

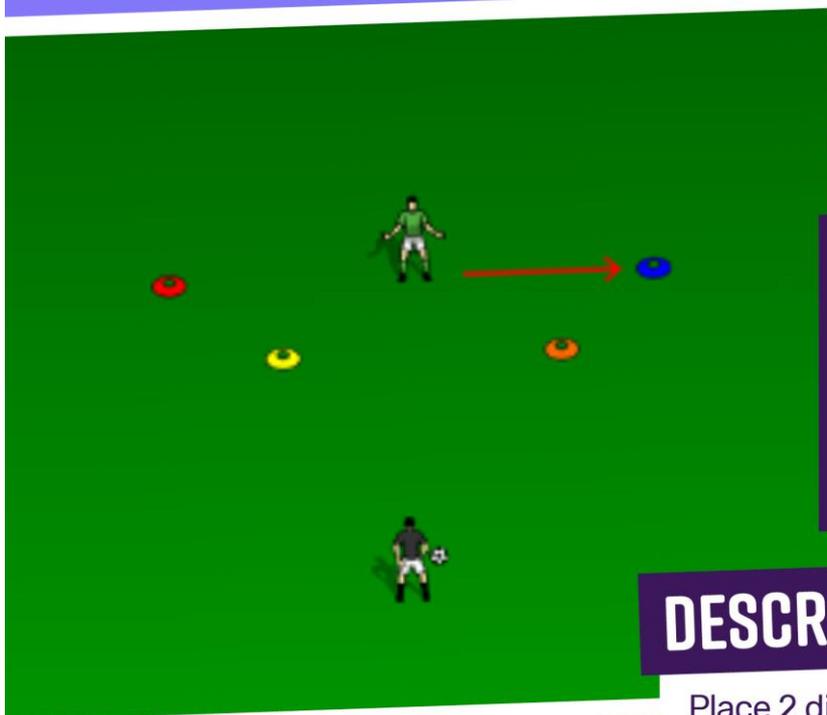
SAVE LIKE



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MARK TRAVERS



EQUIPMENT NEEDED

1 X Football
5 x Cones

DESCRIPTION

Place 2 different colour cones out in a goal position. Start in the middle of the goal. Aim of the game is to dive to the coloured cone when called out and see how many times you can dive in 30 seconds. Add in a football being thrown to the coloured cone as a progression. To make it harder, do the same game but with 4 different coloured cones placed in a semi-circle around a central cone.

