

STAY ACTIVE AT HOME



FOOTBALL ACTIVITIES

Activity 1

Toe Taps

Step 1: Stand straight with the football between your legs

Step 2: Put one foot on the football, then put it back down on the floor

Step 3: Then put your other foot on the ball, then put it back down on the floor.

Repeat as many times you can in 1 minute

Every time you touch the ball with a foot that is 1 point.



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Activity 2

Spin Move

Step 1: Start dribbling the ball forwards

Step 2: Put your foot on top of the ball to stop the ball

Step 3: Plant that foot on the floor Infront of the ball

Step 4: Spin and use your other foot to drag it behind you (which would be forwards).



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Activity 3

Body Parts

Step 1: Ball between your legs, standing up

Step 2: Ask someone to be your helper.

Step 3: The helper will shout out a body part.

Step 4: You have to put that body part onto the ball. For example, if they shout 'foot' you put your foot on the ball. If they shout 'head' you put your head on the ball.

Count how many you can complete in 1 minute.

