



## SKILL CHALLENGES / BFC PDI ASSESSMENT RULES HELP SHEET

| COMFORT                              |   |                 |                            |
|--------------------------------------|---|-----------------|----------------------------|
| <b>FOOT SPEED –<br/>TOE TAPS</b>     | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                         | Toe Taps: Going as fast as you can touch the top of the ball with sole of each foot, alternating feet. <b>SCORING:</b> You get one (1) point each time you touch the ball. Get as many points as you can in 20 seconds.                     |                 |                            |
| <b>QUICK TOUCH –<br/>FOUNDATIONS</b> | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                         | Foundations: Focus on making quick and controlled touches. Touch the ball back and forth between your feet, as fast as you can, you have 20 seconds to get as many points as you can. <b>SCORING:</b> You get one (1) point for each touch. |                 |                            |

| DRIBBLING  |   |                         |                            |
|--|---|-------------------------|----------------------------|
| <b>MASTER DRIBBLING –<br/>STRONG FOOT</b>          | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b>         | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>CHANGE OF<br/>PACE</b>      | Figure 8 Dribbling: Set up two (2) cones 5.5 yards apart (16.5 ft. = 5.5 yards), Using ONLY your stronger foot (right or left); Start on the left of the first cone and dribble in a figure eight only using your stronger foot. <b>SCORING:</b> You get one (1) point for passing a cone and for passing the middle of the two (2) cones. So one trip down and back is worth four (4) points. Get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you don't go all the way around the cone, or if you lose control of the ball, or if you use your other foot you have to start over.  |                         |                            |
| <b>MASTER DRIBBLING –<br/>WEAK FOOT</b>            | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b>         | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>CHANGE OF<br/>PACE</b>      | Figure 8 Dribbling: Set up two (2) cones 5.5 yards apart (16.5 ft. = 5.5 yards), Using ONLY your weaker foot (right or left); Start on the left of the first cone and dribble in a figure eight only using your weaker foot. <b>SCORING:</b> You get one (1) point for passing a cone and for passing the middle of the two (2) cones. So one trip down and back is worth four (4) points. Get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you don't go all the way around the cone, or if you lose control of the ball, or if you use your other foot you have to start over.  |                         |                            |
| <b>SHARP TURNS</b>                                 | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b>         | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>CHANGE OF<br/>DIRECTION</b> | Set up two (2) cones 5.5 yards apart (16.5 ft. = 5.5 yards), and put another cone in the middle of the two. Start at the first cone and dribble back and forth making turns at each outside cone. You <b>MUST</b> use your right foot at the far cone and your left foot at the near cone, you can turn anyway you like. <b>SCORING:</b> You get one (1) point for passing a cone and for passing the middle of the two (2) cones. So one trip down and back is worth four (4) points. Get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you make a turn with the wrong foot, or turn before you reach the outside cone, or if you lose control of the ball you have to start over. |                         |                            |
| <b>ATTACK DRIBBLING</b>                            | <b>TIME: 20 Seconds</b>   | <b>2008 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>STEP OVER<br/>SCISSORS</b>  | Set up two (2) cones 5.5 yards apart (16.5 ft. = 5.5 yards), then place one (1) cone in the middle. Start on the left of the first cone and dribble out, scissor the ball with your left foot and push the ball to side of the middle cone with your right foot. Then dribble around the far cone, and on the way back scissor with your right foot and push the ball to side of the middle cone with your left foot. Continue this for 20 seconds. <b>SCORING:</b> you get one (1) point each time your reach a cone, so down and back is worth four (4) points. <b>IMPORTANT:</b> If you don't scissor correctly, lose control of ball, or miss a cone, you have to start over.                   |                         |                            |



| FIRST TOUCH & PASSING                    |  |                 |                            |
|--|--|-----------------|----------------------------|
| <b>CONTROL PASSING – STRONG FOOT</b>     | <b>TIME: 20 Seconds</b>  | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>TWO (2) TOUCH</b> | Use a wall (any wall or flat surface will do, be creative). Next, make a line 2.7 yds. (8.1 ft.) from the wall using two (2) cones and stand behind the line. Pass the ball into the wall ONLY using your strong foot, control the ball with a touch and pass it back into the wall, both with your stronger foot. <b>SCORING:</b> You get one (1) point for each pass you make into the wall. Try to get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you take a touch with your other foot, use more than one (2) touches, or touch the ball in front of the line start over. |                 |                            |
| <b>CONTROL PASING – WEAK FOOT</b>        | <b>TIME: 20 Seconds</b>  | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>TWO (2) TOUCH</b> | Use a wall (any wall or flat surface will do, be creative). Next, make a line 2.7 yds. (8.1 ft.) from the wall using two (2) cones and stand behind the line. Pass the ball into the wall ONLY using your weaker foot, control the ball with a touch and pass it back into the wall, both with your weaker foot. <b>SCORING:</b> You get one (1) point for each pass you make into the wall. Try to get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you take a touch with your other foot, use more than one (2) touches, or touch the ball in front of the line start over.   |                 |                            |
| <b>PERFECT PASSING – STRONG FOOT</b>     | <b>TIME: 20 Seconds</b>  | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>ONE (1) TOUCH</b> | Use a wall (any wall or flat surface will do, be creative). Next, make a line 2.7 yds. (8.1 ft.) from the wall using two (2) cones and stand behind the line. One touch pass the ball into the wall ONLY using your stronger foot. <b>SCORING:</b> You get one (1) point for each pass you make into the wall. Try to get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you take a touch with your other foot, use more than one (1) touch, or touch the ball in front of the line start over.   |                 |                            |
| <b>PERFECT PASSING – WEAK FOOT</b>       | <b>TIME: 20 Seconds</b>  | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b><br><br><b>ONE (1) TOUCH</b> | Use a wall (any wall or flat surface will do, be creative). Next, make a line 2.7 yds. (8.1 ft.) from the wall using two (2) cones and stand behind the line. One touch pass the ball into the wall ONLY using your weaker foot. <b>SCORING:</b> You get one (1) point for each pass you make into the wall. Try to get as many points as you can in 20 seconds. <b>IMPORTANT:</b> If you take a touch with your other foot, use more than one (1) touch, or touch the ball in front of the line start over.   |                 |                            |

