

Activity Cards

At Home

sportscotland
activeschools
SOUTH AYRSHIRE

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.

Stay active at home with the Active Schools Team

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

Inside - Outside

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

Move around the space you have using both feet

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?

Drag Backs

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

Keep your head up and check behind you



Keepy Uppy

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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 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 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 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

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 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 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 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



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

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



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 out 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?



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