



**A Sporting Hand**

Passing to the next Generation



**FOOTBALL &  
EXERCISE  
AT HOME**

**DAY 11**



## **71 STAR JUMPS FOR THE NHS**

**We want to see how many people can do 71 star jumps to show gratitude and support to the NHS. 71 is the amount of years the NHS has been formed.**

**Tag us on social media to show your support for the fantastic work the NHS continues to do.**

## **1 MINUTE CHALLENGE SCORES**

**TOE TAPS**

**147**

**STAR JUMPS**

**104**

**SIDE TO SIDES**

**165**



# EXERCISE

## 1 MINUTE CHALLENGES

How many can you do?

- Star Jumps
- Toe Taps
- Side to Sides (with ball)
- Burpees
- Press Ups

Count your score and then make it your goal to beat it next time.



**SHOOTING**

# SKILLS

## SHOOTING

**Practise low driven shots into the bottom corner.**

**How many goals can you score?**

**Make sure you get over the ball when shooting and use your laces for the power. Try and direct the ball into the bottom corner by altering the angle of your foot.**

**Think Steven Gerrard...**

**Don't forget to practise on your weak foot too!**



**CELEBRATIONS**

## **FUN GAME**

**Have you got a goal celebration?**

**Come up with the best goal celebration you can think of and then send it in after scoring a goal.**

**Take inspiration from the likes of Ronaldo, Pogba and Lingard.**

**No copying though. Think of your own celebration.**



# INDOOR FUN

- 1. Name 3 clubs that Lukaku has played for?**
- 2. Which 3 players were joint top goal scorers in the premier league last season?**
- 3. Who is the England national team captain?**
- 4. Which premier league team played at Wembley stadium last season?**
- 5. Name 3 players who cost over 100m when being brought by another club?**
- 6. Who has more career goals between Ronaldo & Messi?**
- 7. Name 3 clubs that Jose Mourinho has managed in England?**
- 8. Name 3 players who wear number 7 for their club?**