| SPEED, STRENGTH & FLEXIBILITY |   |                 |                            |
|-------------------------------|---|-----------------|----------------------------|
| <b>POWER SPRINT</b>           | <b>TIME: 20 Seconds</b>   | <b>ALL AGES</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                  | Set up a 5.5 x 5.5 yard (16.5 feet = 5.5 yards) grid using eight (8) cones. Use two (2) extra cones to create a starting point. Sprint from starting point around the grid and back to starting point, touch starting point with hand <u>or foot</u> before going back. Go around back and forth as many times as you can. <b>SCORING:</b> Each cone you pass counts as a one (1) point. Example: You get eight (8) points total for going around once. |                 |                            |



| BALL STRIKING      |   |                         |                            |
|--------------------|---|-------------------------|----------------------------|
| <b>PURE STRIKE</b> | <b>TIME: No Time Limit</b>  | <b>2007 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b>       | Use a regulation size goal. You are going shoot two (2) balls one with each foot (Right & Left) from five (5) different distances. No Toe Poking!!! Try to drive the ball into the net as best as you can, use the laces or inside of the foot. Set cones up at (1.) 6 yds. (Goal Kick Box), (2.) 12 yards (PK Spot), (3.) 18 yds. (Goalkeeper box), then (4.) 24 yards and (5.) 36 yards. <b>SCORING:</b> You get one point for each ball you strike that makes it in the goal in the air. <b>IMPORTANT:</b> If you miss the goal or if the ball bounces before it reaches the goal line it does not count. You only get two (2) misses before you are done and have to start over. Only 10 possible points for this challenge |                         |                            |

| PRO JUGGLING                      |  |                         |                            |
|-----------------------------------|--|-------------------------|----------------------------|
| <b>PRO JUGGLING – STRONG FOOT</b> | <b>TIME: 20 Seconds</b>  | <b>2008 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                      | Juggle the ball with only your strong foot for as long as you can. Try and keep ball low and under control. <b>SCORING:</b> You get one (1) point for each juggle with your strong foot and you have 20 seconds to get as many has you can. <b>IMPORTANT:</b> If the ball touches the ground or another body part, start your scoring over, but keep trying for 20 seconds. Your score will be the highest number of juggles you did in a row (without mistake). |                         |                            |
| <b>PRO JUGGLING – WEAK FOOT</b>   | <b>TIME: 20 Seconds</b>  | <b>2008 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                      | Juggle the ball with only your weak foot for as long as you can. Try and keep ball low and under control. <b>SCORING:</b> You get one (1) point for each juggle with your weak foot and you have 20 seconds to get as many has you can. <b>IMPORTANT:</b> If the ball touches the ground or another body part, start your scoring over, but keep trying for 20 seconds. Your score will be the highest number of juggles you did in a row (without mistake).     |                         |                            |
| <b>PRO JUGGLING – HEAD</b>        | <b>TIME: 20 Seconds</b>  | <b>2007 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b>                      | Juggle the ball above your head, keeping it going for as long as you can. <b>SCORING:</b> You get one (1) point for each juggle you do in a row using your head and you have 20 seconds to get as many has you can. <b>IMPORTANT:</b> If the ball touches the ground or another body part, start your scoring over, but keep trying for 20 seconds. Your score will be the highest number of juggles you did in a row (without mistake).                         |                         |                            |

| AERIAL CONTROL       |   |                         |                            |
|----------------------|---|-------------------------|----------------------------|
| <b>TOTAL CONTROL</b> | <b>TIME: No Time Limit</b>  | <b>2006 &amp; OLDER</b> | <a href="#">Video Link</a> |
| <b>RULES</b>         | Set up cones 2.7 yds. (8.1 ft.), and 5.5 yard (16.5 ft.) a part. Then find a partner who will toss you the ball to control and volley back to them in eight (8) different ways. First, start from 2.7 yds. (8.1 ft.), and use your right foot to control then right foot to volley it back. Then left foot to control and left foot to volley back. Then you do right thigh to control and right foot to volley back, then left thigh to control and left foot to volley back. Next, chest to control, right foot to volley back. Then chest to control and left foot to volley back. Finally, head to control and right foot to volley back, then head to control and left foot to volley back. <b>IMPORTANT:</b> Your partner must catch the ball without moving their feet. <b>SCORING:</b> You get one (1) point for each control and volley combination completed correctly. If you get LESS THAN six (6) points at 2.7 yds. that's your final score. If you get six (6) or more points, then step back to 5.5 yard (16.5 feet = 5.5 yards) and go through all eight (8) volleys again to earn extra points, with a total possible of 16 points. |                         |                            |

