

# Activity Cards

At Home

*To maintain a basic level of health, children and young people aged 5 to 18 need to do...*

**AT LEAST**

**60**

**MINUTES OF PHYSICAL ACTIVITY  
EVERY DAY!**

**FOOTBALL**



**Each week the Active Schools Team will focus on a new activity/sport and these are designed to provide ideas to support you and your family to remain active at home.**



# Ball Mastery



## Inside - Inside

*Move the ball from left foot to right foot using the inside of the foot*

*Try to get 20 in a row without stopping*

## Sole Taps

*Tap the sole of your foot on the top of the ball, left foot then right foot*

*How many sole taps can you get in 30 seconds?*



## Inside - Outside

*Tap the ball using the inside of the foot then the outside*

*Move around the space you have using both feet*

## Drag Backs

*Use the sole of your foot to move backwards with the ball*

*Keep your head up and check behind you*





# Keepy Uppy

## Step 1

While sitting hold the ball in front of you  
Point your toes and tap the ball with your foot, left foot then right foot

Repeat 10 times for each foot

## Step 4

You can now try bounce kick, kick, catch  
Try to keep using both feet and kick the ball gently  
Keep your eyes on the ball

How many kicks can you do in a row



## Step 2

While sitting hold the ball in front of you  
Point your toes and drop the ball down and kick it back up into your hands

Kick the ball gently

## Step 3

While standing hold the ball in front of you  
Drop the ball in front of you and gently kick it back up into your hands

Remember to keep your toes pointed and use both feet





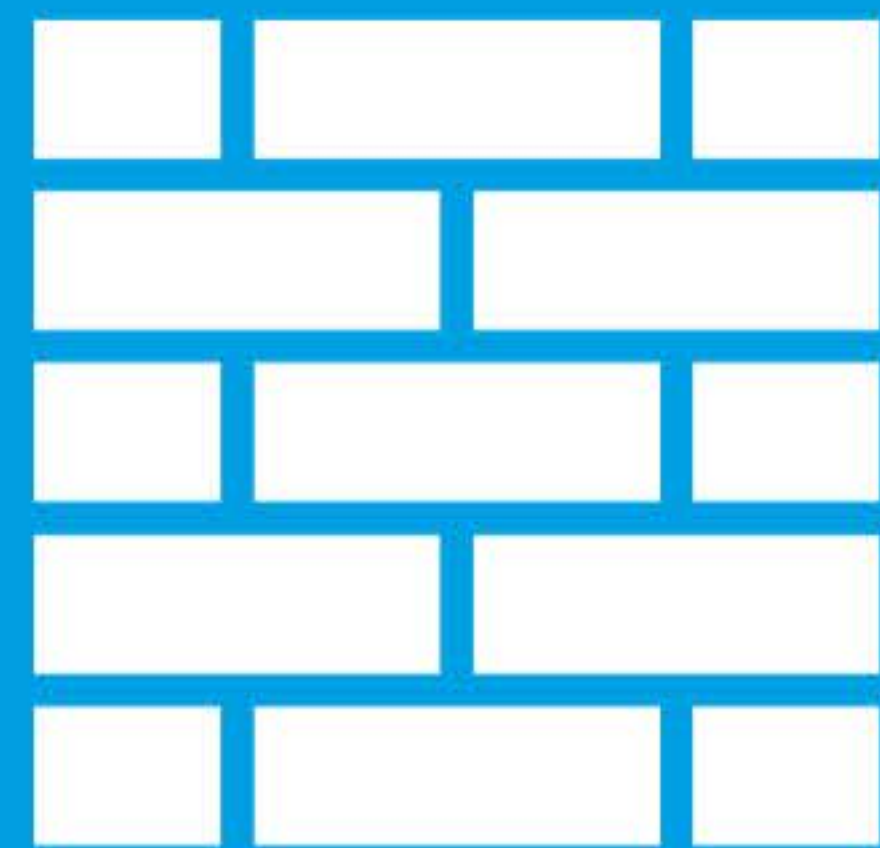
# Passing

## Top Tips

Stay on your toes so you are ready to receive the ball  
Practice using both feet, left and right  
Soft passes when you are playing a shorter pass  
Hard passes when you are playing a longer pass

