St Malachy's Boys Virtual Sports Week 2020

WEDNESDAY JUNE 3RD 2020

Soccer Skills Challenge: Long Pass

WHAT YOU NEED:

- A ball
- 3 target objects (varying in size e.g. bin, box, trampoline)
- jumper

HOW TO SET UP AND RECORD YOUR RESULT:

1. Place your jumper on the ground to represent where you kick from.
   - Target object 1: 10 meters from jumper.
   - Target object 2: 15 metres from jumper.
   - Target object 3: 20 metres from jumper.

2. Place the football beside the kicking marker (jumper). When you are ready kick the ball with your dominant foot in the direction of target object 1.
3. Record how many attempts it takes you to hit the object.
4. Repeat this activity with target objects 2 and 3.

If you are feeling confident why not try this challenge:

- Target object 1: How many times can you hit the object in 10 attempts?
- Target object 2: How many times can you hit the object in 10 attempts?
- Target object 3: How many times can you hit the object in 10 attempts?

Don't forget to record your scores!