

# ADVANTAGE!

BARROW RAIDERS COMMUNITY FOUNDATION



## CHALLENGE CARD 3

DEMONSTRATION VIDEOS: [WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-3-DEMONSTRATION-VIDEOS](http://WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-3-DEMONSTRATION-VIDEOS)

NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
11	Dribbling Dynamo	<b>30 second timer</b> • Dribble a small or large round ball around a marker two big strides away and back to the start. • How many times can you repeat this?	2	3	5	7	10
12	Reliable Roller	<b>60 second timer</b> • Place a target, like a teddy bear or cushion, five big strides away from your starting point. Roll the ball along the ground and try to hit the target. Get the ball and repeat. Count how many successful hits you do.	3	5	10	12	15
13	Figure of 8 Maestro	<b>30 second timer</b> • Hold the ball in one hand and take it around one leg, swap to the other hand and around the other leg. Repeat this action until you have done 30 seconds. • How many figures of 8 did you do?	5	10	15	20	30
14	Kick-up Improver	<b>Time how long it takes to reach 20</b> • Use a balloon, socks or a ball. Be careful indoors if you are using a ball. A balloon is best. Your target is to reach twenty kick ups – if you make a mistake, you do not have to start again, just keep going until you reach the target amount	More than 2 minutes and 30 seconds	2 minutes	1 minute and 30 seconds	45 seconds	20 seconds or less
15 – Partner challenge	Passing Professional	<b>60 second timer</b> • Grab a parent/carer or sibling. Stand a few strides apart, and pass the ball/socks or balloon backwards and forwards. If you drop the ball, just keep going with your score. • How many can you do in the time?	30	45	60	75	100+

Record your scores in the table below and tell your teacher or email your results directly to Barrow Raiders Community Foundation to receive a certificate. If you complete all six Challenge cards, you will receive free tickets to home games for two family members (children go free).

Contact the Community Manager Siona Hartley at:  
[sionahartley@outlook.com](mailto:sionahartley@outlook.com)

## CHALLENGE CARD 3 - RESULTS

NAME:		RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/ PLATINUM/DIAMOND
SCHOOL:			
AGE:			
Challenge No. 11	Dribbling Dynamo		
Challenge No. 12	Reliable Roller		
Challenge No. 13	Figure of 8 Maestro		
Challenge No. 14	Kick-up Improver		
Challenge No. 15	Passing Professional		



**Ryan Johnston**  
Barrow Raiders Half Back  
Advantage! Ambassador