**Week 4 Challenge**

Every week we will set a challenge for pupils to have a go at, this week’s challenge is Football! Send in your photos and videos, of what you have been up to, via our Facebook page <https://www.facebook.com/Rossendalessp> or to your child’s class teacher.

Thank you to Junior Hoops Fc, Ian Harrison and the three pupils for their fantastic video demonstrations.

**‘Foot-golf Hole’- Passing**

Design, create and demonstrate how to complete your own ‘footgolf hole‘ using items found in your home or garden, such as kitchen pans, lego bricks, rolled up newspaper (any items will work).

Set a target for how many passes you think it should take to complete the hole ( this is know as a par). You can create as many holes as you like, prectice them and try to beat your previous score. Can you challenge your familt members to have a go?

Video Demonstration: Check out Daniel from Haslingden Primary School’s demonstration here <https://youtu.be/BGjXULlO3LY>

Coaching tips:

* Eye on the ball
* Use inside of the foot
* Belly button facing target
* Non-kicking foot beside the ball
* Use arms to balance
* Kick through the centre of the ball
* Kicking foot follows through towards target

Too easy?

* Use non dominant foot
* Use different parts of the foot (outside, laces, sole, backheel)
* Go for your PB (personal best score)
* Add more obstacles
* Reduce par score
* Make hole longer
* Change the size or shape of the ball

Too difficult

* Slow down
* Make hole shorter
* Increase ar score
* Remove some obstacles
* Use age specific size ball

**‘Target Practice’- Shooting**

Design, create and demonstrate how to complete your own shooting gallery using items found in your home or garden, such as coloured paper, rolled up socks, masking tape, etc. Can you challenge a family member to have a go?

Attach your targets to a vertical surface and see how many points you can score!

Video Demonstartion: Check out Jamie from BRGS‘ demonstration here <https://youtu.be/HGER9yyY0Yo>

Coaching tips:

* Non-kicking foot beside the ball
* Head down & eyes over the balll
* Strike ball with laces
* Folllow through towards target with striking foot

Too easy?

* Use non dominant foot
* Use different parts of the foot (inside,outside,backheel, flick up)
* Shoot from further away
* Go for your PB (personal best score)
* Add an obstacle
* Reduce number of targets
* Reduce size of targets
* Change the size or shape of the ball

Too difficult

* Increase size of targets
* Increase number of targets
* Shoot from closer
* Put the ball on a tee
* Use age specific size ball

**‘Obstacle Course’- Dribbling**

Design, create and demonstrate how to complete your own football obstacle course using items found in your home or garden such as; rolled up socks, food tins, garden furniture, etc. Can you challenge someone in your household to have a go? Can you beat your personal best time?

Video Demonstartion: Check out Oakley from St John‘s, Cliviger‘s demonstration here <https://youtu.be/PAxXnL6TD6s>

Coaching tips:

* Eye on the ball
* Tiny touches
* Use both feet (inside,outside & laces)
* Look up to scan for obstacles

Too easy?

* Use non dominant foot
* Go for your PB (personal best time)
* Position obstacles closer together
* Add more obstaclles
* Change the size or shape of the ball

Too difficult

* Slow down
* Move obstacles further apart
* Remove some obstacles
* Use age specific size ball

Good luck everyone, don’t forget to send in your photos and videos of what you have been up to, via our Facebook page <https://www.facebook.com/Rossendalessp> or to your child’s class teacher for the chance to win a prize.