COACHING POINTS

1. Good footwork, shoulder width apart.
2. Bend your knees.
3. Stay low.
4. Move forward at an angle into a dive



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CATCHING LIKE

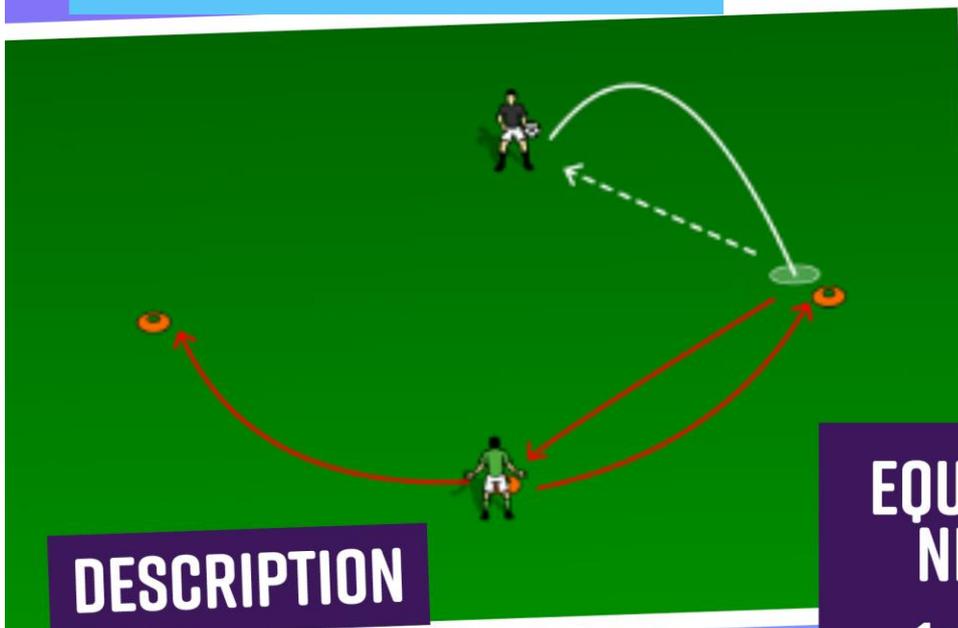


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KATIE

SCADDING



DESCRIPTION

Place the 3 cones down in a triangle and stand at the cone at the top. Aim of the game is to move to the outside cones and catch the ball in the air, get a parent/sibling to help by throwing the ball to you, make sure it is a looped high throw. After you have caught the ball, throw it back to your helper and move to the other side of the triangle (going back to start point in between). How many catches can you make in 30 seconds? How long does it take to make 15 catches?

EQUIPMENT NEEDED

1 x Football
3 x Cones
(or other objects)

COACHING POINTS

1. Jump off your strongest leg with your other leg in front for protection.
2. Keep your eye on the ball.
3. Try and catch the ball above your head.



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**PRACTICE YOUR
TECHNIQUE LIKE**



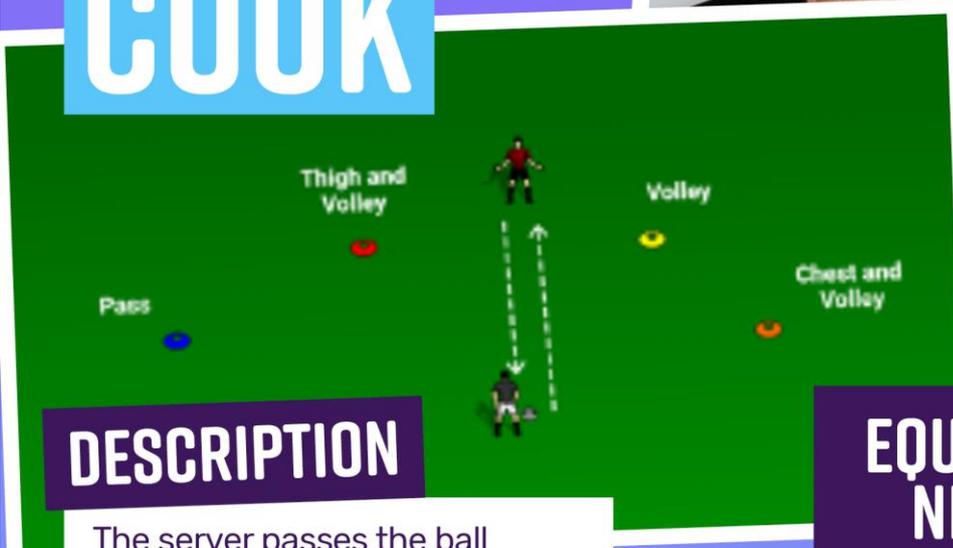
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STEVE

COOK



DESCRIPTION

The server passes the ball to your feet, which you then control and pass back to the server. When the ball has been passed back, the server then shouts out a colour (which means a certain instruction). You then run to the chosen colour, where the ball will be served towards you. You then use the correct technique to return the ball back to the server's hands/direction.

After you have returned the ball, you move back to your original place, ready to receive the next pass from the server.

You have three attempts at each technique. How many will return back to the server?

EQUIPMENT NEEDED

**3 X Footballs
(minimum)**

**9 x Cones or
household items**

COACHING POINTS

- 1.** Be light on your toes when waiting to receive the ball.
- 2.** Use the inside of the foot to pass the ball .
- 3.** Be light on your feet, ready to run to the correct colour.
- 4.** Take your time when practicing the techniqueshooting.



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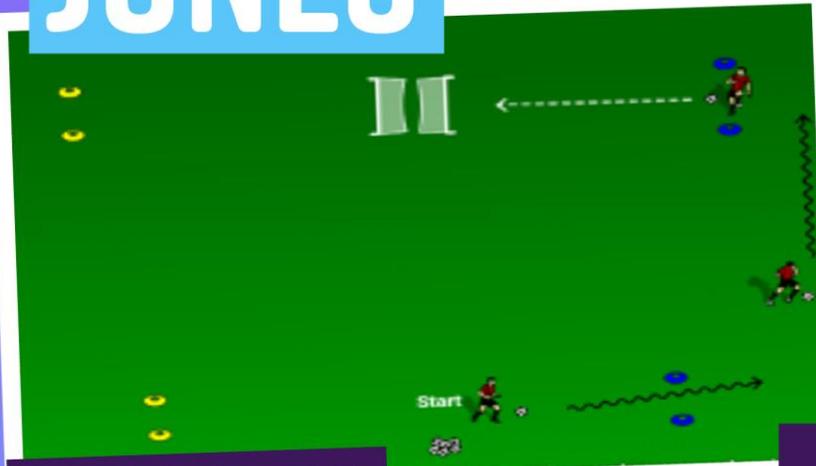
DRIBBLE AT SPEED LIKE



