



**A Sporting Hand**  
Passing to the next Generation



# FOOTBALL & EXERCISE AT HOME

## DAY 10



**Thank you again for taking part in week 2 of the 'football at home' activities. We've seen some great clips and also some brilliant football kit designs.**

**Don't forget today is the last day to send in your design if you want to enter the competition.**

## **1 MINUTE CHALLENGE SCORES**

**TOE TAPS**

**147**

**STAR JUMPS**

**104**

**SIDE TO SIDE**

**165**

# EXERCISE



**30 Seconds high knees jogging**  
**30 Seconds heel flicks jogging**  
**30 Seconds skipping**  
**30 Seconds star jumps**

**10 Burpees**  
**10 Push ups**  
**10 Sit ups**

## PLANK CHALLENGE

**How long can you hold the plank position?**

**Send in your scores for our new challenge.**



Ask someone to film your effort and send it in to feature on our Facebook Page.

# BALL SKILLS



## RABONA SHOTS

**Practise shooting using the rabona skill. There are many youtube videos you will be able to find showing famous players doing the rabona during a match.**

**As you run towards the ball place your non kicking foot down and then bring your kicking foot behind the back of your standing foot to kick the ball.**

**Practise penalties using the rabona skill and see how many goals you can score.**

**As you get better, try the skill using your weak foot.**

# FUN GAME

## DIZZY PENALTIES



**Set up for a penalty like normal. Use another football or similar object placed a few yards behind the ball you'll be using to shoot with.**

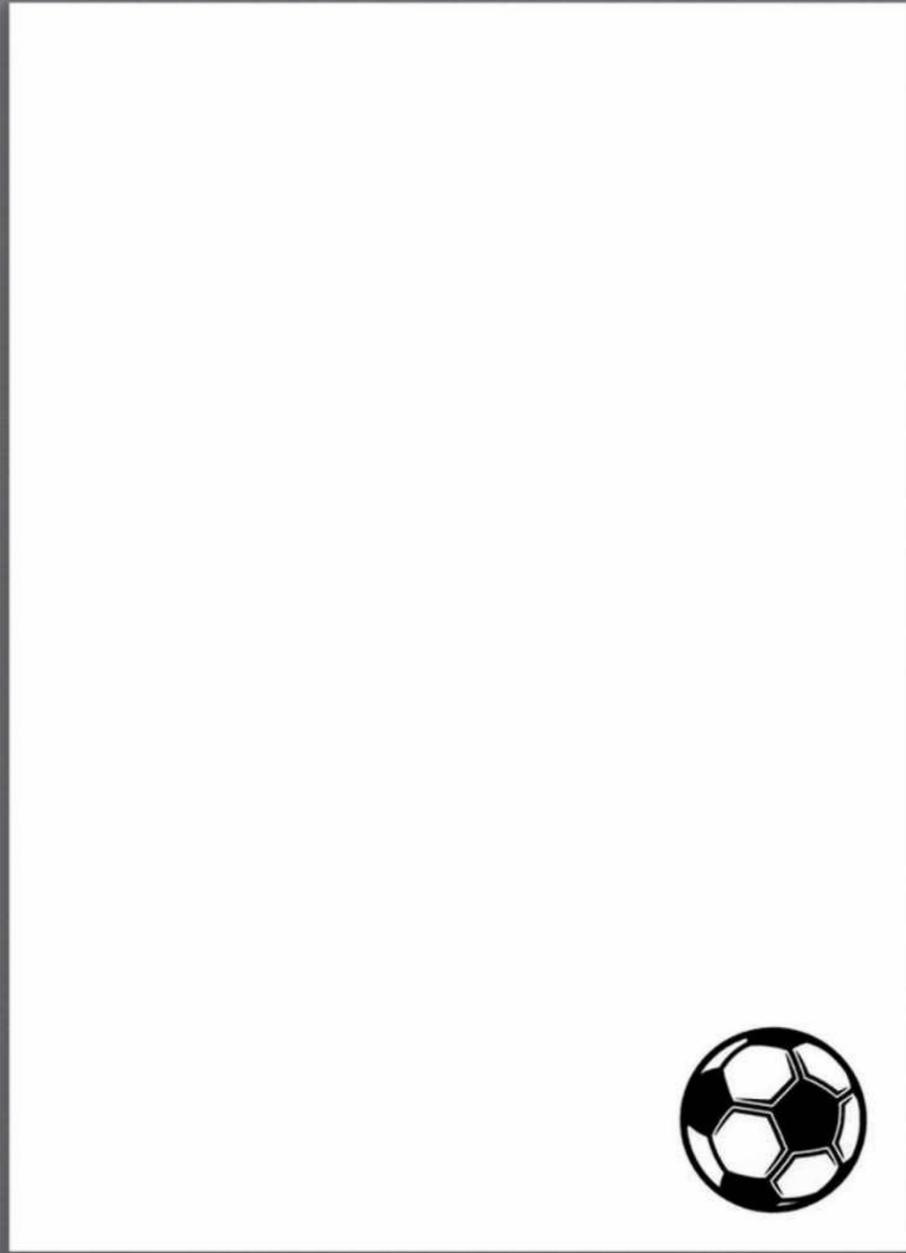
**You need to place your hand on the object and run around it (like shown in the picture) 5-10 times.**

**Afterwards run towards your football and try and take a penalty.**

**This is definitely one you will need your camera for.**

**Challenge someone and take 3 turns each.**

# INDOOR FUN



**Write a short story or poem about you as a footballer. This could be based on a true story or use your imagination.**

**Do you score the winning goal in a cup final?**

**Are you the England captain?**

**Have you just been sold for over 100m?**