

FOOTBALL SHOOTING CHALLENGE

“With the world missing its football fix, why not challenge pupils to a creative shooting contest? All you need is something to kick and something to aim for...!”

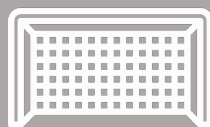
This football skills challenge is all about shooting. For most, this is the favourite part of any football training session, so we have created a challenge that is top fun but with great outcomes to improve your pupils game.

The challenge is simple and adaptable - perfect for engaging pupil, so ask them to send into school videos of top shots and goal celebrations.

WHAT YOU WILL NEED



A ball (football, tennis ball, sponge ball, loo roll, rolled up socks etc.)



A goal (goal, wheelie bin, laundry basket, bucket, hula hoop, cardboard box, basketball hoop etc.)



A cone (cone, chalk line, skipping rope etc.)

WHAT IS THIS SESSION ABOUT?

- Scoring goals
- Attempting different shooting techniques
- Shooting accurately
- Gaining confidence to shoot with either foot

You can play this game alone or take it in turns to shoot and keep a tally of the score.

THE RULES

Set up your playing area, ideally in an outside space and make sure that you're aware of anything breakable!

Position your goal a minimum of 2m away

Always shoot from the same place

Make sure your ball is stationary

Aim, shoot, score!

TOP TIPS!

- ★ The smaller the 'goal' the bigger the challenge, so why not try aiming at a bucket!
- ★ Try moving your goal further away or at different angles to make it more difficult.