

Sussex Virtual School Games: Week 3 Challenge 11th – 15th May 2020

This week's sport is... Football

It's week 3 of the Specsavers 'Virtual' Sussex School Games! Every Monday, throughout the summer term, a new sport will be launched and four more sporting challenges will be set. This week, you'll be tackling some **football** challenges. Complete all four challenges and log your top scores. Remember, if you don't have a football, you can adapt and improvise. There are some more suggested adaptations below, along with the rules and some coaching tips.

Practice and improve, and log your best scores on www.sussexschoolgames.co.uk by **midday 12pm on Friday 15 May**. Good luck!

**SUBMIT YOUR
SCORE**

Challenge 1: Speed Dribble Shuttle



Challenge Description

Place 2 cones 5 metres apart. Please see suggested adaptations below if you don't have a safe, suitable space.

Dribble the ball around each cone.

How many shuttles can you do in **1 minute**?

Scoring

Count every length successfully completed, so every time that you go around a cone. How many lengths can you complete in **1 minute**?

Suggested Adaptations for Space/Equipment

If you don't have the space available, you can half the distance (2.5 metres). If doing this, dribbling around the far cone **AND BACK** counts as 1 length.

If you don't have a football, you could try a similar size ball, or even a balloon. Shoes also make great cones.

If you don't have a tape measure, a piece of A4 paper is approximately 30cm in length, or a large adult stride is approximately 1 metre.

Adaptations for Inclusivity

These challenges can be completed in a wheelchair, using crutches, or by shuffling on your bottom.

Coaching Tips

1. Keep your head up while dribbling, using your instep, laces and outside of the foot to keep the ball travelling in a straight direction
2. Keep the ball just in front of you, so that you can move quickly and keep it under control

Challenge 2: Through the Gate



Challenge Description

Place 5 cones in a straight line, approximately 1 metre from each other. (4 metres in total)

Dribble the ball, weaving in and out of the cones, as quickly as possible.

How many full lengths can you do in **1 minute**?

Scoring

Count every length successfully completed, so every time that you go around one of the end cones.

How many lengths can you complete in **1 minute**?

Suggested Adaptations for Space/Equipment

If you don't have the space available, you can half the distance (2 metres). If doing this, dribbling around the far cone **AND BACK** counts as 1 length.

If you don't have a football, you could try a similar size ball, or even a balloon.

Shoes also make great cones.

If you don't have a tape measure, a piece of A4 paper is approximately 30cm in length, or a large adult stride is approximately 1 metre.

Adaptations for Inclusivity

These challenges can be completed in a wheelchair, using crutches, or by shuffling on your bottom. If you need to go at a slow pace, use a bigger ball, or add space between cones to make the gates bigger, then you can.

Coaching Tips

1. Keep your head up while dribbling, using your instep, laces and outside of the foot to keep the ball travelling in a straight direction
2. Keep the ball just in front of you, so that you can move quickly and keep it under control
Try and use both feet if you can

Challenge 3: Pair Passing



Challenge Description

Stand 3 metres from a partner. Pass the ball along the ground between you, counting each successful pass made.

You must take 2 touches. 1 to control the ball, 1 to pass the ball.

You must remain at least 3 metres apart.

How many successful passes can you make in **30 seconds**?

Scoring

A successful pass is one which is controlled by the receiving player. Count every successful pass made by you **AND** your partner.

How many successful passes can you make in **30 seconds**?

Suggested Adaptations for Space/Equipment

Your partner can either kick the ball back to you, or roll it back with their hands.

Adaptations for Inclusivity

This challenge can be done seated, rolling the ball along the floor with your hands.