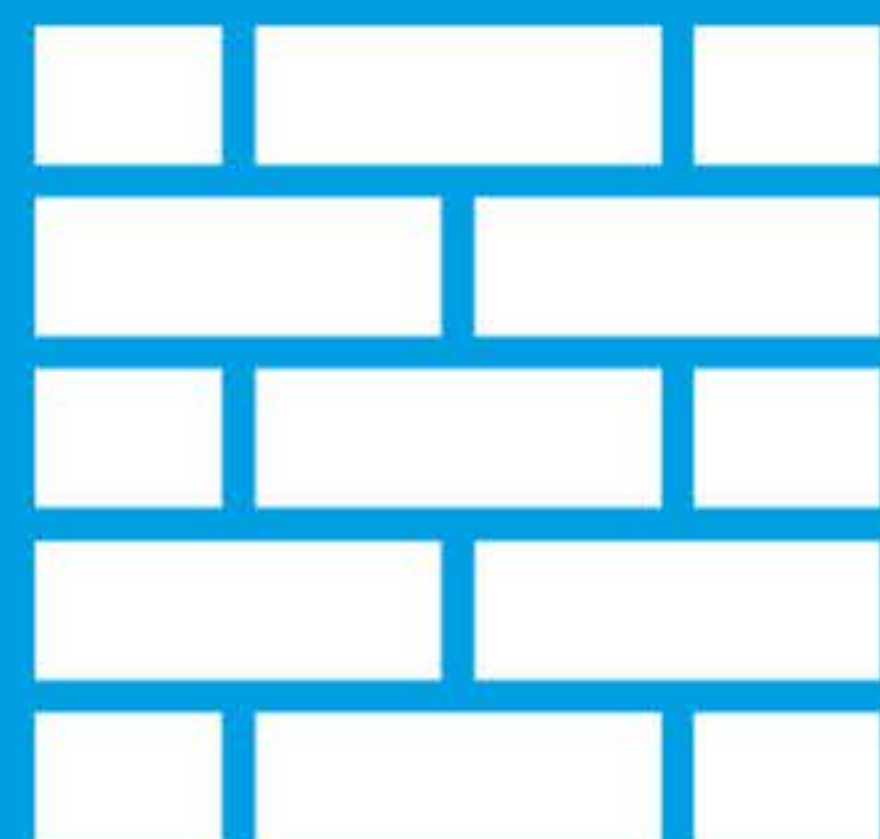
## Step 1

*Find a wall or a fence  
Kick the ball using the inside of your foot towards the wall so it bounces back to you*



