



# KELLY'S SKILLS CHALLENGE

## 1 BOUNCE, 1 TOUCH

### ORGANISATION

#### Take the Challenge:

Set up the cones - study the diagram!  
 Start with 60 seconds on the clock.  
 Choose one square to be your 'start box', drop the ball in front of you to start the challenge.  
 After every bounce you must take 1 touch, then let the ball bounce once, then take another touch, and so on.  
 Using the '1 bounce, 1 touch' technique take the ball from the start square through all the other 3 squares in any order.

Inside each square you can have as many "1 bounce and 1 touches" as you like.

Count the number of squares (not touches) you pass through in 60 seconds.

#### Points to remember:

It is important to stress that following every bounce the player must take a touch in order to keep the ball bouncing - "1 bounce, 1 touch".

If the ball leaves the area or a player lets the ball bounce more than once, pick up the ball and return to the 'start' box and try again making further attempts until the 60 seconds are up.

You can make a decision on which way to work through all the four squares and which type of touches to use to move the ball from square to square.

### SCORING

**You total score is the number of squares you travel through in 60 seconds, not the number of touches you have.**

For each square you successfully travel through using the '1 bounce, 1 touch' technique you get 1 point.

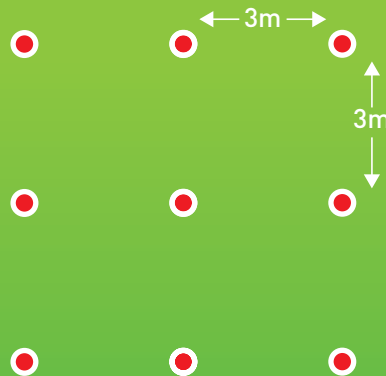
Example: You had three attempts in 60 seconds.

1st attempt = You passed through 2 squares,  
 2nd attempt = 4 squares, 3rd attempt = 6 squares.

**Total Score = 2 + 4 + 6 = 12**



### BRONZE



Cones 3m apart

**For each square you successfully travel through using the '1 bounce, 1 touch' technique you get 1 point**

**Kelly's Tips:** 1 Metre = 1 big step. Use bags, jumpers etc. for cones. Use different parts of both feet. Try changing the order in which you pass through the squares. This challenge works well on hard surfaces such as concrete and sports hall floors.

**WRITE YOUR TOTAL SCORE BELOW:**



BRONZE

**Go back to the website at [www.TheFA.com/Skills](http://www.TheFA.com/Skills) and enter your score. You may be awarded a Skills Certificate.**

#### Why practice?

**Helps improves your touch on the ball. Remember the more you practice the better you'll get!**



# TheFA.com/Skills