

## Football Circuits

Complete each skill for 3 minutes then move to the next one.

- 1- **Fast feet.** (place the ball in between your feet, lightly tap the ball to the other foot as many times as you can without losing control.)
- 2- **Triangles.** (Ball placed in front of you with legs hip width apart. Drag ball back with right foot and gently pass to left foot. Tap the ball back out in front with the left foot. Repeat starting with the left foot dragging the ball back. How many can you complete without losing control.)
- 3- **Quick, Quick.** (Ball starts in front of you with legs hip width apart. Drag ball back with right foot and tap back out in front. Drag ball back with left foot and tap back out in front. Repeat without losing control of the ball.)
- 4- **Move it.** (start with a ball in front of you on one side of the garden. Tap the ball across the body using the inside of the foot, keep the ball moving by using the outside of the other foot. How many times can you get across the garden? Can you beat anyone else in your household?)
- 5- **Step over.** (tap the ball from the right foot to the left foot. Stop the ball with your left foot, step inside the ball then back over and tap to the other foot. Repeat without losing control of your ball.)
- 6- **Tap, Tap, Catch.** (Start with the ball out in front of you. Toe tap the ball 10 times, stop, squat down to collect the ball, throw it as high as you can and catch it. Return it to the floor and repeat. )
- 7- **Around and around.** (Start with the ball out in front of you. Drag the ball back and around half of the body, use your other foot to drag the ball back to the front. Repeat in both directions. How many can you do without losing control of the ball.)
- 8- **Kick and catch.** (kick the ball out of your hands and catch it before it hits the floor.)
- 9- **Chase.** (kick the ball out in front of you, using the instep of your foot. Chase the ball, control with the inside/outside of your foot and pass out into a space. Repeat with chasing.)
- 10- **Chest control.** (throw the ball up into the air, control the ball towards the floor using your chest, kick ball towards a SAFE area that can be the goal. Repeat.)