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ABBY JONES



DESCRIPTION

When the clock starts, you dribble through the first blue gate, followed by accelerating into space and in a straight line towards the next blue gate. When you arrive at the next blue gate you need to slow down and then attempt to score by passing the ball into the goal or target. After you have shot, you then run back to the start area and collect the next football. You then repeat this pattern by travelling through the yellow gates on your left hand side. See how long it takes you to complete the challenge, using your six footballs. Finally, if you do not score your shot, you add on an extra 2 seconds for every shot that missed the target.

EQUIPMENT NEEDED

6 X Footballs

8 x Cones or household items

2 x Goals/targets

1 x Stopwatch

COACHING POINTS

1. Ensure that the touches are close to your feet and under control.
2. Lift your head up, so you know where you are going.
3. Slow down before the gates.
4. Use the inside of your foot to pass the ball.



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**CONTROL THE
BALL LIKE**



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LLOYD

KELLY



EQUIPMENT NEEDED

**5 X Footballs
Cones or any flat
items**

COACHING POINTS

- 1.** Keep your eyes on the ball at all times.
- 2.** If confident use, your chest as it has more surface area so is easier to control.

DESCRIPTION

Ask a parent/sibling to throw up 5 footballs (one at a time) to see how well you can control it. The more controlled the touch, the higher score you get, this is about where the ball lands not where you are when you touch it.



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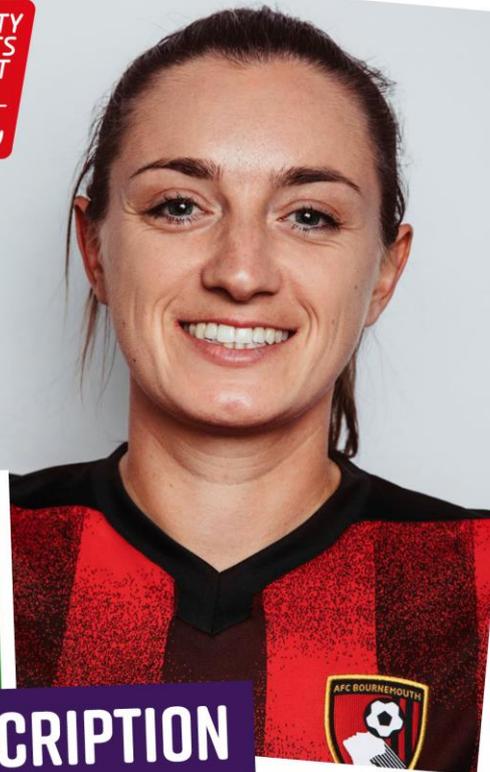
PASS LIKE



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HANNAH BENNETT



DESCRIPTION

Place 3 cones/targets. The first, 10 yards away from the starting line and slightly to the left. The second, 15 yards away from the starting line and straight on. The third, 10 yards away from the starting line and slightly to the right. You have three attempts to gain as many points as you can. Points are gained by passing the ball along the floor, attempting to get as close as you can to the cone/target. The closer you are, the more points you will earn. If you manage to hit the cone/target you will earn 5 points. For every yard you are away from the cone/target, you will need to deduct 1 point. So, if you are 1 yard away, you will earn 4 points. 2 yards away will equal 3 points and so on. You will then need to add up your score from each of the three attempts to calculate your total score.

EQUIPMENT NEEDED

3 x Footballs 5 x Cones

COACHING POINTS

1. Don't think too far ahead. Focus on the weight/control of one pass at a time.
2. Place your standing foot next to the ball.
3. Look to use the inside of your foot to pass the ball, to gain more accuracy.
4. Position your body to face the cone/target you are aiming for.



