

Ryedale and Whitby Home Football Skills Challenge



The Challenge

Challenge 1 – Nutmegs!

For this challenge your opponent could be a dining chair, a garden chair, a classroom chair or even your little brother's high chair! Using a football (or any other type of ball you have that will fit through the legs of your chair), try to complete as many 'nutmegs' (passing the ball through both sets of legs on the chair so the ball comes out of the other side) as you can in **1 minute**. You can nutmeg in either direction through the chair.

Challenge 2 – Keepy ups

Try and keep the ball up in the air using any part of your body **except** your hands and arms. See how many you can do in **1 minute**. If you do 3 and the ball hits the floor, start again from 3. You can throw the ball up to start.

Challenge 3 – Sole Taps

Place the ball in front of you. Place your right foot on top of the ball (to tap the ball with your sole) then back down. Then your left foot. How many 'sole taps' can you do in **30 seconds**?

Equipment

You will need:

- A ball of some sort (or a rolled up pair of socks)
- A chair with four legs that your ball has space to pass between.

SCORES – Your score will be entered into an individual competition, and could also be included in a team score for your school. To help your school team, practice the challenges and see if you can improve your scores.

Challenge 1 – The number of times you can pass the ball through the chair and out of the other side in **1 minute**.

Challenge 2 – The number of keepy ups you can do in **1 minute** as a running total. E.g. if you manage to have 3 attempts in 1 minute and score 7 on the first attempt and then 4 and then 6, your score is 17.

Challenge 3 – The number of sole taps you can do in **30 seconds**.

How to enter your results

You can have breaks in between each challenge and practice as much as you like. **Add up the highest points total you scored for the three challenges and either tell your Teacher your score, or ask an adult to email your score to your**

School Games Organiser - srobinson@ladylumley.s.net.

Please include your name, school, Year group and score. Thank you!

The closing date for scores is Monday 22nd March.

Good Luck – and have fun!

