



# BRONZE SKILLS CHALLENGE 3

## RUNNING WITH THE BALL AND PASSING

### ORGANISATION

#### Take the Challenge:

Set up the cones – study the diagram!  
 Start with 60 seconds on the clock.  
 Run with the ball from the start line along the 5m channel, until the target becomes in range.  
 Make a decision and pass the ball into 1 of the 6 targets.  
 Run back to start and repeat with the 3 other balls.  
 Stop the clock when you re-cross the start line.

#### Points to remember:

Passes can be made to any of the 6 targets. It's up to you to choose which one you go for. Passes must be made from inside the 5m channel, when you are in range of the target. If you only have 1 ball, stop the watch after you get back to the start line, collect the ball and repeat 3 times. If the ball hits the cone you don't get the points. Please note the gap between the cones changes for each of the levels.

### 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.

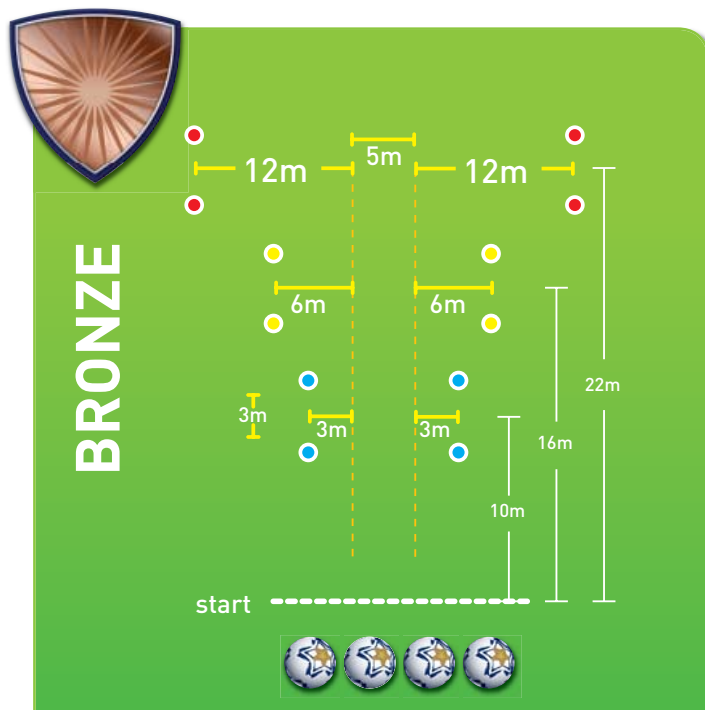
Example – 4 balls takes 40 seconds, your score is 20. If you take more than 60 seconds, your score for part 1 = 0.

**Scoring Part 2:** Add up your scores for passing between the cones.

Example – 1 ball through blue (10 points), 2 balls through yellow (15 points) and a miss.  
 You get: 10 + 30 + 0 = 40.

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

Example: 20 + 40 = Total Score of 60.



- 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:

BRONZE

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

#### Why practice?

**Improves your passing when running with the ball at speed. Now get out there and practise.**



# TheFA.com/Skills