

PLANK FOOTBALL



GET ACTIVE



15 MINUTES



IN THE
CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Combine fitness and football into one fun and competitive activity.

You'll need someone to play against. Set up two goals using shoes. The goals should be roughly the width of your arm span and about 2-3 metres away from each other. Position yourself in the middle of the goal in a plank position facing your opponent.

Start with the ball and hit it towards your opponent using your hand, trying to score a goal. When hitting or defending the ball, players can use one hand, with their other arm holding them in the plank position at all times. Keep playing and see who can score the most goals.

Change it up: Instead of scoring goals see how many successful passes you can complete before someone misses the ball or they can't hold their plank position any longer.

Watch the YouTube video - **Football Workout - Core Training Workout Made Fun** by street soccer international for playing tips, or for a challenge search **Plank Football Pass** by PLAYR SmartCoach.



WHAT YOU'LL NEED

- Ball (any size)
- Shoes



NOTES FOR PARENTS & CARERS

Record a video playing plank football and share it with your BB group or post on social media using #BBatHOME. An adult should initiate any contact with the BB group and/or share on social media.