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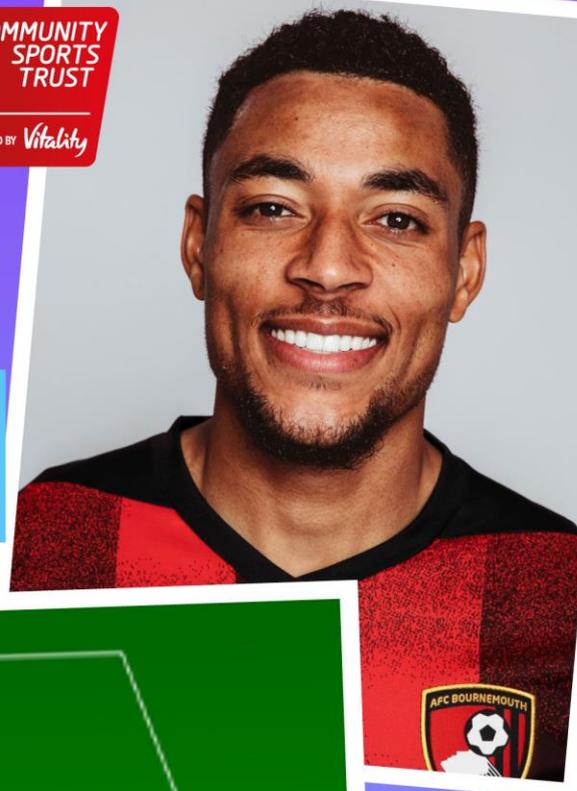
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ARNAUT

DANJUMA



EQUIPMENT
NEEDED

1 X Football

DESCRIPTION

For this there is none! We want to see your skills, weather it be a skill you have seen on Tv or watching a match or even a skill you made up yourself! We would love to see you skills so please send them to us.

If you are looking for some inspiration take a look at this video of cherries players showing of their skills:

<https://www.youtube.com/watch?v=TfxMjU2hsgY>



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SHOOTING LIKE



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GEMMA

HILLIER



DESCRIPTION

Player must dribble towards the manakin performing a body feint to go either side and then shoot. Depending on what ball the player hits, is how many points they receive. The further away from the middle, the more points, for example, the two footballs by the posts are worth 3 points, the two in-side are worth two points and the middle one is worth one.

EQUIPMENT NEEDED

6 X Footballs

5 x Cones

1 x Mannequin

(can be substituted by a parent/sibling)

COACHING POINTS

1. Shoot through the ball.
2. Look up before shooting.
3. Create a believable body feint.



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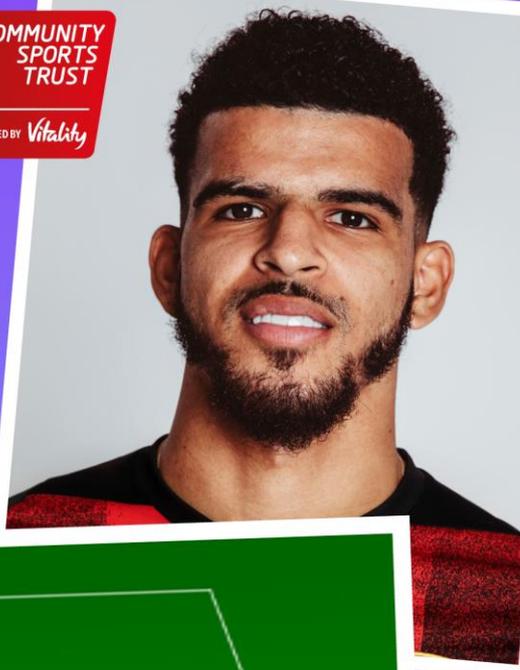
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QUICK FEET LIKE



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DOMINIC

SOLANKE



DESCRIPTION

Set-up the cones as above, make sure they are evenly spaced out depending on how much space you have. The red cone is the starting and finishing point. With a football, dribble through the small gapped cones. When at the end of the first 5 you must go around the two wider cones as quickly as possible. After going around the second-wide cone you then need to dribble through the opposite set of small gapped cones from the outside (orange cone on diagram) first. Once you have been through that set of cones, dribble to the red cone (without going through the cones). How quickly can you do it? Challenge a grown up or sibling!

