

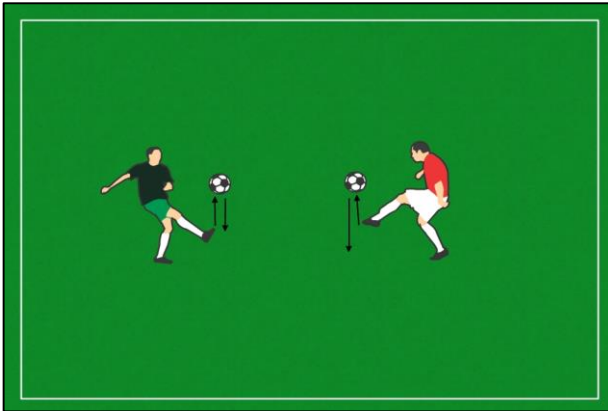


Core skill: Striking the ball

Difficulty level ★☆☆

FOOTBALL JUGGLING

Beginning activity



Players have a ball each and stand in an area with plenty of space around them.

Depending on the ability of players there are a number of juggling variations to try:

With the ball in their hands, players can drop the ball onto their foot and attempt to kick it back up and catch the ball.

Players can also kick it back up and let it bounce once, before kicking it up again.

Players can count how many juggles they can do.

Keep your leg fairly straight, and toes pointing up, the ball shouldn't go above head height.