BRONZE SKILLS CHALLENGE 5

RUNNING WITH THE BALL AND SHOOTING

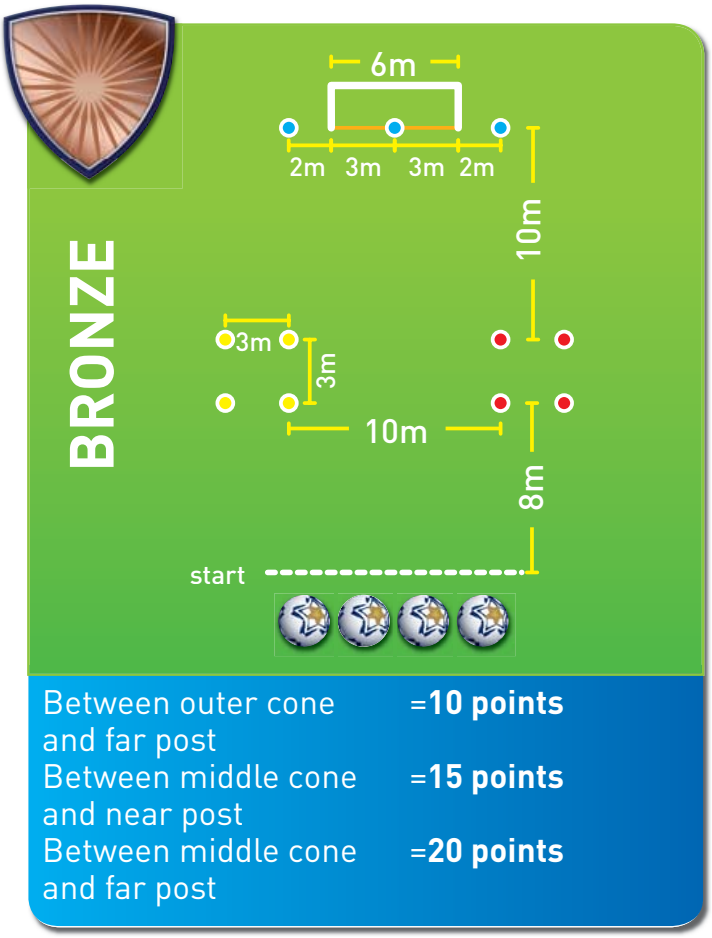
ORGANISATION

Take the Challenge:

Set up the goal and cones – study the diagram.
Start the clock – run with the ball into the red cones (right) or yellow cones (left) square and shoot!
Take 4 shots, 2 from each square.
Time stops when you re-cross the start line.

Points to remember:

Try to shoot inside the far post – you get more points.
Complete the Challenge in under 60 seconds for more points.
If you only have 1 ball, stop the watch after you get back to the start line, and repeat 3 times.
If the ball goes over the cone you get the lower score.



Between outer cone and far post	=**10 points**
Between middle cone and near post	=**15 points**
Between middle cone and far post	=**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!

SCORING

Your total score is made up of the time remaining + the points you get for shooting between the goal posts and 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 will be 0.

Scoring Part 2: Add up your scores for shooting between the goal posts and the cones.
Example – 1st shot misses far post but is between the goal post and outside cone, 2 shots go between middle cone & far goal post and you miss the last shot.
You get: 10 + 20 + 20 + 0 = 50

Total Score = Part 1 + Part 2
Example: 20 + 50 = Total Score of 70 points

WRITE YOUR TOTAL SCORE BELOW:

BRONZE

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

Why practice?
Helps develop accurate shooting when trying to score goals for your team. Now get out there and practice!

TheFA.com/Skills

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