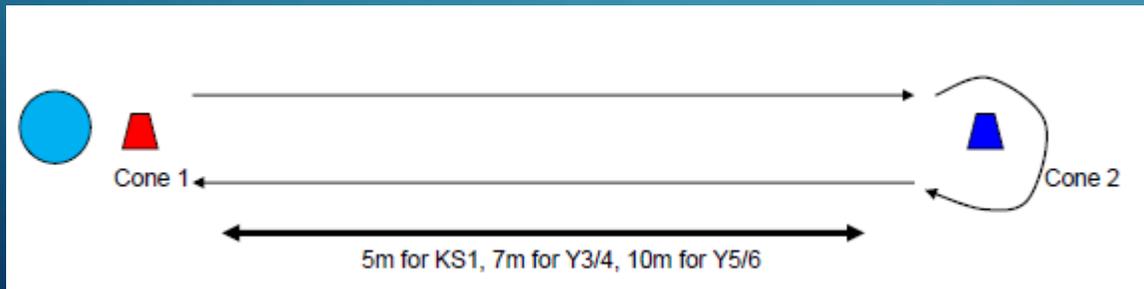
- ⚽ Players have 3 consecutive kicks from between the yellow marker cones
- ⚽ All other players wait their turn at the wait cone
- ⚽ Players kick the ball forward in the air into the scoring zone
- ⚽ Points are awarded on where the ball first lands
- ⚽ A players score is the total points from their 3 kicks



- ⚽ Non striking foot to be planted next to the ball on approach
- ⚽ Head still over the ball as striking
- ⚽ Follow through, kicking through the ball

Equipment & Set Up

- Teams of 6 players
 - Activity set out as per diagram
 - Equipment: marker cones, footballs
 - Place the cones in a straight line 5-10m apart depending on age group
 - Sports Leaders to co-ordinate and score
-  **Scoring:** Record each players total number of dribbles and add together to calculate the team total.



How to Play

- One at a time players start at cone 1 and travel with the ball to and around cone 2 and back to cone 1
 - They repeat to complete as many times as possible in 1 minute
 - After 1 minute the next player waiting has their go
 - Two players can complete this station alongside each other if necessary – just ensure each player has their own cones to dribble around
 - Record each players total number of dribbles in 1 minute
- Keep the ball in front of you pushing it forward with the 'laces' on either foot
 - Head up - be aware of where you are going
 - Tighter control around the cone with the inside or outside of your foot

STATION 3: THROW IN



Equipment & Set Up

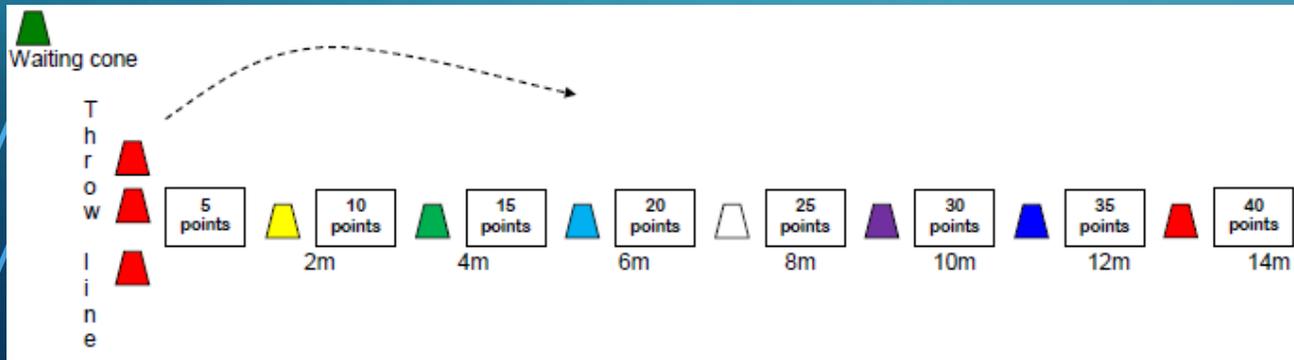
- ⚽ Teams of 6 players
- ⚽ Activity set out as per diagram
- ⚽ Equipment: marker cones, footballs x3
- ⚽ Place the cones in a straight line at marked distances
- ⚽ Sports Leaders to co-ordinate and score



