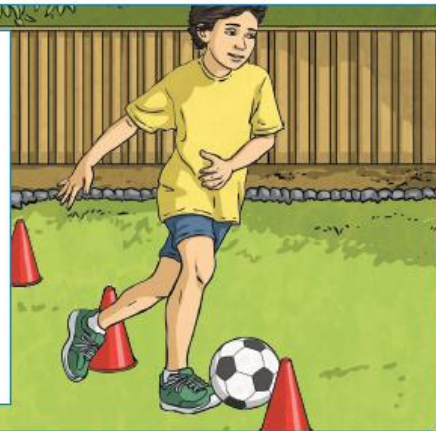


Day 4 - Football skills

Find a football or ball and go outside and try to complete the following activities. You could use any objects as a cone (e.g. tin of beans) and you could chalk a goal onto a wall or mark two goal with 2 objects to shoot between.

Ball Skills: Dribbling

- Set out a series of cones or suitable objects to dribble round (approximately six) about one metre apart.
- Weave through the cones while dribbling the ball.
- Try to use both feet to control the ball and keep it close.
- You can either do this a certain number of times or for a certain amount of time.



Balance and Fitness: Toe Taps

- Place a ball on the ground in front of you.
- Tap the top of the ball with sole of your foot (front part).
- Then use the other foot to tap the top of the ball.
- Keep alternating your feet.
- You can either do this a certain number of times or for a certain amount of time.
- Try to make contact with your foot on the very top of the ball.
- Use your arms to help you stay balanced.



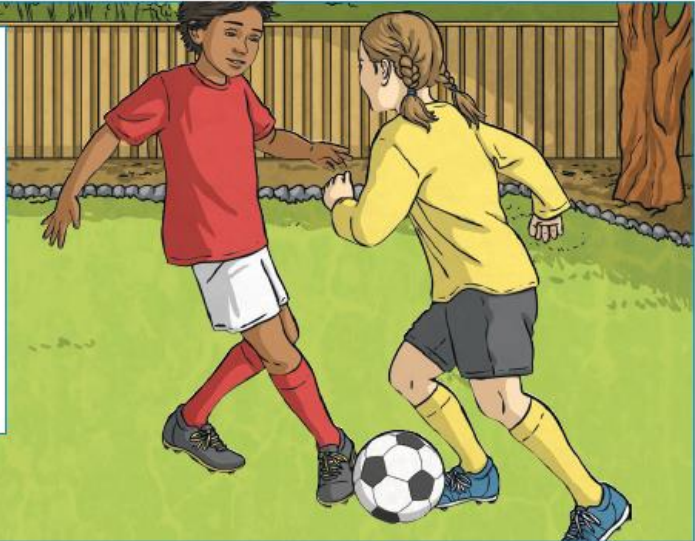
Aiming for a Target: Penalty Shootout

- Set up a goal and decide on a certain distance to shoot from.
- Take it in turns to be the goalkeeper and the penalty taker.
- Have five penalty kicks each and go to 'sudden death' if it's a draw after that.
- Good luck!

Day 4 - Football skills

Freestyle Challenge

- Now think of a football challenge or skill of your own.
- Try it out and teach it to a family member.
- Keep practising to set your personal best and then try to see if you, or other people, can beat it.



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