

## F – Football

### Challenge – Close Control

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SGOCoventryEast

## ME AND MY BALL

To help your team get better it is important to practise at home, all you will need is a ball. Try some of the following games to your favourite songs, don't forget to write down what you found easy and what was tricky.

Do any of the games help you improve your personal trophy cabinet?

If so, why not add the skills you learnt to your trophy.



18

## CHALLENGES

Mark out a circle that is big enough for you to run at your fastest speed. As your favourite song starts, move freely around the area, but as soon as the chorus starts, see how many times you can:

1

Move forwards with the ball, stop the ball and move forwards again

2

Touch the ball with the bottom of your feet whilst moving in different directions?

3

Go as fast as you can stop and change direction

4

Touch the ball with the bottom of your feet whilst moving in different directions?

## MAKE IT HARDER

TRY THE CHALLENGE WITH A FRIEND OR A PARENT TRYING TO GET IN THE WAY....

CAN YOU THINK OF ANY WAYS TO MAKE IT EVEN HARDER?

---

---

---

---

---

---

---

---

---

---

19

**FUN FACT** – The England Women’s Football Team are otherwise known as: The Lionesses.  
The 2019 World Cup squad was announced through a series of famous faces, take a look at the video here -  
[https://www.youtube.com/watch?v=j\\_86QZB7Vmo&feature=youtu.be](https://www.youtube.com/watch?v=j_86QZB7Vmo&feature=youtu.be)

Can you count how many players made the squad?

For more brilliant at home football resources from The FA click <http://www.thefa.com/get-involved/footballs-staying-home/extra-time> .

If you’re interested in finding your local football club, just play or wildcats centre (beginner female footballer 5-11) follow this link

<http://www.thefa.com/get-involved>

**FOLLOW, RETWEET, GET INVOLVED!**