

WEEK 6 - CHALLENGE

At Home Challenge

OVERVIEW

AIM: To dribble a sock ball between and around 4 items on the floor as many times as possible in 60 seconds.

Watch here:

Set Up and Instructions

https://youtu.be/vO_wJRP0pao

Challenge Attempt

https://youtu.be/5qGi_c1jXBo

Set Up and Rules

Place 4 items (mugs, tins of food, water bottles etc) in a line 70cm apart as shown opposite.

Rollup a pair of football socks to make a ball.

Start by standing at one end of the line of items with the sock ball at your feet.

On the starting instruction "On your marks, GO!" dribble football style, using your feet only, in and out of the tins/mugs, around the end item and back.

Each object you pass /dribble around scores 1 point.

How tins/mugs can you dribble past and around in 60 Seconds?

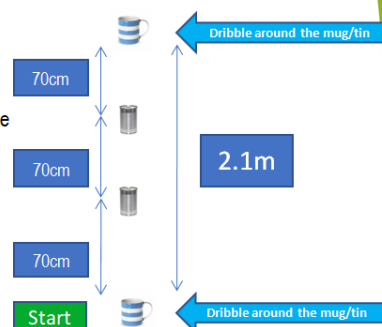
COACHING TIPS

Stay balanced by keeping your upper body and head as still as possible.
Keep the ball as close to your feet as possible using light touches with the inside or outside of your feet.
Develop a rhythm rather than go too fast.

Sock Dribble

EQUIPMENT NEEDED

Stop Watch / Mobile Phone to time
1 x ball made of a pair socks
4 x items such as tins of food, mugs, water bottles etc
Tape Measure



SCORING & JUDGING

The participant has 60 seconds dribble the sock ball with their feet between and around the 4 items placed in a straight line.

Each item passed or dribbled around scores one point.

The ball is allowed to touch the items when dribbling and the point still counts.

Parent/Guardian/Brother/Sister should give the starting instructions, time 60 seconds giving time checks after 30 seconds and with 10 seconds to go, and count the total number of items successfully dribbled past or around.

How To Practise / Get Better

Practise with the items closer together eg 50cm to improve your technique and close control.

The closer the ball stays to your feet the faster you will be.

Individual Scoresheet.

Try to do the Challenge twice a day. Record your first attempt and best score.

Send to your teacher at the end of the week.

You only need to do the challenge once to enter

Links: Set Up: https://youtu.be/vO_wJRP0pao Attempt Example: https://youtu.be/5qGi_c1jXBo

Name:- Year Group:- School:-	#SockDribble Attempt 1	#SockDribble Attempt 2
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
	1st Score:	Best Score: