

# FOOTBALL

# Skills



NAME:

AGE:

FAVOURITE TEAM:

FAVOURITE PLAYER:

CHALLENGE

SHOW YOUR SKILLS  
(3 POINTS)

TAKE IT UP A NOTCH  
(5 POINTS)

WOW THE CROWDS  
(7 POINTS)

DOUBLE OR NOTHING  
(DOUBLE YOUR SCORE)

SCORE

**BRILLIANT  
BALL CONTROL**

1. THROW A BALL UPWARDS
2. KNEE IT ONCE
3. CATCH BEFORE IT FALLS

1. BOUNCE A BALL
2. SPIN AROUND
3. KICK BEFORE IT FALLS

1. BOUNCE A BALL
2. SPIN AROUND
3. CATCH BEFORE IT FALLS

1. BOUNCE A BALL
2. CATCH IT ON ONE FOOT
3. KICK IT UPWARDS
4. REPEAT

**DRAMATIC  
DRIBBLING**

DRIBBLE IN CIRCLES  
20 SECS

DRIBBLE IN CIRCLES  
30 SECS

DRIBBLE IN TRIANGLES  
40 SECS

1. KICK A BALL
2. STOP IT WITH A FOOT
3. ROLL IT BACKWARDS
4. CHASE IT
5. SIT ON IT.

**BOMBASTIC  
BALANCING**

BALANCE A BALL ON  
YOUR FOOT  
40 SECS

BALANCE A BALL ON  
YOUR KNEE  
30 SECS

BALANCE A BALL ON  
YOUR NECK  
20 SECS

BALANCE A BALL ON  
YOUR HEAD  
10 SECS

**SPLendid  
SHOOTING**

KICK AGAINST A  
WALL WITH THE INSIDES  
OF THE FEET (ALTERNATE)  
40 SECS

10 'ONE BOUNCE'  
WALL KICKS

1. KICK BALL
2. HIT A WATER BOTTLE  
(10 STEPS AWAY)

1. KICK AGAINST A WALL
2. ONE BOUNCE
3. KNEE IT ONCE
4. CATCH IT