

KICK UPS



GET ACTIVE



10 MINUTES



READY
TO GO



GETTING INTO THE ACTIVITY

How many kick ups can you do?

Use a football to try to do as many kick ups as possible without the ball touching the ground.

Keep trying to improve your kick ups and see what the highest score is you can get.

Need some inspiration? Check out professional football freestyler and 3 x Guinness World Record holder, Ben Nuttall's video challenge for this activity on social media or go to vimeo.com/channels/bbathome/

You can also find tutorial videos & tricks on Ben's YouTube channel.

Who can score the highest number of kick ups? Record a video of the best attempt and share it with your BB group or post on social media using #BBatHOME.



WHAT YOU'LL NEED

- Football



NOTES FOR PARENTS & CARERS

Ensure that the area being used for this activity is free of any obstacles and there is no risk of damage/breakages. An adult should initiate any contact with the BB group and/or share on social media.