



Specsavers Virtual Sussex School Games 2020
Sport Challenges

Sport	Football
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Challenge 1 Title	Speed Dribble Shuttle
Challenge Description	<p>Place 2 cones 5 metres apart. Please see suggested adaptations below if you don't have a safe, suitable space.</p> <p>Dribble the ball around each cone.</p> <p>How many shuttles can you do in 1 minute?</p>
Scoring	<p>Count every length successfully completed, so every time that you go around a cone.</p> <p>How many lengths can you complete in 1 minute?</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	<p>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.</p> <p>If you don't have a football, you could try a similar size ball, or even a balloon.</p> <p>Shoes also make great cones.</p> <p>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.</p>
Adaptation for Inclusivity	<p>These challenges can be completed in a wheelchair, using crutches, or by shuffling on your bottom.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Keep your head up while dribbling, using your instep, laces and outside of the foot to keep the ball travelling in a straight direction2. Keep the ball just in front of you, so that you can move quickly and keep it under control

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Challenge 2 Title	Through the Gate
Challenge Description	<p>Place 5 cones in a straight line, approximately 1 metre from each other. (4 metres in total)</p> <p>Dribble the ball, weaving in and out of the cones, as quickly as possible.</p> <p>How many full lengths can you do in 1 minute?</p>
Scoring	<p>Count every length successfully completed, so every time that you go around one of the end cones.</p> <p>How many lengths can you complete in 1 minute?</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	<p>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.</p> <p>If you don't have a football, you could try a similar size ball, or even a balloon.</p> <p>Shoes also make great cones.</p> <p>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.</p>
Adaptation for Inclusivity	<p>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.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Keep your head up while dribbling, using your instep, laces and outside of the foot to keep the ball travelling in a straight direction2. Keep the ball just in front of you, so that you can move quickly and keep it under control3. Try and use both feet if you can

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Challenge 3 Title	Pair Passing
Challenge Description	<p>Stand 3 metres from a partner. Pass the ball along the ground between you, counting each successful pass made.</p> <p>You must take 2 touches. 1 to control the ball, 1 to pass the ball.</p> <p>You must remain at least 3 metres apart.</p> <p>How many successful passes can you make in 30 seconds?</p>
Scoring	<p>A successful pass is one which is controlled by the receiving player. Count every successful pass made by you AND your partner.</p> <p>How many successful passes can you make in 30 seconds?</p>
Video Example	Click here for video
Suggested Adaptations for Space/Equipment	Your partner can either kick the ball back to you, or roll it back with their hands.
Adaptation for Inclusivity	This challenge can be done seated, rolling the ball along the floor with your hands.
Coaching Points for Improvement	<ol style="list-style-type: none">1. Use the instep of your foot to make the pass2. Accuracy is more important than power, so keep those passes short and sharp3. Stay on your toes ready to receive the ball

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Challenge 4 Title	Hit the Target
Challenge Description	<p>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.</p> <div data-bbox="734 645 1189 1093" data-label="Diagram"> </div> <p>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.</p> <p>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.</p> <p>The aim is to get all the way round to 12 o'clock, hitting all of the targets, in the quickest possible time.</p> <p>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.</p> <p>You mustn't use your hands whilst performing the challenge. Your partner can use their hands to return the ball.</p>



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Scoring	<p>Record your quickest time to the nearest whole second.</p> <p>The clock starts when you kick the first ball, and stops when you hit the final target.</p> <p>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.</p>
Video Example	<p>Click here for video</p>
Suggested Adaptations for Space/Equipment	<p>Find any (unbreakable) targets that you can. They should be fairly small, and no bigger than a standard water bottle.</p> <p>If you can only find bigger targets, you could always use a smaller ball.</p> <p>If you need to make the circle slightly smaller, then you could always use smaller target objects or a smaller ball.</p>
Adaptation for Inclusivity	<p>This can be done seated, or in a wheelchair, by throwing the ball.</p>
Coaching Points for Improvement	<ol style="list-style-type: none">1. Stay on your toes, ready to receive the ball2. React quickly after hitting a target to turn your attention to the next target3. Accuracy is more important than power4. Encourage your partner to return the ball quickly, throwing it gently to your feet so that it is easier to control



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Scorecard

Name	
School	
Year Group	
Sport	
Challenge 1 Score	
Challenge 2 Score	
Challenge 3 Score	
Challenge 4 Score	

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