

# Football Skills Challenge Cards



## Football Skills Challenge Cards

### Keep Ups

**Equipment needed - a ball for each player**

**Skill - ball control**

Each player will need a ball. They start by dropping the ball and kicking it up using the top of their stronger foot to around waist height, then they should catch the ball. Repeat this until confident. Next, try using their weaker foot.



## Football Skills Challenge Cards

### Clean the Room

**Equipment needed - more footballs than players, cones**

**Skill - ball control, kicking**

Divide the playing area in half using the cones. One half is for the players and the other half is for the adult(s) plus one or two players. Scatter all of the footballs in the players' half of the playing area. The players have to clean their 'room' by quickly kicking all of the footballs out of their half of the playing area. The adult(s) and players on their side kick the footballs back into the 'room'. Players will have to be quick kicking the footballs away and aim to kick the footballs away from the adult(s) and opposing players to make it harder for them. The players will win if they manage to clear their 'room' of footballs.



## Football Skills Challenge Cards

### Freeze Tag

**Equipment needed - a football for each player**

**Skill - ball control, dribbling**

Choose one or two players to be 'it'. The other players will have a football each and will dribble around the playing area. The players that are 'it' will try to tag the other players. If a player is tagged, they must freeze until they are touched by another player on their team. The 'it' players will win if they manage to freeze all of the other players at the same time.



## Football Skills Challenge Cards

### Ticking Bomb

**Equipment needed - a football**

**Skill - ball control, passing**

Players should spread out in a circle. One player, the 'spy', stands with her/his back to the circle. The football (or 'bomb') is kicked carefully between players around the circle. If the football rolls out of the circle, the last player to have kicked it must retrieve it and keep it for three seconds. The spy can shout 'stop' at any point during the game. When 'stop' is shouted, the player who has possession of the football is out. The winner is the last person remaining in the circle.



## Football Skills Challenge Cards

**Dribbling and Passing**  
**Equipment needed - One football between three players and cones**

**Skill - dribbling, passing**

Divide players into teams of four and number them one, two, three and four.

Use cones to create a zig-zag course. Place two cones to make a gate around three metres after the zig-zag course.

Players one and four start at the beginning of the zig-zag course. Player two starts at the end of the zig-zag course. Player three starts after the cone gate. Player one dribbles the ball through the zig-zag course then passes the football to player two. Player two then passes the football through the cone gate to player three. Player three dribbles the football back to the start and passes to player four. Player four then dribbles the football through the zig-zag course and passes to player one. Continue until each player has had several turns at each position.



## Football Skills Challenge Cards

### Pass and Move

**Equipment needed - one football and four cones for each group of three players**

**Skill - ball control, passing, moving**

Divide players into teams of three and number them one, two and three. Create a square using the cones. Player one will start at the top left cone, player two will start at the top right cone and player three will start at the bottom left cone. Begin with player one passing the football to player two. As soon as player one passes the football, they sprint to the cone where player three started and player three sprints to the spare cone. Player two receives the football and passes it to player three. Player two then sprints to the cone vacated by player one. Continue this pattern, with player three receiving the football and passing it to player one, who then passes it to player two.



## Football Skills Challenge Cards

### Crab Football

**Equipment needed - one football and two goals**

**Skill - fitness, teamwork**

Divide the players into teams of six. Set up goals at each end of the playing area, place the ball in the middle and ask the players from two teams to spread out on the floor and sit down. Once the game starts, players must crab-walk to the football, kick it and try to score. Players have to remain in the crab position for the whole game. When a goal is scored, the winning team stays on and plays against a new team.



## Football Skills Challenge Cards

### Ball Switch

**Equipment needed -**  
one football for each player

**Skill - passing, ball control**

Divide the players into pairs. Each player will need a football. They will stand about three metres apart, facing each other and pass the footballs to each other simultaneously.



### Body Parts

**Equipment needed -**  
one football for each player

**Skill - ball control, dribbling**

Each player dribbles their football around the playing area, keeping it under control. The adult will call out a body part. Players must touch their football with that body part as quickly as possible then continue dribbling the ball.



