

FOCUS



## DUAL-TASK TRAINING CHALLENGE



# INTRODUCTION

Concentration is crucial in Powerchair Football. This activity is designed to help improve your concentration by taking a 'dual-tasking' challenge.

The challenge is simple. First, select a visual activity. Then listen to some audio commentary of a Powerchair match before answering a series of questions about the match.



# ACTIVITY STEPS

- 1** Select and set up visual activity. This should last for about 20 minutes and can be anything, such as playing a board game, a computer game or watching TV.
- 2** Choose an audio commentary from from the list on Page 5.
- 3** Select one set of questions you want to answer after listening to your audio commentary. There are three difficulty levels to choose from: easy, medium and hard. Feel free to read the questions before you listen to the commentary.
- 4** Start your visual activity and press 'play' on the audio commentary.
- 5** When the audio commentary has finished, answer your selected questions.
- 6** Open the answers sheet and see how many questions you got right. You might want to ask a family member or trusted friend to do this so you don't see the answers to any of the other games.



*Did you get them all right? Don't worry if not, have another go or select a different audio commentary.*

# ACTIVITY STEPS

Don't forget, you can use the **S.T.E.P. principle** to make the task easier or harder. Here are a few ideas:

## MAKING IT EASIER

**1** Make the task easier by only listening to the audio commentary, i.e. no visual element.

**2** Attempt the task alongside a family member to help you cover the audio heard.



## MAKING IT HARDER



**1** Don't look at the questions beforehand.

**2** Try a harder level of questions.



# AUDIO COMMENTARY

You can choose from these four games:

