

ME AND MY BALL

To help your team get better it is important to practise at home, all you will need is a ball. Try some of the following games to your favourite songs, don't forget to write down what you found easy and what was tricky.

Do any of the games help you improve your personal trophy cabinet?

If so, why not add the skills you learnt to your trophy.



CHALLENGES

Mark out a circle that is big enough for you to run at your fastest speed. As your favourite song starts, move freely around the area, but as soon as the chorus starts, see how many times you can:

1

Move forwards with the ball, stop the ball and move forwards again

2

Touch the ball with the bottom of your feet whilst moving in different directions?

3

Go as fast as you can stop and change direction

4

Touch the ball with the bottom of your feet whilst moving in different directions?

MAKE IT HARDER

TRY THE CHALLENGE WITH A FRIEND OR A PARENT TRYING TO GET IN THE WAY...

CAN YOU THINK OF ANY WAYS TO MAKE IT EVEN HARDER?
