

Football style skills and drills

What you need: Football / Tennis ball

Level 1 - Bounce the ball onto your thigh and catch it.

Level 2 - Bounce the ball onto your thigh and then onto the second thigh and catch it.

Level 3 - Bounce the ball onto both thighs and then onto a foot and catch it.

Level 4 - Bounce the ball onto both thighs and then both feet and catch it.

Fitness activities

Day 1 - 5 Press ups / 10 start jumps / 5 sit ups

Day 2 - 8 Press ups / 10 star jumps / 8 sit ups

Day 3 - 8 Press ups / 15 star jumps / 8 sit ups

Day 4 - 10 Press ups / 15 start jumps / 10 sit ups

OPTION A - INDIVIDUAL GAME



WALLIE

AIM OF THE GAME

To score a goal by hitting a ball against the wall and it bouncing back through your own legs.

EQUIPMENT

All that is needed is any kind of ball and a safe space indoors or outside next to a wall.

HOW TO PLAY

With a ball and in a safe space, stand facing a wall.

The player rolls, kicks or throws the ball against the wall. As it bounces off the wall, let it pass between their legs, before quickly turning around and collecting the ball.

For more than one player, try to hit the ball against the wall so it comes straight back through the other player's legs without them having to move. They need to turn around and try to collect it as quick as possible.

OPTION C - PARTNER GAME



CATCH IT QUICK

AIM OF THE GAME

Catch the object before it hits the ground.

EQUIPMENT

A ball or soft object (rolled up socks). The heavier the object the harder the game.

HOW TO PLAY

In pairs, stand facing each other, with one (the holder) holding the object as high as possible out in front or to the side of them. The other (the catcher) waits with hands by their side.

- On the count of 3 (out loud 1, 2, 3) the holder drops the object and the catcher reacts quickly to catch it before it hits the ground.
- Repeat this for 10 attempts before swapping over.

See who can catch the object the most times before it hits the ground.