



## GLOBAL CHALLENGE SERIES

### FOOTBALL & FUTSAL SKILLS COMPETITION 2020

*The Virtus Global Challenge Series has been developed to support opportunities for athletes to remain connected to their sport. The Global Challenge series may be delivered via online or video participation.*

#### Key Dates

**13 September** Expression of Interest: National Member Organisation submissions open.

**1 October** Expression of Interest form must be submitted by 5pm (London time).

**2 – 25 October** National Challenge period.  
All scorecards must be received by 25 October, 5pm (London time).

**2 November** National Member Winners announced.

**6 – 29 November** Regional Challenge period.  
Video entries must be received by 29 November, 5pm (London time)

**7 December** Regional challenge winner announced.  
Winner from each Virtus region will proceed to Global Challenge.

**8 – 18 December** Virtus Global Challenge period - Football & Futsal.

**21 December** Football & Futsal Skills Competition 2020 Winner announced.



**YouTube link for skill video- <https://youtu.be/-mshHrnCy4E>**

**Please follow the guidelines provided below:**

- Player needs to keep the ball up in the air using feet, knees, thighs, chest and head (NOT hands) for one (1) minute.
- Total keep ups completed by the player within one minute without the ball touching the ground, other person or object will be counted.
- If control of the ball is lost by it touching any other object or the ground the player can continue but counting will start from 'one' again.
- The total score will be filmed and recorded by the supervisor.
- Only one attempt is allowed.

**THIS SKILL WILL TEST GOOD CONTROL, BALL MANIPULATION, BALANCE AND DECISION MAKING.**

*Note: Additional instructions for submitting videos for regional and global challenges will be sent closer to the event date.*



# PASSING AND RECEIVING

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YouTube link for skill video - <https://youtu.be/6RLnW-ilH3E>

Please follow the guidelines provided below:

- In this skill the player will have a ball and be 5 – 10 metres from a wall or flat surface. The player will play the ball against the wall and then receive it back and control the ball before continuing to pass and receive it back from the wall.
- Total passes made in one (1) minute will be calculated.
- On receiving the ball back from the wall the player has the option of making a one touch pass back or is allowed a maximum of two control touches before passing it back.
- Any part of the boot / training shoe can be used to make the pass.

**THIS SKILL INVOLVES ACCURACY OF PASSING, DECISION MAKING ON THE PACE OF THE PASS AND HOW TO RECEIVE AND CONTROL THE RETURN FROM THE WALL AND CONSTANT MOVEMENT AND CHOICE OF PLAYING SURFACE.**

*Note: Additional instructions for submitting videos for regional and global challenges will be sent closer to the event date.*



# DRIBBLE AND SHOOT

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YouTube link for Skill video- <https://youtu.be/cHYbHdkwNhl>

Please follow the guidelines provided below:

- Player will start from 30 yards (metres) away from goal-post (FUTSAL GOAL should be used), dribbling the football round 5 cones/sticks to a point 12 yards (metres) from the goal and then shooting. THERE WILL BE NO GOALKEEPER INVOLVED.
- The player will run back to the start, collect another ball and repeat the exercise.
- Total goals (must finish with a successful shot each time otherwise it does not count) scored following the dribble in two(2) minutes will be counted.

**THIS SKILL INVOLVES GOOD CONTROL AND MOVEMENT WITH THE BALL IN DRIBBLING AROUND THE CONES/STICKS TOGETHER WITH A GOOD ACCURATE SHOT TO SCORE.**

*Note: Additional instructions for submitting videos for regional and global challenges will be sent closer to the event date.*



# PENALTY SHOOT

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**YouTube link for skill video - [https://youtu.be/wGslTjcV\\_Jw](https://youtu.be/wGslTjcV_Jw)**

**Please follow the guidelines provided below:**

- A full size goal should be used (again no goalkeeper involved). The width of the goal is 8 yards. A cone of other marker should be placed 2 yards from each post within the framework of the goal.
- Player will be allowed 6 shots at the goal from either 12 yards and 18 yards (edge of penalty area). They will take 3 shots each from 12 yards and 18 yards.
- Shots from 12 yards : If the ball enters the goal between the post and the cone/marker on either side they will score 3 points. If the ball enters the goal between the two cones/markers they will score 1 point. If the shot misses the goal no points will be scored.
- Shots from 18 yards: If the ball enters the goal between the post and the cone/marker on either side they will score 6 points. If the ball enters the goal between the two cones/markers they will score 2 points. Again if the shot misses the goal no points will be scored.
- Two minutes will be allowed to complete the 6 shots. The maximum score for this is 27 points.

**THIS SKILL INVOLVES DECISION MAKING ON HOW TO STRIKE THE BALL – PACE AND POWER AND ACCURACY.**

*Note: Additional instructions for submitting videos for regional and global challenges will be sent closer to the event date.*



# **SCORE SHEETS**

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**Individual scoresheet link-**

**National scoresheet -**