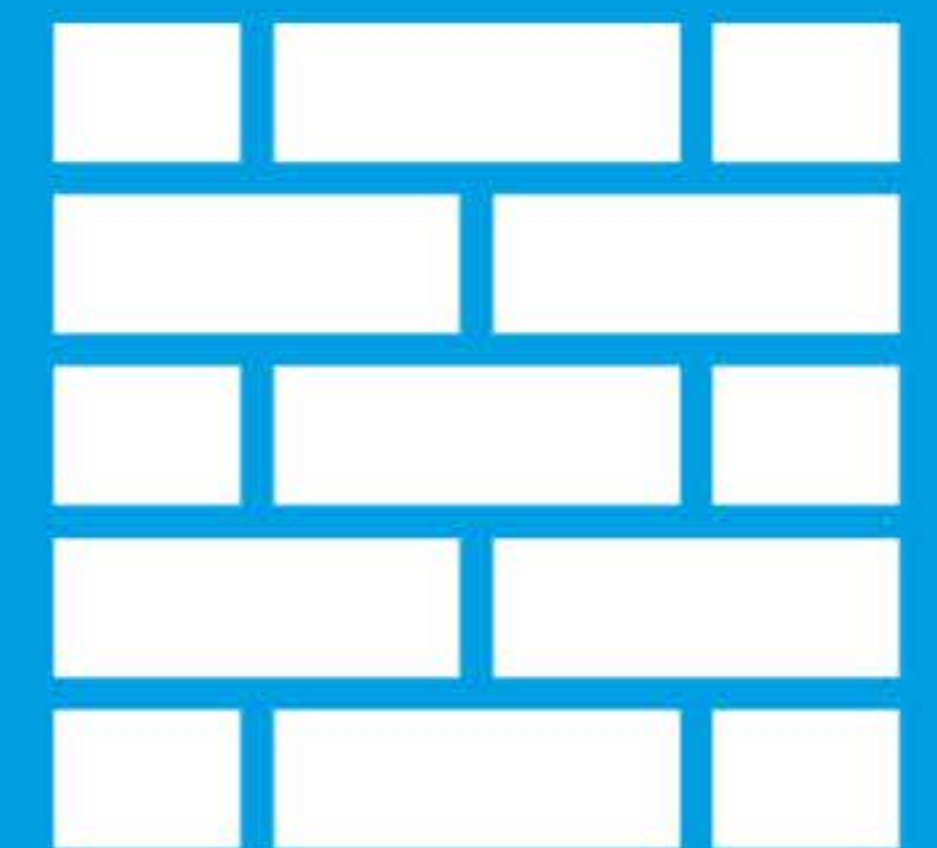
## Step 2

*Add a cone or object  
Pass the ball against the wall and control then pass  
Avoid hitting the object with the ball  
Keep your head up and eyes on the ball*



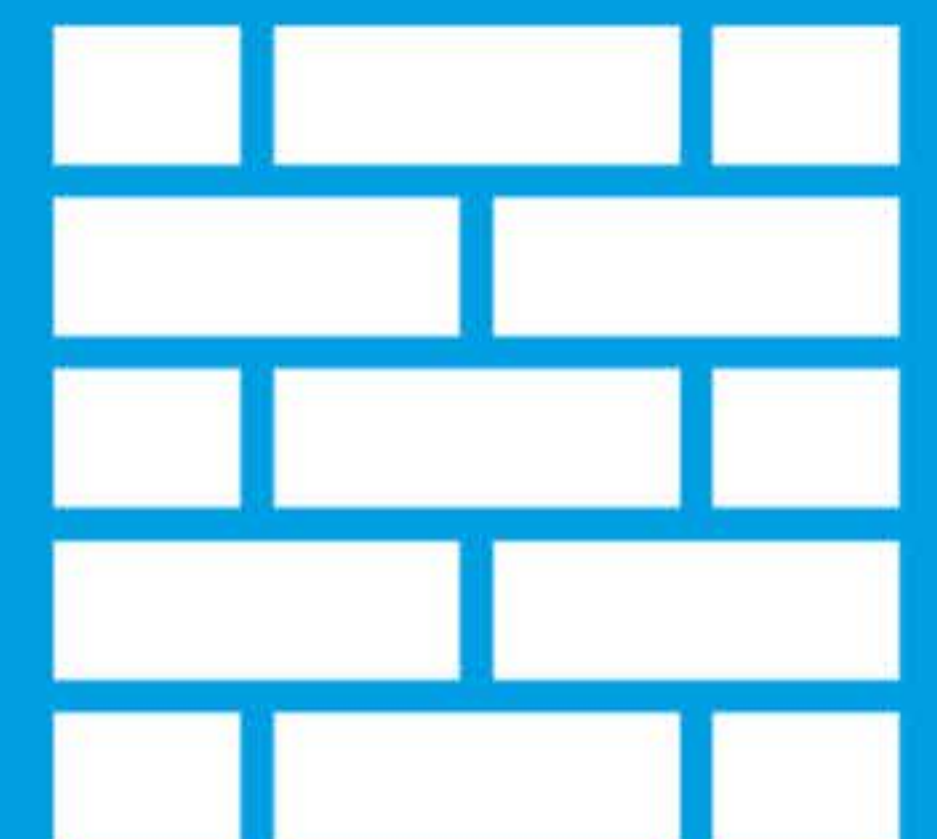
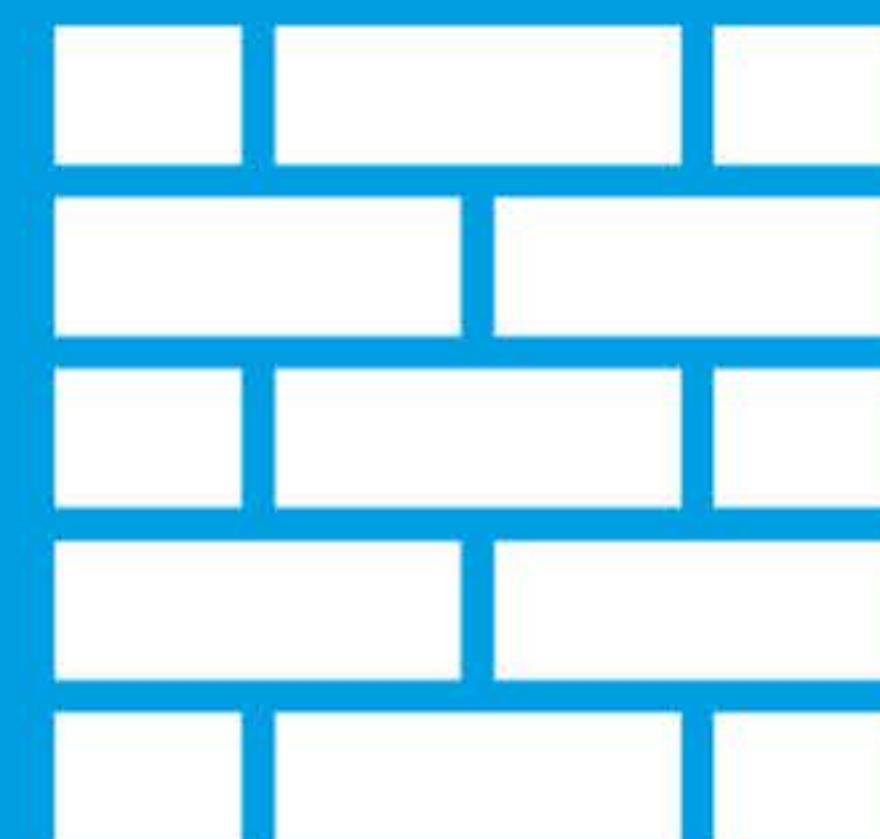
## Step 3

