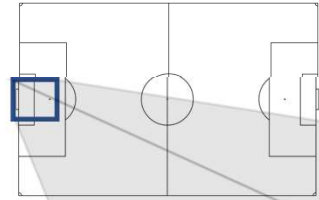
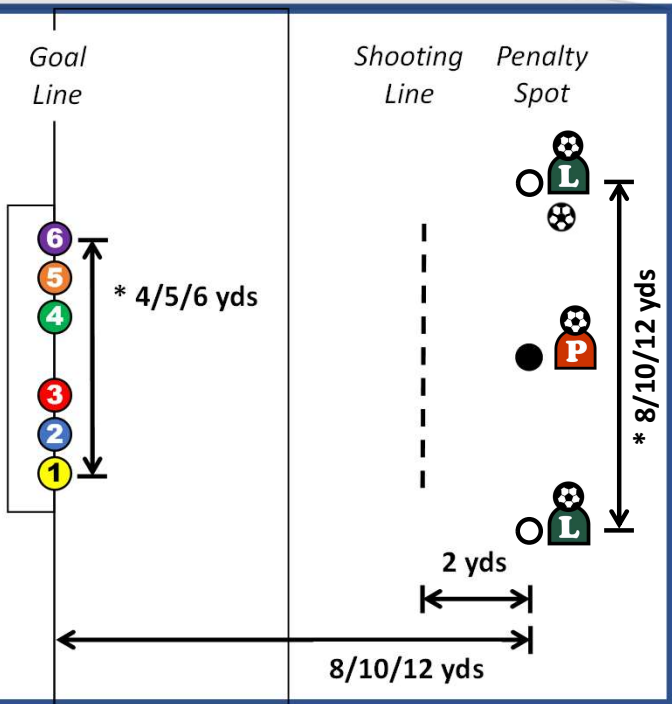


GO 1 2 3 4 5 6 AL!

Instpper.com

Instpper Challenge

The object of the **GO ALI** Challenge is to help AL reach his/her **GOAL!** The way to achieve this is to hit all 6 targets in the same Challenge. When you do, AL will reach his/her **GOAL!** If all 6 balls are not hit (let's say 2 are hit), you end up with a longer GO ALI message (i.e., **GOAL!**)



Instpper Challenges are designed to test players' complete set of soccer skills. These include: the first-touch (receiving), passing, 2-touch soccer dribbling, shooting (with accuracy), athleticism/conditioning, use of both feet, communication, and thinking ahead (tactical).

The first-touch is the most important fundamental skill in soccer. An Instpper Mentoring Program is a unique and fun way to introduce and reinforce the first-touch with guaranteed results.

To learn more about the first-touch, the Instpper Mentoring Program and Instpper Challenges, visit www.instepper.com.

Overview

- Player 'P' (the mentee) will receive 3 passes from each Players L, for a total of 6 passes.
- Player 'P' can only control the ball with a first-touch before shooting at the targets on goal.
- Player 'P' must not cross the Shooting Line.
- Player 'P' must call out which ball they are trying to hit. If the wrong ball is hit, the hit does not count.
- Player 'P' must receive and shoot with the same foot. The right and left foot must be used the same amount of time.
- The goal is to hit all 6 targets in the same Challenge.

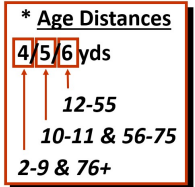
Color Significance

- Yellow, blue, and red are our '**primary**' colors.
- Green (mix of yellow and blue), orange (mix of yellow and red), and purple (mix of blue and red) are '**secondary**' colors.
- It's important to spend as much time developing both your 'primary' and 'secondary' colors (feet) so you are equally adept with both. This will give you a more complete soccer color palette.

Equipment

- Cones (2-5)
- Balls (7-12)
- Goal (optional)

Players, coaches, teams, and clubs are free to use Instpper Challenges for non-monetary purposes/gains.



Age Ranges

Anyone can take the Instpper Challenges, whether you are 2 to 102. Field/course dimensions are based on the following age ranges:

- 2-9
- 10-11
- 12-55
- 56-75 (same as 10-11)
- 76+ (same as 2-9)

“Pass the ball into the net.”
— Sir Alex Ferguson



Post Challenge results/videos to social media.