

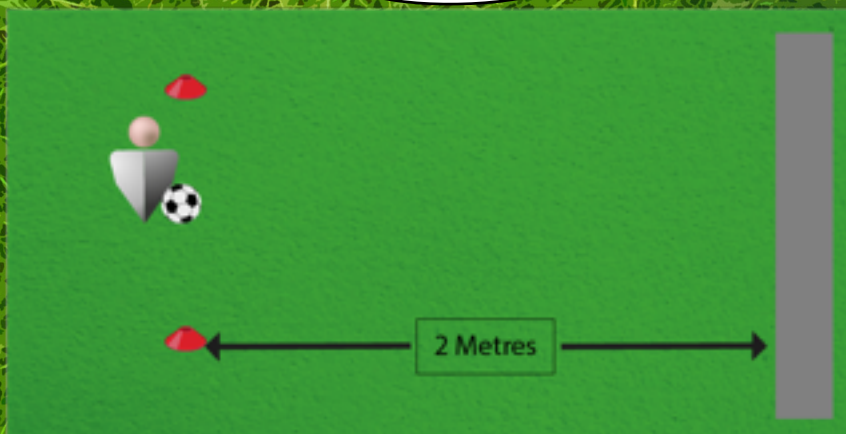


PE SKILL SCHOOL

CHALLENGE #1

FOOTBALL PASSING

HOW MANY PASSES CAN YOU MAKE OFF 1 FOOT IN 30 SECONDS?



RULES!

- 1) Place 2 cones 2 metres from a wall or flat surface.
- 2) All passes must be made from behind the cones.
- 3) You can only pass off 1 foot (you can choose to do the challenge right or left footed).
- 4) You must take a touch (control the ball) before each pass.
- 5) Count how many times the ball touches the wall in 30 seconds.

TIPS!

- Use different parts of your foot to strike the ball.
- Strike through the middle of the ball.
- Follow through the ball with your passing foot.
- Keep your weight forward to ensure the ball stays on the floor.
- Plant your non-kicking foot next to the ball to create balance.
- Stay on your toes to react to the ball rebounding quickly.

WHAT'S YOUR STANDARD?



13



18



23