EQUIPMENT NEEDED

1 X Football
12 x Cones
(or similar)

COACHING POINTS

1. Use smaller touches when keeping the ball close.
2. Use different parts of the feet.
3. Quick turns to get away around the wider cones.
4. Accelerate when turning from the cones.



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DRIBBLE LIKE

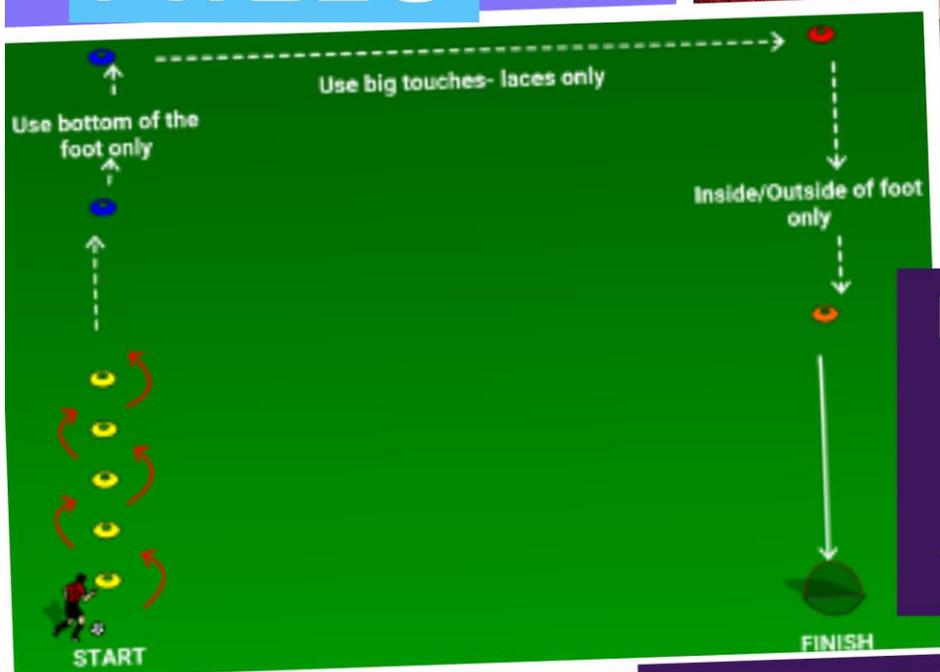
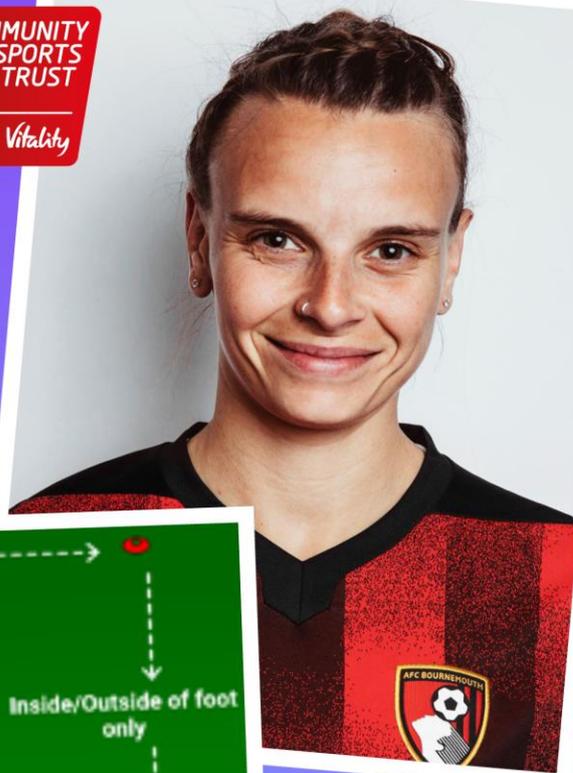


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BECKY

MILES



EQUIPMENT NEEDED

1 X Football

9 x Cones

A Goal (can use cones for the goal or other objects)

COACHING POINTS

1. Get your head up as much as possible.
2. Small touches to keep control/ bigger touches when there is space.
3. Quick turns when changing direction around a cone.

DESCRIPTION

Place your cones as shown in the photo. This challenge is timed so you must see how quickly you can dribble through each of the sections before scoring in the goal at the end. Ask someone in your household to time how long it takes you from start to finish. Ensure that you follow the instructions for each of the sections so that you can practice all the different ways that we can dribble.



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