*Place two objects two steps apart as a target  
Can you pass between the objects?  
Make the objects closer together or move further away to make this more challenging*



## Step 4

*Pass the ball against the wall, turn then pass in the opposite direction  
Use one foot to control and the other to pass  
Try with both feet*





# Skills Challenge



## Roll Scoop

*Start with the ball under your foot  
Drag the ball back with the sole of your foot  
Then flick it up with the laces and catch the ball*



## Switch Scoop

*Start with the ball under your right foot  
Drag the ball back with the sole of your foot  
Then flick the ball up with your left foot and catch the ball*

## Rocket Launcher

*Squeeze the ball between your ankles  
Jump up to the side and flick the ball into the air  
Catch the ball with your hands*



## Footstall

*Balance the ball on the front of your foot  
Start by holding the ball in place  
Now take away your hands and lift your foot off of the floor*



# Dribbling

## Step 1

*Set our four objects in a straight line*

*Use your right foot to dribble to the ball in and out of the objects*

*Now try with your left foot, then both feet*

## Step 2

*Now add in a goal to take a shot every time you dribble through the four objects*

*How many goals can you score?*



## Step 3

*Add a family member as a defender to try and stop you scoring*

*Dribble past your defender with lots of small touches*

## Step 4

*Have a 1v1 game against a family member*

*Who can score the most goals?*





# Shooting

Set up a goal to score in. This could be drawn on a wall with chalk or even made from cardboard boxes.

## Step 1

*Practice kicking the ball into the net using the laces of your foot*

**Keep your toes down and heel up to improve accuracy**

## Step 2

*Add an object and take a touch around this then a shot*

**Practice using both feet**

## Step 3

*Dribble the ball towards the goal and take a shot*

**How many goals can you score in 30 seconds?**

## Step 4

*Add a family member as a goalkeeper*

**Try to aim low and towards the corners of the goal**





# Around the World

## Step 1

*Start by keeping the ball in the air using your feet  
Now keep the ball low when keeping it up*



## Step 2

*Start the rotation around the ball  
Once you've juggled the ball up in the air,  
use that momentum to lift your foot and  
take it around the top of the ball*



## Step 4

*Continue to juggle the ball and keep it from hitting the floor*



## Step 3

*Complete a full rotation of the ball  
your foot should go over the top of the ball and around in a circle and back to the starting position before the ball hits the floor*