



BRONZE SKILLS CHALLENGE 4

KEEPY UPPY (BALANCE)

ORGANISATION

Take the Challenge:

Set up 4 cones to make a square, each cone 3m apart.

This challenge is made up of 3 parts.

You have 30 seconds to complete each part.

Part 1: Do as many Keepy Uppys with your favourite foot only (count them)

Part 2: Do as many Keepy Uppys using alternate feet - right foot, left foot, right foot, left foot...

Part 3: Do as many Keepy Uppys in-side the square using any part of your body (except arm and hands!)

Count the best Keepy Uppys score you get within 30secs for each task.

Points to remember:

Your total score will tell you what level you're at.

As soon as the ball hits the ground you have to stop counting.

You get 30 seconds on the clock for each of the 3 parts, you can have as many goes as you like within the 30secs.

The recorded score is the highest number of touches without the ball hitting the ground.

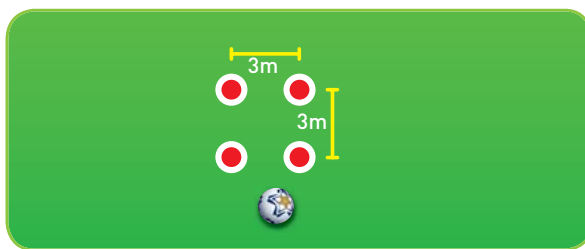
You only get 1 total score for this challenge.

SCORING

Your total score is Part 1 + Part 2 + Part 3.


Example: If you got 5 on Part One, 3 on Part Two and 13 on Part 3 your Total Score is $5 + 3 + 13 = 21$.

If you get more than 24 points move up to the Silver level.



Tips: 1 Metre = 1 big step. Use bags, jumpers etc. for cones. Practice with both feet. Remember the more you practice the better you'll get! To learn how to do Keepy Uppys watch the tips and tricks videos.

WRITE YOUR TOTAL SCORE BELOW:

	BRONZE
	0 - 24

Go back to the website at www.TheFA.com/Skills and enter your score.

Why practice?

Great for balance and ball control.
And for looking cool in front of your mates.



TheFA.com/Skills