

FOOTBALL FEVER!

Rule #1 – NO PLAYING INSIDE! We don't want any angry adults!

Spot the ball

Now a football would be best but not everyone might have one....a beach ball, bouncy ball, tennis ball (but that might be tricky to control) – just make sure it is a relatively light one, we don't want anyone getting hurt!

On the ball

Time to practice those silky smooth football skills

How many 'keepy uppys' can you do in a row? What is easier – using your knee or your foot?

How many times can you throw the ball up in the air and catch it? If you have someone to play with you, how many times can throw the ball to each other without dropping it?

Set up an obstacle course for you to dribble a ball around – use what ever you can find! Use cones, plant pots and set up a course. Create a bridge/tunnel for you to try and kick the ball through – get creative! How difficult can you make it? Get the rest of your household to have a go – who can complete it the fastest?

On Target

Time to practice your shots on target! Create a target/goal to see how many times you can hit it/score. Now obviously, jumpers work wonderfully for goalposts but you can try other things.... a washing basket on its side, a bucket, a box, between two plant pots, bins, bikes, parents.....

Unable to play outside? Try these indoor activities....

Table Football

Clear the dining room table/ kitchen table/desk/ floor and create a pitch with goals at either end.

Find two straws (for the planet, preferably non plastic but any available straw will do!) and find a small, light ball – a ping pong ball, bouncy ball, pom pom!

Find someone to play with!

Using the straw, blow the ball around the pitch trying to score goals against your opponent

Football Fashion

Design a new kit for your favourite team, or even better – make up your own team!

What are they called? What is the name of their stadium?

Who is their star player?