



# BRONZE SKILLS CHALLENGE 1

## DRIBBLING AND PASSING

### ORGANISATION

#### Take the Challenge:

- Set up the cones – study the diagram!
- Start the clock – dribble a ball from the start line into the passing zone and pass the ball into 1 of the 5 targets.
- Make 4 more passes through the targets.
- Time stops when you re-cross the start line.

#### Points to remember:

Please note the gap between the cones changes for each of the Bronze, Silver and Gold levels.

Finish the challenge in under 60 secs to get more points.

Passes can be made from anywhere inside the passing zone.

If you only have 1 ball, stop the watch after you get back to the start line, collect the ball and repeat 4 more times. If the ball hits the cone you don't get the points.

### SCORING

**Your total score is made up of the time remaining + the points you get for passing between the cones.**

**Scoring Part 1:** Start with 60 seconds on the clock. Your score is the time left after crossing the finish line. If you take more than 60 seconds, your score for part 1 will be 0. Example – 5 balls takes 50 seconds, your score is 10.

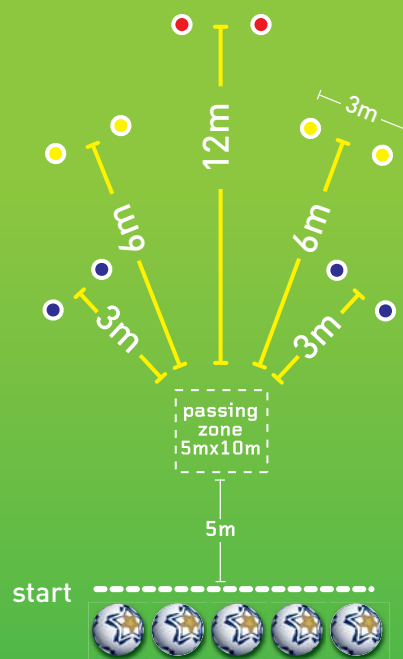
**Scoring Part 2:** Add up your scores for shooting between the cones.  
Example – 3 balls go through blue (10 points each), 2 balls through yellow (15 points each) and 1 miss.  
You get:  $30 + 30 + 0 = 60$ .

**Total Score = Part 1 + Part 2**

Example:  $10 + 60 = \text{Total Score of } 70$ .



## BRONZE



3m between the cones

Blue Cones (3m) = 10 points

Yellow Cones (6m) = 15 points

Red Cones (12m) = 20 points

**Tips:** 1 Metre = 1 big step. Use bags, jumpers etc. for cones. Practice with both feet. If needed, remove the time limit or reduce the distance to the target for young/disabled players. Remember the more you practice the better you'll get!

### WRITE YOUR TOTAL SCORE BELOW:

**Go back to the website at [www.TheFA.com/Skills](http://www.TheFA.com/Skills) and enter your score.**



# TheFA.com/Skills