 **Scoring:** Record each players total score and add together to calculate the overall team score.

How to Play

- ⚽ Players have 3 consecutive throws (Throw Ins) from behind the throw line
- ⚽ All other players wait their turn at the wait cone
- ⚽ Players hold the ball in two hands behind their head and throw up & forward bringing the ball over their head
- ⚽ Points are awarded on where the ball first lands
- ⚽ A players score is the total points from their 3 throw ins



- ⚽ Hold the ball with two hands (as per picture)
- ⚽ Keep both feet on the ground when throwing
- ⚽ Release the ball as it comes over your head and follow through with your arms

STATION 4: DRIBBLE & SHOOT



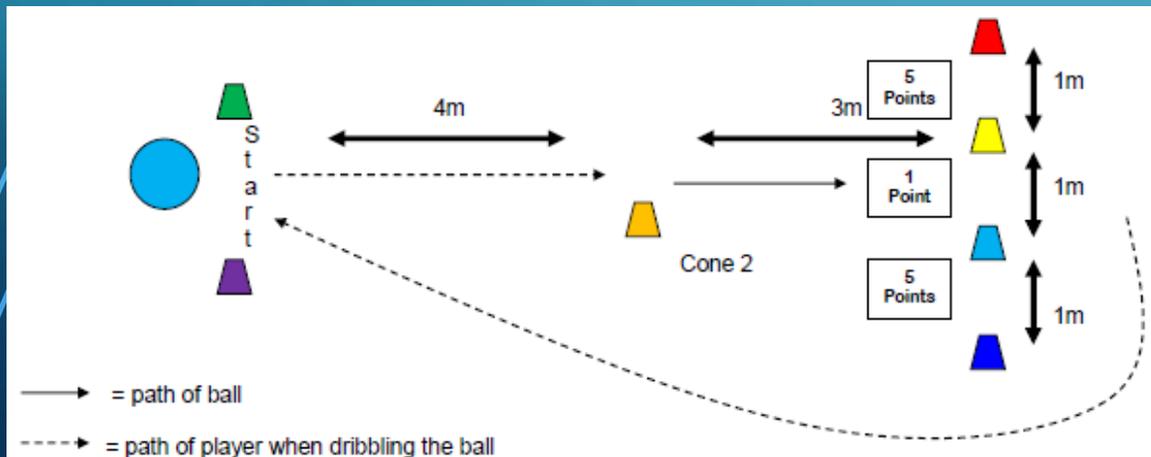
Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram (increase shooting distance to 5m for Y5/6)
- Equipment: marker cones, x3 footballs
- Sports Leaders to co-ordinate and score

Scoring: Record each players total score and add together to calculate the team total.

How to Play

- One at a time players start behind the start line and dribble the ball to cone 2
- Players stop the ball at cone 2 and take a shot at 'goal' before running back to the start for their 2nd go
- Each player has 3 consecutive attempts
- Players should aim for the 'corner' of the goal to score higher points
- Record each players total score from their 3 attempts



- Dribbling - keep close control of the ball from the start to cone 2
- Shooting – decide which part of the goal you are going to aim for
- Strike with the 'laces' for power or inside of the foot for placement

STATION 5: GOALKEEPER ROLL



Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: marker cones, football
- Sports Leaders to co-ordinate and score