**1**  England v. France  **WATCH HERE**

**2**  England v. Ireland  **WATCH HERE**

**3**  Aspire v. Northern Thunder  **WATCH HERE**

**4**  Aarhus Rolling Devils v. Northern Thunder  **WATCH HERE**



#### EASY QUESTIONS

**1** What was the half-time score?

**2** What music was playing in the background at the start?

**3** How many goals have France conceded in the Tournament?

**4** Who led at half time?

#### MEDIUM QUESTIONS

**1** How many kick-ins were there?

**2** How many goal kicks were there?

**3** How many shots were there?

**4** How many free kicks were there?

#### HARD QUESTIONS

**1** Who is the England starting line up?

**2** How many shots did England have?

**3** How many kick-ins did England have?

**4** How many 'close' 2-on-1 violations were there?

### EASY QUESTIONS

**1** Who kicks off?

**2** What was the final score at the end of the full-time whistle?

**3** How many goals were scored in the half?

**4** How many set balls were there?

**5** Who scored both of England's goals?

### MEDIUM QUESTIONS

**1** How many yellow cards were there?

**2** How many corners were there?

**3** How many kick-ins were there?

**4** How many 2-on-1 violations were there?

**5** How many goals did France concede before this match?

### HARD QUESTIONS

**1** Who assisted Marcus Harrison's second goal?

**2** How many saves/blocks did Jon Bolding make?

**3** How many posts were hit?

**4** How many indirect free kicks were there?

**5** How many kick-ins did France have?

#### EASY QUESTIONS

**1** What was the score at half time?

**2** How many goals did Ed Common Score?

**3** Who scored England's 1st goal?

**4** Who scored England's 4th goal?

#### MEDIUM QUESTIONS

**1** What's the weather outside the arena?

**2** Who assisted Ed Common's first goal?

**3** What is the score after 11 minutes?

**4** Who assisted Ed Common's second goal?

**5** How many set balls were there?

#### HARD QUESTIONS

**1** Which England players finished the half on the court?

**2** How many 2-on-1 violations were there?

**3** Who scored England's 3rd goal?

**4** How many fouls were there?



### EASY QUESTIONS

**1** Who kicks off the half?

**2** For whom does Sam Smith come on for?

**3** How many substitutions do Ireland make?

**4** Who scored England's goal?

**5** What was the final score?

### MEDIUM QUESTIONS

**1** In what minute did England score a penalty?

**2** How many corners were there?

**3** How many kick-ins were there?

**4** How many 2-on-1 violations were there?

### HARD QUESTIONS

**1** How many substitutions did England make?

**2** Who were the four players that finished the match?

**3** Who will Ireland play if table stays the same?

**4** Who will Denmark play if table stays the same?

### EASY QUESTIONS

**1** Who is the Aspire captain?

**2** Who conceded a penalty?

**3** Who opened the scoring?

**4** Who equalises with the second goal of the half?

**5** Who hits the post for Aspire?

**6** Who scores for Northern Thunder to take the lead?

**7** What was the score at half time?

### MEDIUM QUESTIONS

**1** Who has the first shot in the match?

**2** Who is the Northern Thunder Goalkeeper?

**3** Who took the first corner of the match and for which team?

**4** Who caused the first 2-on-1 violation in the match?

**5** How many kick-ins were mentioned in the first half?

**6** How many 2-on-1 violations were mentioned in the first half?

### HARD QUESTIONS

**1** What has the commentator noticed about the games during the week of competition?

**2** What were Shah and Bolding said to be when Northern Thunder scored their second goal?

**3** What words did the commentator use to describe the pace of the match?

**4** Why was there a stoppage in play for Sam Smith?

### EASY QUESTIONS

**1** Which club does the co-commentator play for?

**2** Who is the Aspire goalkeeper?

### MEDIUM QUESTIONS

**1** Who is the replacement for Rikin Shah?

**2** Who is Rosie Hodgson substituted for?

**3** Who did Matt Harrison replace for Northern Thunder?

**4** What body part did the commentator think Jon Bolding touched the ball with?

### HARD QUESTIONS

**1** How many goal kicks were mentioned?

**2** How many 2-on-1 violations were mentioned?

### EASY QUESTIONS

**1** Where are the Rolling Devils from?

**2** How many teams are involved in the competition?

**3** Which team conceded the first 2 on 1 violation in the match?

**4** What was the score after 13 minutes in the first half?

**5** What was the score at half time?

### MEDIUM QUESTIONS

**1** Which two members of the Northern Thunder team were part of the England team in the 2017 World Cup?

**2** How many 2-on-1 violations were conceded during the first half?

**3** How many set balls took place during the first half?

### HARD QUESTIONS

**1** What did the commentator say the Rolling Devils were having a hard time with?

### EASY QUESTIONS

**1** How many substitutions were made at half time?

**2** Who scores first?

**3** Who equalises?

**4** Who scores the third goal of the game to make it 2-1?

**5** For whom is Maxwell substituted?

**6** What was the final score?

### MEDIUM QUESTIONS

**1** What was different about the first 2-on-1 violation in the second half?

**2** What is the score at the mid-way point of the second half?

### HARD QUESTIONS

**1** How many contact fouls did Northern Thunder concede?

**2** What was Ed Common's contact foul based on?



### EASY QUESTIONS

**1** What was the half-time score?

0-1

**2** What music was playing in the background at the start?

Sweet Caroline

**3** How many goals have France conceded in the Tournament?

0

**4** Who led at half time?

France

### MEDIUM QUESTIONS

**1** How many kick-ins were there?

9

**2** How many goal kicks were there?

4

**3** How many shots were there?

8

**4** How many free kicks were there?

7

### HARD QUESTIONS

**1** Who is the England starting line up?

7 Chris Gordan,  
