

ProFormance

TRAIN AT HOME GUIDE

and

Skills Challenge

ProFormance holding an after school club at Bovingdon Primary Academy. We are pleased to support their children during absence from school with our online 'train at home' content and also the skills challenges enclosed in this pdf.

To download our 'train at home' resources please visit www.proformanceglobal.com/trainathome

Skills Challenges

Aim

Our aim is to challenge the players technique and skills whilst they learn away from school.

The abilities we will be working on are core to playing the game.

How to Use

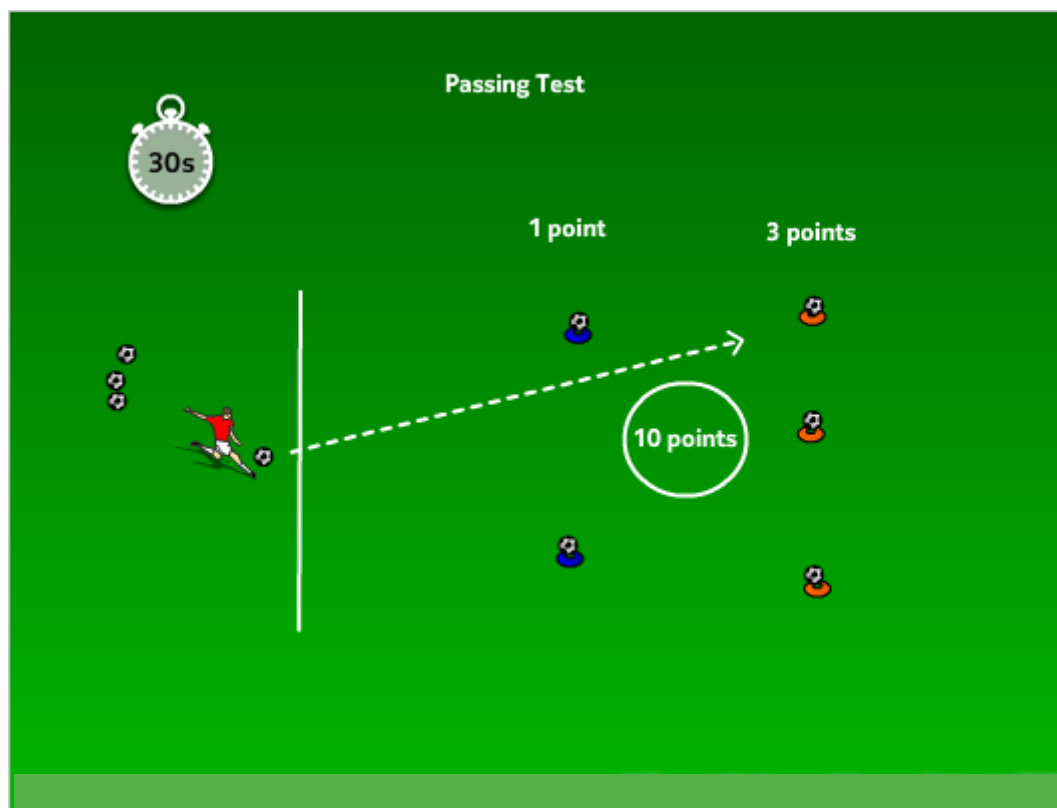
This pdf will describe how the players will attempt the challenges as well as how to set up for each challenge should be.

Parents can support their learning by setting challenges in any order.

Rules and distance should always remain the same!

HAVE FUN!!

Passing



Description

Players will attempt to hit the balls of the targets or land the ball in the target zone to gain the equivalent points for success. Players will have 4 attempts to gain points with a cumulative score being given at the end.

Set up

2 blue targets that are worth 1 point should be 10 meters from kicking line and run parallel 10 meters apart. Landing zone in the middle will have a 3 meter diameter and be place 5 meters behind 1st targets. The final line of targets worth 5 points will be 20 meters from the kicking line. They will be placed with the middle target exactly in-between the blue targets. The targets either side will be 7 meters from the middle target.

Timings

Players have 30 seconds to have all 4 of their attempts.

Recording

Accumulate the scores of each player.

Receiving



Description

Play will start with the ball in the middle and the player facing the 1st board. They will then pass the ball against the 1st board, receive the ball and pass onto the 2nd board. They will repeat this hitting each board in number order. On contacting the final board they will have completed the challenge.

Set up

Each board will be 5 meters from the middle point. They will then be distributed around the middle point with even spacing between them, so that the boards face in, circling the middle point. Ensure the players work their way around the boards as numbered in the diagram.

