



GET ACTIVE



30 MINUTES



IN THE CUPBOARD

FOOTBALL SKILLS

PART OF THE EURO 2020 THEMED PROGRAMME



GETTING INTO THE ACTIVITY

During the course of Euros 2020 (now taking place from 11th June to 11th July 2021), we'll hopefully see some impressive football skills on show. Spend some time working on your football skills with these skill based activities.

Catch Me if You Can: Set up a large grid with cones. Start two players at opposite corners, each with a ball. On go both players must dribble around the outside of the grid (both in the same direction) with the aim of trying to catch the other. When caught that round is over. Vary the game by shouting 'TURN', with both players now needing to dribble in the opposite direction. Play winner stays on, with a new competitor coming into the game each round.

Square Ball: Create a large grid with cones. Place two (or more) defenders inside. Everyone else should spread out around the outside of the grid. The outside players try to pass the ball to each other (through the grid) and the defenders try to intercept the ball. If a defender intercepts the ball, they swap with the outside person who last touched it. Vary the game by limiting players to one touch.

Knockout: Create a large grid with cones. Everyone playing starts within the grid with a ball. On go everyone must dribble their ball around, whilst trying to kick other people's balls out of the grid. If your ball leaves the grid, you are out of the game. Last person standing wins.



WHAT YOU'LL NEED

- Footballs
- Cones



KEEPING EVERYONE SAFE

Please maintain social distancing as required. Whilst some of these games may see young people coming within social distancing requirements, this should only be momentary as part of the flow of the game.