9 Marcus Harrison,  
8 John Bolding,  
4 Ed Common

**2** How many shots did England have?

2

**3** How many kick-ins did England have?

8

**4** How many 'close' 2-on-1 violations were there?

3

### EASY QUESTIONS

**1** Who kicks off?

England

**2** What was the final score at the end of the full-time whistle?

2-2

**3** How many goals were scored in the half?

3

**4** How many set balls were there?

1

**5** Who scored both of England's goals?

Marcus Harrison

### MEDIUM QUESTIONS

**1** How many yellow cards were there?

2

**2** How many corners were there?

2

**3** How many kick-ins were there?

6

**4** How many 2-on-1 violations were there?

5

**5** How many goals did France concede before this match?

0

### HARD QUESTIONS

**1** Who assisted Marcus Harrison's second goal?

Ed Common

**2** How many saves/blocks did Jon Bolding make?

2

**3** How many posts were hit?

2

**4** How many indirect free kicks were there?

3

**5** How many kick-ins did France have?

4

### EASY QUESTIONS

**1** What was the score at half time?

4-0

**2** How many goals did Ed Common Score?

2

**3** Who scored England's 1st goal?

Jon Bolding

**4** Who scored England's 4th goal?

Ed Common

### MEDIUM QUESTIONS

**1** What's the weather outside the arena?

Thunder and rain

**2** Who assisted Ed Common's first goal?

Marcus Harrison

**3** What is the score after 11 minutes?

2-0

**4** Who assisted Ed Common's second goal?

Marcus Harrison

**5** How many set balls were there?

1

### HARD QUESTIONS

**1** Which England players finished the half on the court?

Marcus Harrison  
Ed Common  
Jon Bolding  
Matt Francis

**2** How many 2-on-1 violations were there?

12

**3** Who scored England's 3rd goal?

Marcus Harrison

**4** How many fouls were there?

3

### EASY QUESTIONS

**1** Who kicks off the half?

England

**2** For whom does Sam Smith come on for?

Ed Common

**3** How many substitutions do Ireland make?

0

**4** Who scored England's goal?

Matt Francis

**5** What was the final score?

5-0

### MEDIUM QUESTIONS

**1** In what minute did England score a penalty?

25<sup>TH</sup>

**2** How many corners were there?

2

**3** How many kick-ins were there?

4

**4** How many 2-on-1 violations were there?

8

### HARD QUESTIONS

**1** How many substitutions did England make?

4

**2** Who were the 4 players that finished the match?

Jon Bolding  
Matt Francis  
Brad Bates  
Ed Common

**3** Who will Ireland play if table stays the same?

France

**4** Who will Denmark play if table stays the same?

England

### EASY QUESTIONS

**1** Who is the Aspire captain?

Jon Bolding

**2** Who conceded a penalty?

Ed Common

**3** Who opened the scoring?

Charlie Kitcher

**4** Who equalises with the second goal of the half?

Ed Common

**5** Who hits the post for Aspire?

Jon Bolding

**6** Who scores for Northern Thunder to take the lead?

Sam Smith

**7** What was the score at half time?

2-1 Northern Thunder

### MEDIUM QUESTIONS

**1** Who scores for Northern Thunder to take the lead?

Sam Smith

**2** What was the score at half time?

Joe Alecock

**3** Who took the first corner of the match and for which team?

Rose Hodgson, Aspire

**4** Who caused the first 2-on-1 violation in the match?

Kitcher & Bolding

**5** How many kick-ins were mentioned in the first half?

8

**6** How many 2-on-1 violations were mentioned in the first half?

6

### HARD QUESTIONS

**1** What has the commentator noticed about the games during the week of competition?

Spacing 2-on-1 violation calls have been very tight

**2** What were Shah and Bolding said to be when Northern Thunder scored their second goal?

“Frozen in the goal area”

**3** What words did the commentator use to describe the pace of the match?

“Frenetic” “Back and forth”

**4** Why was there a stoppage in play for Sam Smith?

To adjust his feet as his feet were out of place



### EASY QUESTIONS

**1** Which club does the co-commentator play for?

DCU Storm

**2** Who is the Aspire goalkeeper?

Rikin Shah

### MEDIUM QUESTIONS

**1** Who is the replacement for Rikin Shah?

Bobby Williams

**2** Who is Rosie Hodgson substituted for?

Sally McNeill

**3** Who did Matt Harrison replace for Northern Thunder?

Jack Maxwell

**4** What body part did the commentator think Jon Bolding touched the ball with?

His hand

### HARD QUESTIONS

**1** How many goal kicks were mentioned?

2

**2** How many 2-on-1 violations were mentioned?

4

#### EASY QUESTIONS

**1** Where are the Rolling Devils from?

Denmark

**2** How many teams are involved in the competition?

10

**3** Which team conceded the first 2 on 1 in the match?

Aarhus

**4** What was the score after 13 minutes in the first half?

0-0

**5** What was the score at half time?

0-0

#### MEDIUM QUESTIONS

**1** Which two members of the Northern Thunder team were part of the England team in the 2017 World Cup?

Sam Smith & Ed Common

**2** How many 2-on-1 violations were conceded during the first half?

8

**3** How many set balls took place during the first half?

2

#### HARD QUESTIONS

**1** What did the commentator say the Rolling Devils were having a hard time with?

“Maintaining spacing”

### EASY QUESTIONS

**1** How many substitutions were made at half time?

None

**2** Who scores first?

Aarhus Rolling Devils/Vognson

**3** Who equalises?

Maxwell

**4** Who scores to make it 2-1/the third goal of the game?

Smith

**5** For whom is Maxwell substituted?

Matthew Harrison

**6** What was the final score?

W2-1

### MEDIUM QUESTIONS

**1** What was different about the first 2-on-1 violation in the second half?

Referee called advantage

**2** What is the score at the mid-way point of the second half?

2-1

### HARD QUESTIONS

**1** How many contact fouls did Northern Thunder concede?

2

**2** What was Ed Common's contact foul based on?

Pushing on/contact on the back wheel