



Guide

School sports challenges

Soccer | Level 3

**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 3

Step 1 -

With 2 cones located about 1 meter apart, create a figure eight with the ball while keeping their upper body behind the imaginary line between the 2 objects. Repeat this exercise 5 times.

Step 2 -

The athlete will have to carry the ball to and from the ground with their feet between 5 cones aligned about 50cm in front of each other and 2 meters wide between each of them.

Step 3 -

The athlete will have to hit the ball on a cone placed in the middle of a net located 3 meters 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 enters 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/tyKnwojQ-jQ>

Faut que ça bouge !

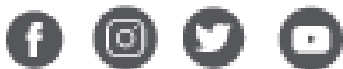
Let's get moving!





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