

RAISING
ASPIRATIONS

CREATING
POSSIBILITIES

PROMOTING
EQUITY

MAKING A
DIFFERENCE

MOTIVATING
& INSPIRING

MORE CHILDREN • MORE ACTIVE • MORE OFTEN

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EDINBURGH
THE CITY OF EDINBURGH COUNCIL

Football Games @ The Hub 2020

Football: 30-Second Challenges

Equipment Required: - Timer/Phone

- Device to watch skill videos
- Football/Ball
- Somewhere to record your score

Explanation: - You have 4 challenges to practice in 30 minutes, so 7 ½ minutes for each challenge.

- You can practice each skill as any times as you like within the 30 minutes.

Steps for each Challenge: - Get ball and timer ready

- Watch video
- Practice skill and record score

Scoring System:

1. **Ronaldo** Toe Taps – Alternating between your left and right foot, how many times can you touch the ball with the bottom of your feet like Cristiano Ronaldo in 30 seconds? **Each touch = 1 point.**
2. **Cuthbert** Keepie Uppies – Using any body part except from your hands and arms, how many times can you keep the ball up in 30 seconds like Erin Cuthbert? If you like, you can let the ball bounce between each touch. **Each touch = 1 point.**
3. **Messi** Shuffle – Alternating between your left and right foot, how many times can you touch the ball with the insides of your feet like Lionel Messi in 30 seconds? **Each touch = 1 point.**
4. **Rapinoe** Shuttles – Starting the middle, how many shuttle runs can you complete like Megan Rapinoe in 30 seconds? **4 touches of the ball + 1 sprint = 1 point.**

Record your score and check the medal table below to see if you achieved a **GOLD**, **SILVER** or **BRONZE** medal.

Challenge No.		Gold	Silver	Bronze	Your Score / Time	Your Medal
1	Ronaldo Toe Taps	51-70	31-50	1-30		
2	Cuthbert Keepie Uppies	21-30	11-20	1-10		
3	Messi Shuffle	61-80	41-60	1-40		
4	Rapinoe Shuttles	5+	4	1-3		

For extra skill challenge videos and to see if you can beat Football Development Officer, Jack Beesley, be sure to visit [@Edin_Football](#) on Twitter!

We have released skill challenges every Monday, Wednesday & Friday since 27th March!

