



# JAMES' 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...!”**

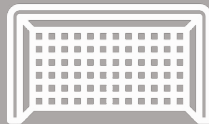
This football skills challenge is all about shooting. For most, this is the favourite part of any football training session, so we have created a challenge that is top fun but with great outcomes to improve your pupils game.

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.