

DRIBBLE TURN CHALLENGE



This challenge is designed to support players to develop dribbling and skills to change direction. Try the challenge after you have practised your turns and post us your best score.

Set up a channel to dribble through. Place 2 markers 2 metres apart and another 2 markers 5 metres away

TARGET
60
Seconds

Dribble the ball through the channel and turn at each end using a turn of your choice. How many turns can you execute in 60 seconds

COACHING TIPS

Think about your technique and what works best.

1. Use the laces of the boot
2. When there is space you can use bigger touches
3. When you are turning, use softer touches and keep the ball closer
4. Slow down into the turn and accelerate out of the turns

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet
3. Try a different turn at each end



NOTHING MATTERS MORE

DRIBBLING WIZARD



This challenge is designed to support players to develop dribbling and moving with the ball. Try the challenge after you have practised your dribbling skills and post us your best score.

Set your markers 5 metres apart

TARGET
60
Seconds

Dribble as many figure of 8's around 2 markers as possible in 60 seconds

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet

COACHING TIPS

Think about your technique and what works best.

1. Use the laces of the boot
2. When there is space you can use bigger touches
3. When you are turning, use softer touches and keep the ball closer



NOTHING MATTERS MORE

FIRST TOUCH CHALLENGE



This challenge is designed to support players to develop their control and touch of the ball. Practised your control technique first before taking the challenge.

Set up 4 markers 1 metres apart in a square

1 metres

1 metres

TARGET
60
Seconds

Have someone feed a football to you whilst in the box and aim to control the ball as quickly as possible. See how many balls you control in 60 seconds

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively

COACHING TIPS

Try to be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch if needed before passing

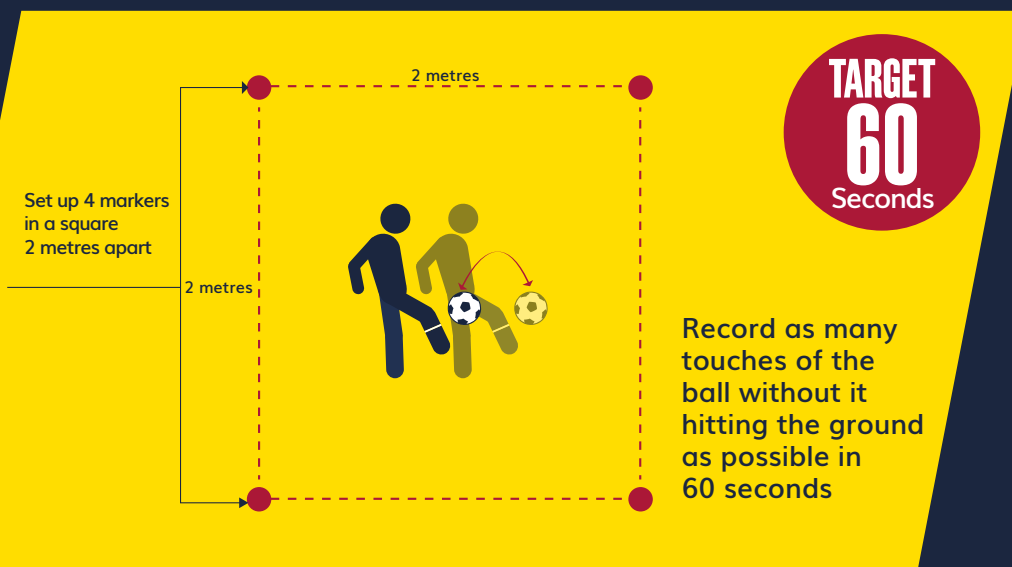


NOTHING MATTERS MORE

KEEPY-UP CHAMP



This challenge is designed to support players to develop their touch and control of the ball. Try the challenge after you have practised and post us your best score.



VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. **Weaker foot only**
2. **Combination of both feet**
3. **Use a different body part after each touch**

COACHING TIPS

Try to be relaxed and composed.

1. **Try to keep the ball low using softer touches**



NOTHING
MATTERS
MORE

PASS MASTER



This challenge is designed to support players to develop their passing and touch of the ball. Try the challenge after you have practised your passing technique and post us your best score.

Set up 2 markers 2 metres apart and 2 metres from the wall

2 metres

2 metres

2 metres

TARGET
60
Seconds

Pass the ball off the wall and back between the cones. Count how many consecutive passes you can make in 60 seconds

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively
3. Increase the distance of the pass
4. Decrease the area where you receive the pass within

COACHING TIPS

Try to be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch if needed before passing



NOTHING MATTERS MORE

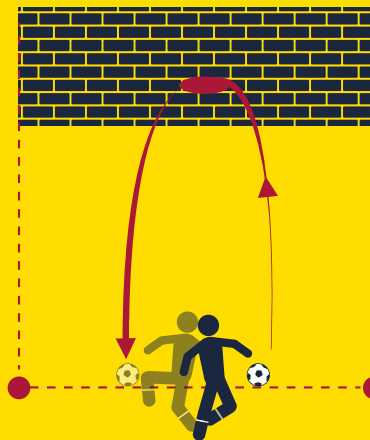
WALL BALL



This challenge is designed to support players to develop their controlled volleys and touch of the ball. All you need is a wall and a ball. Practised your control technique first before taking the challenge.

Set up 2 markers away from the wall.

The further away you get from the wall the harder it will become.



TARGET
60
Seconds

The aim is to volley the ball against the wall, repeating as many volleys consecutively as possible.

As an alternative you could take a control touch before each volley using different parts of the body to work on control

VARY THE CHALLENGE

In addition to the challenge, players can try different techniques and variations as follows:

1. Weaker foot only
2. Combination of both feet alternatively

COACHING TIPS

Try to be relaxed and composed.

1. Try to keep the ball low using softer touches
2. Take a control touch if needed before passing



NOTHING MATTERS MORE

SKILLS CHALLENGES MEDALS

Once you've completed the skill level get your mum, dad or guardian to write your name on the medal, cut it out and stick it onto your certificate. Good luck!



NOTHING
MATTERS
MORE