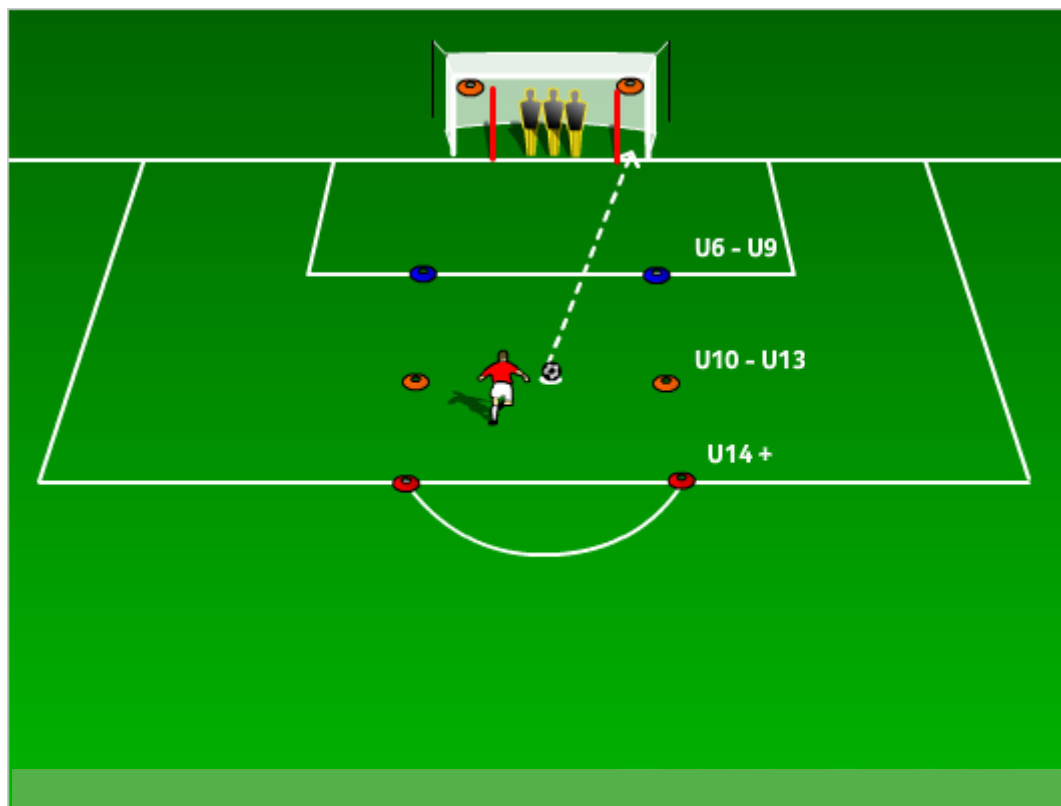
Timings

Timing starts when the player first contacts the ball and finishes when the ball contacts the final board.

Recording

Record the time it takes the player to complete hitting all the boards.

Shooting



Description

Player will have 4 attempts to score in the goal to accumulate a score. Points will be rewarded for scoring in different zones. Players will take their shots from any position along the kicking line dependent on their age.

Set up

Target zones in the goal will be set up to encourage targeting. 3 manikins will cover the centre of the goal, any shots which contact them will result in zero points. 2 bibs are to be tied in each of the top corners, if hit then these will count as 10 points. 1 meter from each post there is a pole. If players score in-between pole and post then it is 5 points, if they score between pole and manikin then 1 point is gained from a goal. If the ball hits the frame of the goal and goes in, then the goal will stand.

