

Move at Home: Football Workout 1

Try these different football challenges at home.

This workout should ideally be completed in an outdoor space but some of the activities can be adapted for indoors (check with an adult before you start).



Ball Skills: Keepy-Uppy Challenge

- How many keepy-uppies can you do using just your feet?
- Can you use other parts of your body too?
- Practise using your feet, knees, head and chest to keep the ball up.
- Keep practising to achieve your personal best and then challenge others to try to beat you!

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.



Footwork and Dodging: Knee Tag

- The aim of the game is to score as many points as you can by tapping your partner's knees while trying to dodge and avoid your knees from being tapped.
- Stay on the balls of your feet so you can move quickly.
- Bend from your knees and try to face your partner.
- You get one point each time you tap your opponent's knee.
- How many points can you score in one minute?



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!



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.

