



Specsavers Virtual Sussex School Games 2020  
Sport Challenges

<b>Sport</b>	Football
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<b>Challenge 1 Title</b>	Speed Dribble Shuttle
<b>Challenge Description</b>	<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 <b>1 minute</b>?</p>
<b>Scoring</b>	<p>Count every length successfully completed, so every time that you go around a cone.</p> <p>How many lengths can you complete in <b>1 minute</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	<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 <b>AND BACK</b> 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>
<b>Adaptation for Inclusivity</b>	<p>These challenges can be completed in a wheelchair, using crutches, or by shuffling on your bottom.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>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</li><li>2. Keep the ball just in front of you, so that you can move quickly and keep it under control</li></ol>

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<b>Challenge 2 Title</b>	Through the Gate
<b>Challenge Description</b>	<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 <b>1 minute</b>?</p>
<b>Scoring</b>	<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 <b>1 minute</b>?</p>
<b>Video Example</b>	<a href="#">Click here for video</a>
<b>Suggested Adaptations for Space/Equipment</b>	<p>If you don't have the space available, you can half the distance (2 metres). If doing this, dribbling around the far cone <b>AND BACK</b> 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>
<b>Adaptation for Inclusivity</b>	<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>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>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</li><li>2. Keep the ball just in front of you, so that you can move quickly and keep it under control</li><li>3. Try and use both feet if you can</li></ol>

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

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<b>Challenge 4 Title</b>	Hit the Target
<b>Challenge Description</b>	<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="734 627 1197 1097" 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 <b>quickest possible time</b>.</p> <p>You can either strike the ball first-time, or you can control the ball first. <b>You must try to stay in the centre of the circle.</b></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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<b>Scoring</b>	<p>Record your <b>quickest time</b> 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>
<b>Video Example</b>	<p><a href="#">Click here for video</a></p>
<b>Suggested Adaptations for Space/Equipment</b>	<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>
<b>Adaptation for Inclusivity</b>	<p>This can be done seated, or in a wheelchair, by throwing the ball.</p>
<b>Coaching Points for Improvement</b>	<ol style="list-style-type: none"><li>1. Stay on your toes, ready to receive the ball</li><li>2. React quickly after hitting a target to turn your attention to the next target</li><li>3. Accuracy is more important than power</li><li>4. Encourage your partner to return the ball quickly, throwing it gently to your feet so that it is easier to control</li></ol>



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**Scorecard**

<b>Name</b>	
<b>School</b>	
<b>Year Group</b>	
<b>Sport</b>	
<b>Challenge 1 Score</b>	
<b>Challenge 2 Score</b>	
<b>Challenge 3 Score</b>	
<b>Challenge 4 Score</b>	

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