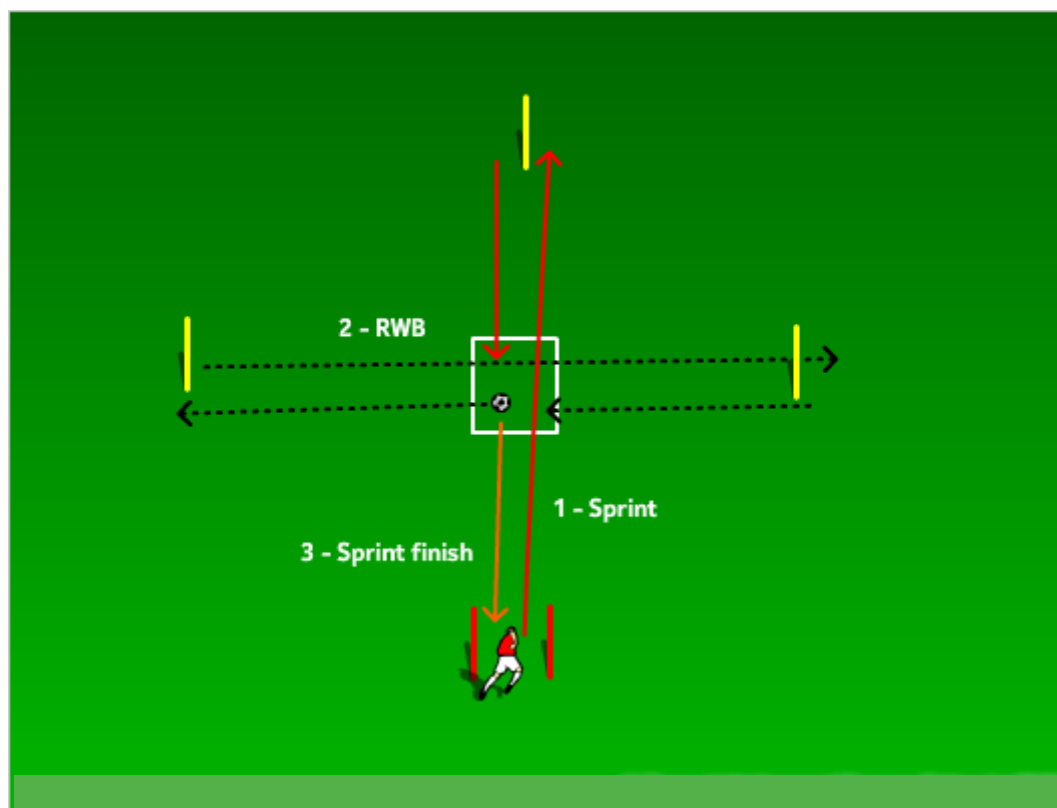
Timings

Players have 30 seconds to have all 4 of their attempts.

Recording

Accumulate the scores of each player.

Running With the Ball



Description

Players take turns going one at a time to complete the course in the quickest time possible.

Players start between the red poles WITHOUT the ball. They must sprint through the middle square and around the opposite pole before returning to the middle box. Here they will collect the ball and dribble to one of the poles at 90°. They will go around the pole with the ball before taking it to the opposite pole doing the same. On returning to the square they must leave the ball and sprint back to the red poles. Players must go through the middle square each time they enter the centre of the circuit for the attempt to be valid. The ball must also enter the centre square when in the dribbling phases.

Set up

Start gates will be 1 meter apart. The middle box will be equal distance to all the outside poles of 10 meters. This measurement will be taken from the closest side of the middle square to the pole. The middle square will be 3 meters x 3 meters.

