

# Challenge 1 – Passing Challenge

## Set Up

60 seconds to complete as many passes as you can.

Pass with your left foot from the left side of your cone and with your right foot from the right side of your cone.

Don't count passes with the wrong foot or if the ball hits the cone.

## Targets

Under 7s & 8s

**3** players to complete **10** successful passes

Under 9s & 10s

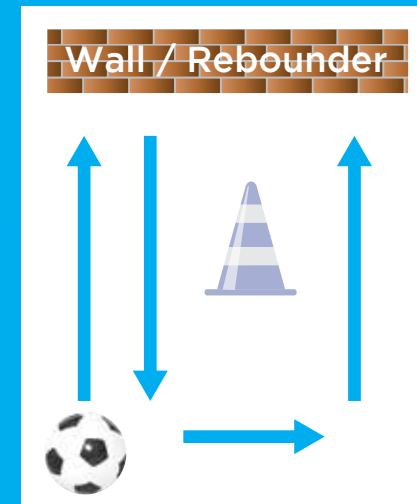
**5** players to complete **13** successful passes

Under 11s & 12s

**7** players to complete **17** successful passes

Under 13s and older

**9** players to complete **22** successful passes



How to enter in 4 easy steps

- Each player sends their successful attempt to team manager/coach
- Manager/coach stitch videos together using video editing app such as YouCut.
- Check you have permission to share videos from every parent / carer.
- Upload the video to the Primary Sports Coaching Limited Facebook page. Tell us who your team are ie Manchester Juniors Reds under 10s
- The more challenges your team complete the more entries they will have in the final prize draw.



# PSC

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