

# DUO CHALLENGE CARD

## *Head Tennis*

*Header the ball to the other player.*

*They must attempt to header the ball back.*

*You must repeat this and return their headed pass, repeat this until one player fails to header the ball back successfully.*

*The person who misplaced the header is the loser.*

## DUO CHALLENGE CARD

### *Foot Tennis*

*Throw the ball to the other player. They must attempt to pass the ball back without the ball touching the floor. The first player must pass the ball back again without it touching the floor. This action is repeated until one player fails to return the ball back successfully. The person who misplaced the pass is the loser.*

## DUO CHALLENGE CARD

### *Pass It*

*Stand 3 ball lengths apart from the other player. Pass the ball to the other player. After each successful pass, each take a step back. Repeat this until an unsuccessful pass is made then the challenge is over. The person who misplaced the pass is the loser.*

# DUO CHALLENGE CARD

**GGGOOOAAALLL**

*Set up one goal by placing  
two objects 2 metres  
apart from each other, the  
opposition player will play as  
a goalkeeper.*

*To win, take a penalty and  
score 1 out of 2 attempts.*

# DUO CHALLENGE CARD

## *Send It*

*Set up one goal by placing two objects 2 metres apart from each other.*

*The opposition player will play as a goalkeeper.*

*You have 1 attempt to score a goal against the other player by scoring with your left foot.*

# DUO CHALLENGE CARD

## Goalie

*Set up one goal by placing two objects 2 metres apart from each other.*

*The opposition player will play as the striker. You must not let your rivals score in 45 seconds.*

# DUO CHALLENGE CARD

## Goalie

*Set up one goal by placing  
two objects 2 metres apart  
from each other.*

*The opposition player will  
play as the striker.*

*You must not let your rivals  
score in 35 seconds.*

# **DUO CHALLENGE CARD**

## ***Top Striker***

*Set up one goal by placing two objects 2 metres apart from each other.*

*The opposition player will play as a goalkeeper.*

*The goalkeeper must throw the ball high into the air you must score a headed goal in 3 attempts.*



# DUO CHALLENGE CARD

## Goalkeeper

*Set up one goal by placing two objects 2 metres apart from each other.*

*The opposition player will play as a goalkeeper.*

*The goalkeeper must throw the ball high into the air you must score a Volley (the player kicks the ball without it touching the ground) in 3 attempts.*

# DUO CHALLENGE CARD

## Goalkeeper

*Set up one goal by placing two objects 2 metres apart from each other.*

*The opposition player will play as a goalkeeper.*

*You have 3 attempt to score a goal against the other player by shooting with your left foot.*

# DUO CHALLENGE CARD

## *Ultimate Defender*

*You must play as a defender;  
you must not concede a goal  
in 45 seconds.*

*If you foul the attacker or  
hand ball it, add 15 seconds  
to the timer for each offence  
at the end.*

# DUO CHALLENGE CARD

## *Keep Ball*

*Start the timer!*

*Using only your feet keep  
the ball away from your  
opponent.*

*Whoever keeps the ball the  
longest wins.*

*If you foul the player keeping  
the ball, add 15 seconds TO  
the timer for each offence at  
the end.*