

Move at Home: Football Workout 2

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: The Foot Stall Challenge

- **Easy:** Start with your heel on the ground and your toe pointing towards your body (flexed) and then place/trap the ball between your shin and your toes by flexing your foot as much as possible.
- **Medium:** The next step is to lift your heel off the ground and practise balancing the ball with your flexed foot in the air.
- **Hard:** To completely master the move, start with the ball on the ground in front of you and place your dominant foot on top of it. Roll the ball back towards you with your foot and then scoop it up with the same foot from the toe. Then, trap it in place by flexing your foot.

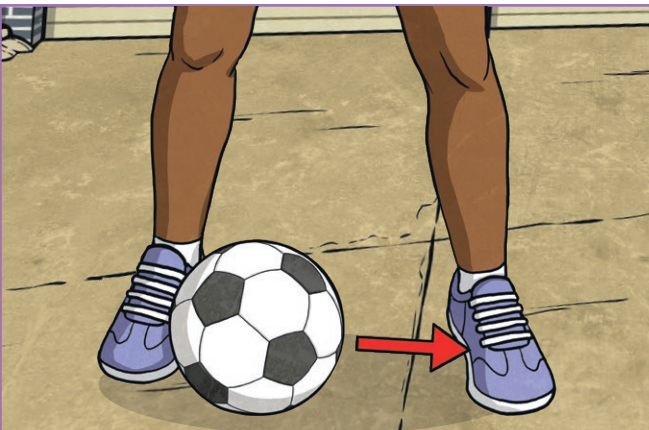
Fitness and Strength: Jump over the Ball

- Jump forwards and backwards over the ball.
- Jump side to side over the ball.
- Do this a certain number of times or for a certain amount of time.
- Have a break and then repeat.
- Do you need to do a double jump each side or can you do just a single?



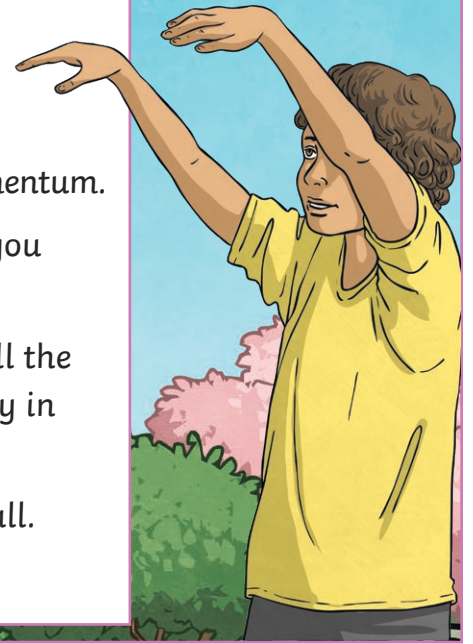
Side-to-Side Taps

- Use small touches with the inside of your feet to tap the ball from left to right.
- Can you move in a sideways direction while doing this for an extra challenge?
- Do this for a certain amount of time or a certain number of times, rest and then repeat.



Strength and Accuracy: The Throw-In

- Practise your throw-in technique!
- Start with the ball in both hands in front of you.
- Take a short run up of about four or five steps, to get some momentum.
- At the same time, bring the ball behind your head as far as you can, arching your back.
- On your final step, firmly plant your foot forward as you pull the ball forwards. Flick your wrists to release it when it's roughly in line with the top of your head.
- You must have both feet on the ground as you release the ball.
- How far can you throw the ball using this technique?



Balance, Fitness & Dribbling: Toe Taps Cone Dribbling Challenge

- You will need four different coloured objects and another person to call out the colours.
- Place the objects in a square approximately 4m apart.
- Stand in the centre of the square, toe tapping a ball.
- When a colour is called out, you must dribble the ball around that coloured object and then back to the centre again to continue toe tapping.
- Do this for a certain amount of time, have a rest and then repeat.



Accuracy: Aiming for a Target

- Place a range of different targets to try and hit at various angles and distances away from you.
- See how many attempts it takes you to hit each one or how long it takes you to hit them all (with someone passing it back to you each time as quickly as possible).
- Keep your eye on the target and focus on accuracy and not power!

