



Guide

School sports challenges

Soccer | Level 2

**Ce programme est rendu possible grâce au soutien financier
du Groupe Banque TD et de la Fondation Bon départ de Canadian Tire.**



RULES FOR THE SOCCER CHALLENGE



1 – Steps for the Soccer challenge Level 2

Step 1 -

Touch the top of the ball with your foot 6 times, alternating right - left. Using the outside of the right foot, move the ball about 1 meter. Stop the ball and touch the top of the ball with your foot 6 times, alternating right and left. Using the outside of your left foot, bring the ball back to its original point and touch the top of the ball with your foot 6 times, alternating right - left.

Step 2 -

The athlete will have to carry the ball with their feet between 5 cones aligned about 50cm in front of each other.

Step 3 -

The athlete will have to hit the ball in a net located 3 m after the cones.

2 – Rules

- At the start, the athlete's legs should be shoulder width apart.
- If the athlete loses the ball, they will have to retrieve it and return to the basic position before continuing the event.
- The stopwatch will start when the athlete makes their first dribbling move.
- The stopwatch will stop when the ball has entered the net.

3 – Penalties



Action	Penalties
Failure to comply with the specific instructions of a step	3 seconds will be added to the total time recorded for the event (per instruction not respected)
Failure to complete a step	10 seconds will be added to the total recorded time of the event.

4 – Videos

<https://youtu.be/DXzBH2L9qZA>

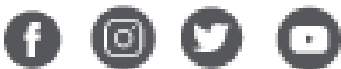
Faut que ça bouge !
Let's get moving!





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