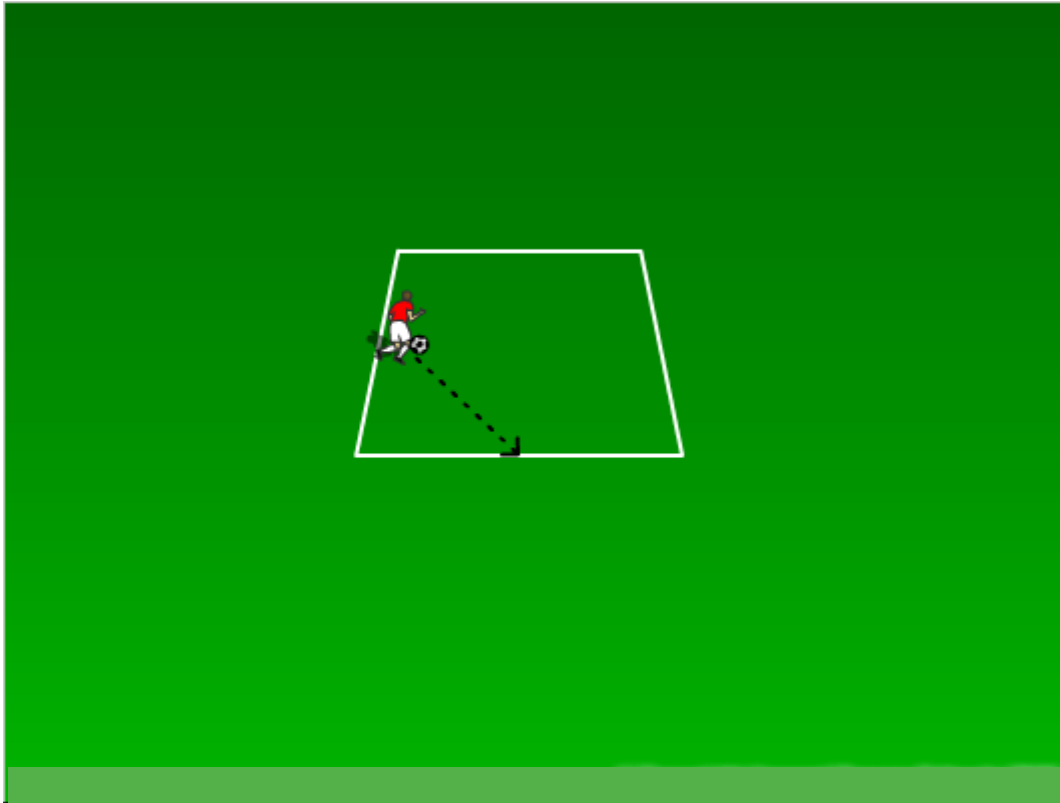
Timings

Timing starts when the player enters the circuit via the red poles and finished when exited through the red poles.

Recording

Record the time it takes a player to complete the course.

Turning



Description

The player will start in the middle of the square. The challenge will be started by the player moving towards one of the side. When there the player must break the line, of the square, with the ball before returning to the square. This will gain them points. They must then repeat this on another line to accumulate points. Players must visit a new line before returning to a new one. Scoring will follow:

- 1- Break a side which is adjacent to the one you have just visited
- 5- Break the line which is opposite
- (1 – Bonus point if they use a different turn from the one precisely)

Set up

Grid size will be 7 meters x 7 meters

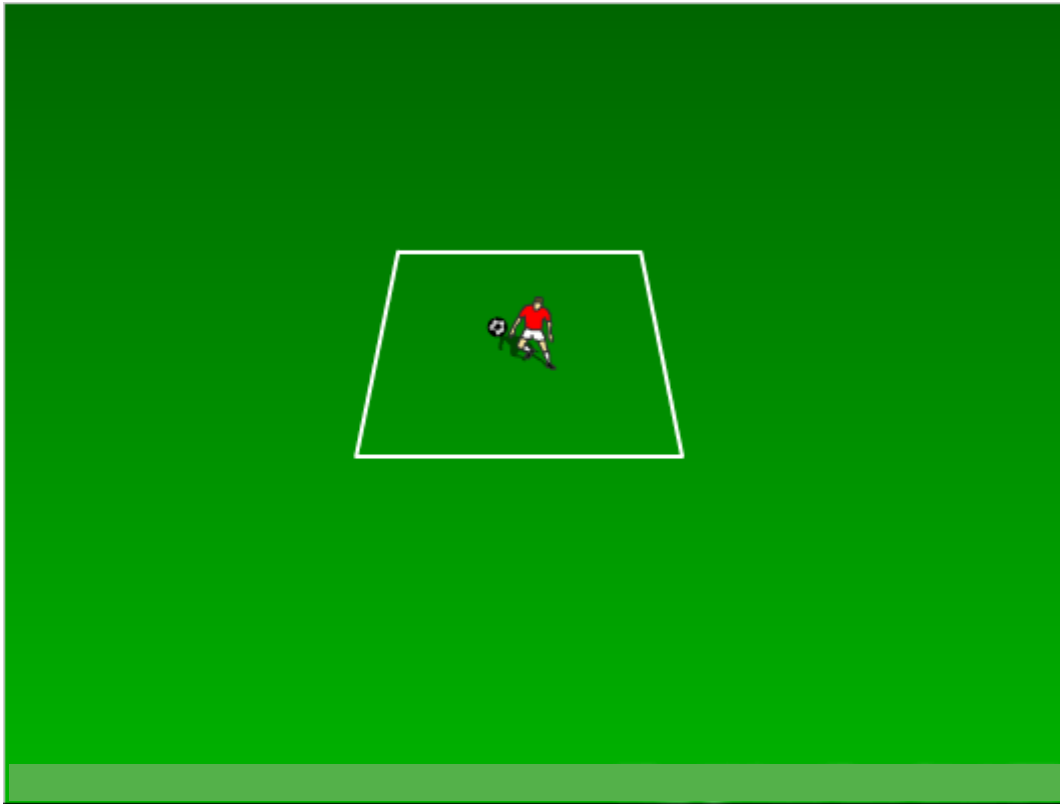
Timings

Players have 30 seconds to complete the challenge

Recording

Accumulate the scores of each player.

Control



Description

Players will attempt to keep the ball up as many times as possible in the allotted time. Each body contact with the ball in the air will count as a point. Arms and hands are illegal and will not be counted towards the end score. If the ball drops then the score will be continued from what it was before it dropped.

Set up

Grid size will be 5 meters x 5 meters.

Timings

Players have 45 seconds to accumulate a score

Recording

Accumulate the scores of each player.

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