

Special Olympics Challenge



Skill Football 6 – TOUCH THE BALL



Description of the skill

The player has 30 seconds for this skill.

The player touches the ball with the sole of his shoe. They change leg and do the same with the other foot. The goal is to repeat these movements the maximum number of times in 30 seconds.

Effect of the skill

With this skill, athletes train leg work and touching the ball. They also train endurance by continuing their effort for 30 seconds.

Determining the score

The players score 1 point each time a foot touches the ball. (Left foot touch = 1 point – right foot touch = 1 additional point, etc.). The total score is the sum of the points made during 30 seconds

Setup

The coach sets the timer to 30 seconds and gives the start signal. They then count the touches of the ball and stop the exercise when the timer rings.

Rules

- The player must touch the ball each time his foot passes over it. If the player does not touch the ball, the point is not scored.
- The touches must always be with alternating feet (left foot – right foot)
- If the player touches the ball when the timer rings, that counts as a point.
- If the ball is moved, the player must again immobilise it and the time continues.
- The skill must be executed with a size 4 or 5 ball.
- The skill may be done on any playing surface.
- The skill must be performed with the same ball and on the same surface for the entire duration of the Challenge.

Should you have any questions, please contact: challenge@specialolympics.ch