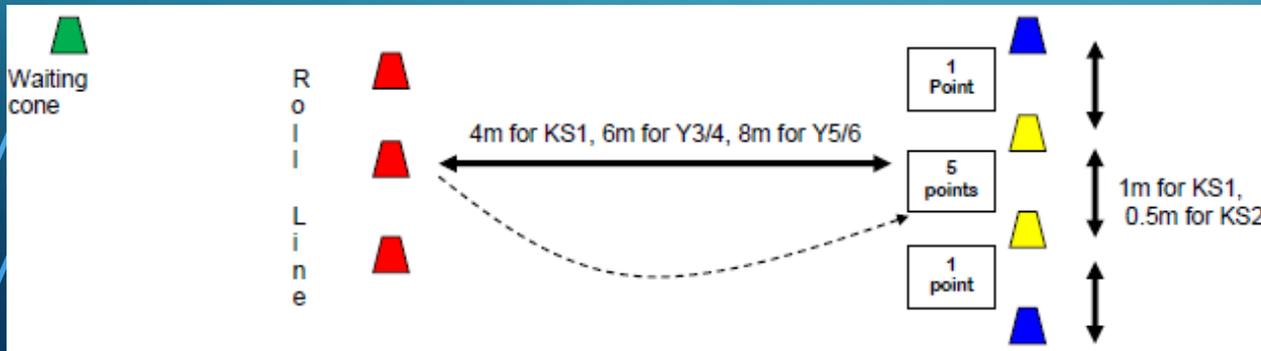


Scoring: Record each players total score and add together to calculate the overall team score.



How to Play

- Players have 3 consecutive UNDERARM throws / rolls from behind the roll line
- All other players wait their turn at the wait cone
- From stationary, hold the ball in one hand and roll the ball forward towards the targets (as per picture)
- Higher points awarded for accuracy and rolling the ball through the centre of the target zone
- A players score is the total points from their 3 throws / rolls



- Hold the ball balancing it on the fingers of one hand
- Step forward with your opposite leg and bend it at the knee to lower your body position
- Stay low as you roll the ball and follow through with your arm as you release

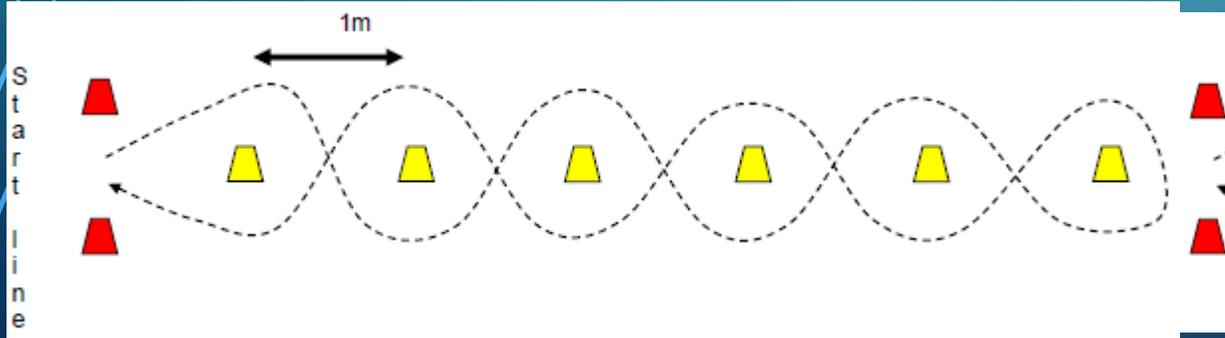
STATION 6: DRIBBLE RELAY

Equipment & Set Up

- Teams of 6 players
- Activity set out as per diagram
- Equipment: marker cones, football
- Modify the set up below by having 3 players start at each end to complete 1 relay at a time (this will maximise players goes in the time period)
- Sports Leaders to co-ordinate and score



Scoring: Record the total number of completed dribble relays in 5 minutes.



How to Play

- Three players to start at each end of the relay run
- Player 1 starts with the ball at the start line and dribbles in and out of the cones to Player 2 at the other end
- Player 2 dribbles back through the cones to player 3 and so on so that all players have a go
- The team has 5 minutes to complete as many relay dribbles as possible
- Record the total relays that the team completes in 5 minutes
- Keep the ball close but in front of you using the inside & outside of your foot to move through the cones
- Head up - be aware of the cones and where you are going

TEAM SCORE SHEET



SCHOOL:

YEAR GROUP:

ACTIVITY STATION	TEAM SCORE
1. KICKING / LOFTED PASS	
2. DRIBBLING	
3. THROW IN	
4. DRIBBLE & SHOOT	
5. GOALKEEPER ROLL	
6. DRIBBLE RELAY	
TOTAL TEAM SCORE	