

Football

Primary / Secondary

These fun football activities are a great way to develop your skills and get creative. Show us what you can do!

All of these activities are about you doing the very best you can! Try to achieve your personal best and improve each time you have a go. Use items/balls that you are comfortable with and able to kick or hold comfortably, and you can move around in a way that is best for you.

WALL PASS

You will need:

- a ball of your choice (football, tennis ball, balloon etc)
- a flat wall that won't be damaged (outdoors is best)
- a marker (sock, toy, cone etc)

- Find a safe space to do this activity, with a flat wall in front of you, and plenty of space around you. If you have an outdoor space, this is best.
- Place your marker a short distance away from the wall.
- In line with your marker, using the inside of your foot or the front of your chair, pass the ball against the wall.
- As it returns to you, either pass it straight back against the wall or control it with your foot or chair, and then pass it against the wall.
- When you are comfortable with this, try moving your marker further away from the wall.
- Why not see how many successful wall passes you can complete in 60 seconds?



MAKE YOUR OWN TABLE FOOTBALL

With just an empty shoebox, wooden or plastic sticks, some clothes pegs, and a small ball, you can create your own table football at home.

Check out the how-to video here:

<https://www.youtube.com/watch?v=jtMeZ0VK94g>

Be sure to share your creations...

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