## Football Skills Challenge Cards

### Turn and Shoot

**Equipment needed -**  
at least ten footballs and one goal for each team of four players

**Skill - passing, turning, shooting**

Divide players into groups of four. One player, the shooter, stands a few metres out from the goal, facing away from it. The other three players, the passers, spread out facing the goal. Each passer has a supply of several footballs. The shooter will call out one of the passer's names and that passer will pass them a football. The shooter will control the football, turn and shoot towards the goal. Then the shooter turns back to the passers and calls for a pass from a different passer. Repeat this ten times, then swap around to let a passer try being a shooter. Continue until every player gets a turn of being the shooter.



## Football Skills Challenge Cards

### Cannonball Alley

**Equipment needed**  
- one football for each player

**Skill - dribbling, ball control, kicking**

Every player will need a football. Two players will be the cannonball shooters. They stand opposite each other with their footballs (the cannonballs), creating a Cannonball Alley. The rest of the players travel along the Cannonball Alley dribbling their footballs. The cannonball shooters kick their footballs and try to hit the players as they move past. If a player is hit by a cannonball, they become a shooter. Players that safely make it to the end of the Cannonball Alley turn around and try again. Continue until there is only one player left in the Cannonball Alley. They are the winner.



## Football Skills Challenge Cards

### Dragon's Nest

**Equipment needed - more footballs than the number of players and five hoops**

Divide players into four teams. Each team will stand in a corner with a hoop. Place the other hoop in the middle of the playing area with the footballs inside it. These are the dragon's eggs and the hoop is the nest. Once the game starts, one player from each team runs into the middle and gets a football using only their feet. They have to dribble it back to their corner and put it into their hoop. Then they tag another player from their team and repeat until all of the eggs have been taken from the nest. The team with the most eggs wins.



## Football Skills Challenge Cards

### Fancy Footwork

**Equipment needed - one football for each player**

**Skill - ball control**

Each player dribbles a football around the playing area. Say 'toe taps', 'sole rolls' or 'inside outside'.

If you say 'toe taps', each player will put the sole of one foot on top of the football and the other foot on the ground. Once balanced, they will swap feet and repeat several times.

For 'sole rolls', players push the football gently with the sole of one foot in any direction, then swap to the other foot.

When 'inside outside' is called, players will kick the football with the inside of their right foot, then kick the football with the outside of their right foot. Repeat for 30 seconds using the right foot then switch to the left foot.



## Football Skills Challenge Cards

### Line Football

**Equipment needed - two footballs and two goals**

**Skill - passing, shooting**

Divide the players into two teams facing each other on opposite sides of the playing area. Number each player. They will face their matching number from the other team. Place the two footballs in the middle of the two lines. Call a number. The players with this number will run to the footballs. They will then pass the football back and forth in turn to each player in their team, starting with the player furthest from their goal. Each team will be moving in opposite directions from each other, towards their goal. Once the player reaches the end of their line, they shoot at the goal. Continue until one player scores, then both players return to their space in the line and another number is called.



## Football Skills Challenge Cards

### Football Rounders

**Equipment needed - one football and six cones**

**Skill - kicking, passing**

Mark out the rounders field using four cones in a large square shape for the bases, one cone in the centre for the bowling area and one cone in the middle of one side of the square for the kicking area.

Divide players into two teams. One team will be the kickers and one team will be the fielders. Choose one player from the fielders to bowl. They will roll the football towards the first player in the kickers team, who will kick the football as hard as they can. The kicker must then run around the full square. If a fielder catches the football before it touches the ground, the kicker is out. If a fielder



### Football Rounders - Continued

stumps the cone the kicker is running towards, they are out. The kicker can stop at any cone if they feel unable to safely make it back to the base cone at the start. Once the next kicker takes their turn to kick the ball, the other kickers still out on the playing area can start running again. A rounder is scored for every player who makes it back to the base cone without being put out. Once each player in the kickers team has had a turn, the teams will swap over. The team with the most rounders at the end of the game wins.

