



presents

National All Rounder Championship

1 December 2020- 28 February 2021

Self-Learning Manual: Activity 03

Physical skills:

Controlling Football

Age: 5 years

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Activity description

The child is required to deploy motor skills in kicking a football and taking it zig-zag through five conical hurdles (or similar objects) placed at 2 ft from each other. To successfully complete the activity, the child will have to cover a total distance of approximately 24 feet. The child starts from a point 1 ft away from the first hurdle (conical or otherwise) and has to move with the ball in a zig zag track while preventing the ball from touching any of the hurdles put in the path and cross the last hurdle to reach a distance of 2 ft from the last hurdle. Then, the child should traverse back the path & return to the starting point.

The five hurdles should be placed linearly and at 2 feet from one another. Do ensure that the ball used for the activity is of diameter 6 inches or more. In case the child currently doesn't have a football & is not able to borrow the same from another kid, you can either create a ball (chungi) using rubber bands (details in resources section) or worst case, use a tennis ball / small plastic ball (less preferred but use it if you have no other option). The child may refer some of the video tutorials/links in the Resources section.

Remember that it is a time bound activity and should complete this activity in less than 60 seconds. The child might want to practice the drill a few times before s/he finally sets out to perform before the camera. When ready, record the child's best performance for submission.

Assessment guidelines

The total non-bonus points for this activity is 30. Every submission would be rated as either of below.

M = Master
(100%)

The child can finish the drill in 60 seconds without touching any of the hurdles.

The child can finish the drill in 90 seconds without touching any of the hurdles.
The child can finish the drill in 60 seconds but touches any of the hurdles once.

I = Intermediate
(80%)

B = Beginner
(50%)

The child can finish the drill in 90 seconds but touches any of the hurdles once.
The child can finish the drill in 60 seconds but touches hurdles twice.

For participating in the event & making an event relevant submission which does not meet assessment guidelines for M, I or B.

A = Aspirant
(25%)

NA (Not applicable)

No submissions or any submission which is irrelevant for the activity.

50% bonus marks: If the child securing an M can perform the task in 45 seconds or less.

Expert coach speaks

Children at the age of five can run properly. They can stop and start at their will. Their speed increases and they take longer strides than a four-year-old. At this age, the child can hop on either of the leg and can begin to climb rope or ladder with the bottom free.

To develop the innate gross motor skills better, the child will have to perform physical tasks effectively. In doing the football hurdle drill as an activity, the child will not only improve her/his agility but will also learn to balance and coordinate with an external object.



Key benefits of this activity

The activity benefits in many ways:

- Tackle an object while in motion
- Develop balance, agility, and speed
- Improve coordination of mind and body
- Self-regulate as per need
- Build concentration
- Learn about dribbling in soccer/football

Common mistakes to avoid

- Do not kick the ball hard in the first go – In doing so the child might lose control on the ball in the beginning itself.
- Avoid touching the ball with your hand while doing the activity.
- Let not the ball be too big or too small.
- Make sure the hurdles are kept at the required distance.
- Do not hurry to submit a video- It is advisable that a child practices the activity for several times and prepares herself/himself for the final submission.

Useful web resources

- [How to place hurdles & control the ball: Example 1](#)
- [How to place hurdles & control the ball: Example 2](#)
- [Video tutorial to make a rubber band ball](#)

To submit your entry, visit our website (www.kid-ex.com). For any queries, email us at info@kid-ex.com.

Keep learning! Keep growing! Stay happy! Be successful!