

Week 8 WC 11.05.20 Moving a ball with your feet!

Hi Everyone,

This week we have chosen for you to work on moving a ball with your feet. For this session you will need a ball – it doesn't matter if it isn't a football it can be any ball, you will also need some space to move around in.



Activity 1: Body Parts

1. Players (you can get your family members involved) must dribble around the space. For this you will need to take little touches so that the ball remains close to you. Try to keep looking up where you are going so that you can try and move into space.
2. Ask someone to call out different parts of your feet to try and move the ball around with e.g. inside, outside, laces. Each time this person calls out a different part that is the part of your foot you need to make sure is touching the ball to move it.
3. 'Stop' when someone says stop can you stop the ball – this can be done by putting your foot on top of the ball.
4. Body Parts – now if your family member calls out a part of your body can you stop the ball and place that part of your body on top of the ball so it doesn't move. You can have some fun with this one and use any part of your body e.g. knee, foot, elbow, tummy, nose, ear etc.
5. Gateways – can you make some little gateways for the you to try and move your ball through using just your feet? This gateway must be about 60-80cm wide and can be made with cones, books, lego pieces, cushions etc. If you have multiple gateways you can try and see how many gateways you can move the ball through in 30 seconds. Could you have a competition within your family to see how many gateways each member can dribble through in this time? (Make sure the gateways are spread around your space and don't all face the same way – this will encourage the players to look up and have to change the direction of the ball).
6. Obstacle course – can you plan a course for you and family members to move the ball around using just your feet? You can make obstacles out of the same items that you made the gateways from – books, lego piece, cushions, cones etc. You could time each family member to see who can do it in the quickest time.

Activity 2: Robin Hood

For this activity you will need multiple balls – they can be any ball at all. You will need to place them in a pile at one end of your space.

1. Individual – if you are completing this on your own – can you ask someone to time how long it takes you to move all of the balls from where they are back to where you started. You can only use your feet and you can only move 1 ball at a time.
2. Multiple Players – if you are competing against another family member – you have to see who can steal the most balls. You can only move the balls using your feet and can only move 1 ball at a time. Remember to keep looking where you are going and use small touches to keep the ball close to your feet. Try to use the inside or outside of your foot.



Additional Activities:

We have also attached some additional football related activities.

1. Can you design your own football strip, boots and ball? Using the outline provided you get to colour in and design your dream football shirt, shorts, boots and ball you will just need an adult to print the outline for you.
2. We have included 3 football wordsearches for you to find the football related words. There are 3 different levels of word search so you can start with the easy one and see if you can complete all 3.

Take care of yourselves, Jenny & Abi