



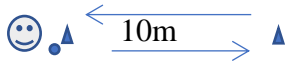
Ipswich Town Football Challenge

Take part in 3 separate Skills challenges suitable for all age groups with the points being added together to give an individual score. The individual scores can also be added together for overall year group or school score. Prizes will be awarded for best scores and also based on number of pupils that participated and School Game Values.



Challenge 1- Dribble like Edwards

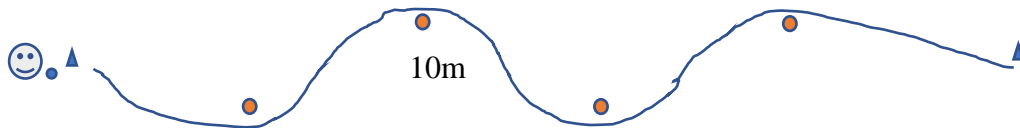
For this activity participants can choose between different levels of difficulty with more points allocated to the harder challenge. How many points can you score in 1 Minute?



When you dribble to cone = 1pt

Dribble a ball to marked distance of 10metres to score 1 pt then dribble back to score another. Keep going for 1 minute.

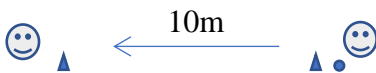
or



Dribble a ball in and out of cones to marked distance of 10metres to score 2 pts then dribble back in and out of cones to score another 2pts. Keep going for 1 minute.

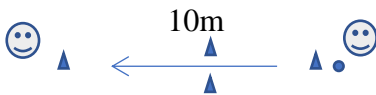
Challenge 2- Pass like Bishop

For this activity participants can choose between different levels of difficulty with more points allocated to the harder challenge. How many points can you score in 1 Minute?



Pass a ball between a marked distance of 10metres to a partner to score 1 pt then pass back to score another 1pt. Keep going for 1 minute.

Or



Pass a ball between a gate (two cones about 2ft or 60cm apart) over a marked distance of 10metres to a partner to score 2 pts then pass back to score another 2pt. Keep going for 1 minute.

Challenge 3- Shoot like Norwood

For this activity participants have 5 shots at goal (no goalkeeper) and get more points allocated for the placement of the shot ie the corners of the goal are worth more points. How many points can you score ?



Take 5 Shots at a goal from a marked distance of 10metres. Different points are awarded depending on placement of ball. (Max Goal width 12 ft)