Coaching Tips

1. Use the instep of your foot to make the pass

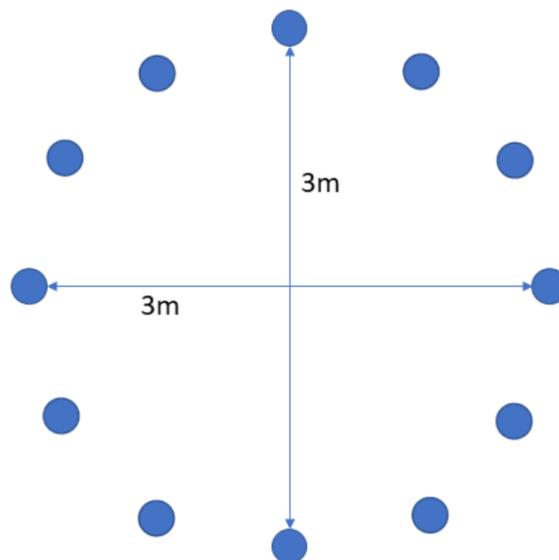
2. Accuracy is more important than power, so keep those passes short and sharp
3. Stay on your toes ready to receive the ball

Challenge 4: Hit the Target



Challenge Description

Set up 12 target items in a circle, with a target item at 1 o'clock, 2 o'clock, 3 o'clock etc, as per the diagram below. Your target items should be fairly small, for example a cone, tin of beans, water bottle or a ball of socks.



Set up 12 target items in a circle, with a target item at 1 o'clock, 2 o'clock, 3 o'clock etc, as per the diagram below. Your target items should be fairly small, for example a cone, tin of beans, water bottle or a ball of socks.

Stand in the middle of the circle, with a football, and ask a partner to stand behind the target at 1 o'clock. Your partner's role is to retrieve the ball and return to you as quickly as possible.

Try and hit each target in order, 1 o'clock, 2 o'clock, 3 o'clock, and so on. Only move on to the next target once you have successfully hit the previous target.

The aim is to get all the way round to 12 o'clock, hitting all of the targets, in the **quickest possible time**.

You can either strike the ball first-time, or you can control the ball first. You must try to stay in the centre of the circle.

You mustn't use your hands whilst performing the challenge. Your partner can use their hands to return the ball.

Scoring

Record your **quickest time** to the nearest whole second.

The clock starts when you kick the first ball, and stops when you hit the final target.

Your time will be ranked against other competitors at the end of the competition, and you will be awarded points depending on your position. The top 10% in each category will be awarded 40 points, 11-20%: 38 points etc.

Suggested Adaptations for Space/Equipment

Find any (unbreakable) targets that you can. They should be fairly small, and no bigger than a standard water bottle. If you can only find bigger targets, you could always use a smaller ball.

If you need to make the circle slightly smaller, then you could always use smaller target objects or a smaller ball.

Adaptations for Inclusivity

This can be done seated, or in a wheelchair, by throwing the ball.

Coaching Tips

1. Stay on your toes, ready to receive the ball
 2. React quickly after hitting a target to turn your attention to the next target
 3. Accuracy is more important than power
 4. Encourage your partner to return the ball quickly, throwing it gently to your feet so that it is easier to control
-

This week's Training Prize is... Passion

Every week we have a **£50 Amazon voucher** to give away, to somebody training hard and displaying the characteristics of a top athlete.

Sport has the unique ability to ignite **passion** in players and spectators, across the world. Successful athletes have a passion for what they do, which helps them strive to improve and achieve their goals. Think how you can demonstrate your passion for sport in your training photo or video! For example, can you recreate your favourite football player's celebration after you have completed the challenge? Or will you be creative and come up with your own? We want to see your most passionate celebrations!

Share your training pictures and videos on Facebook, Twitter, Instagram or TikTok with the hashtag **#SussexSchGames** for your chance to win.

Note: Please ensure that you are following the rules when it comes to age restrictions on social media. Photos/Videos must be shared from an appropriate account. It is strongly advised that content is shared from a parent/carer's account, or from a school account with parental permission. Photos/Videos from underage accounts will not be eligible for this prize.

Deadline: 12pm on 15 May. The winner will be selected at random from posts across the platforms.

What's the Specsavers 'Virtual' Sussex School Games all about?

For all of the key information, including the calendar of 'virtual' sports taking place, please [click here](#).