

Football Workout

Try these different football challenges and exercises to practise your fitness and fundamental football skills!

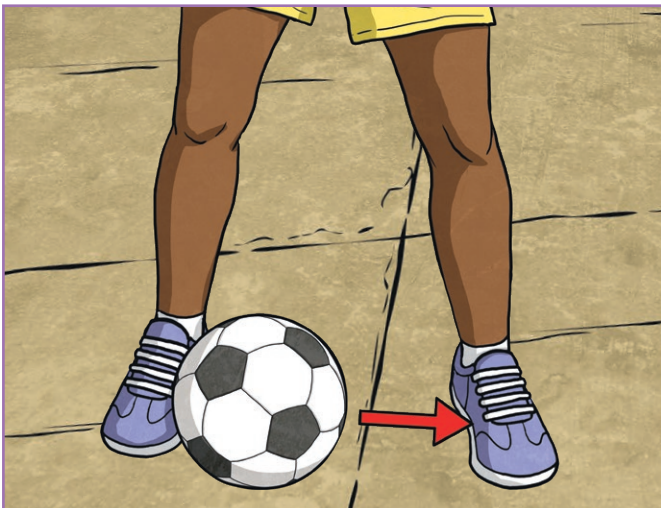
Balance and Fitness: Toe Taps

- Place a ball on the ground in front of you.
- Tap the top of the ball with sole of your foot (front part).
- Then use the other foot to tap the top of the ball.
- Keep alternating your feet.
- You can either do this a certain number of times or for a certain amount of time.
- Try to make contact with your foot on the very top of the ball.
- Use your arms to help you stay balanced.



Side-to-Side Taps

- Use small touches with the inside of your feet to tap the ball from left to right.
- Can you move in a sideways direction while doing this for an extra challenge?
- Do this for a certain amount of time or a certain number of times, rest and then repeat.



Fitness and Strength: Jump over the Ball

- Jump forwards and backwards over the ball.
- Jump side to side over the ball.
- Do this a certain number of times or for a certain amount of time.
- Have a break and then repeat.
- Do you need to do a double jump each side or can you do just a single?

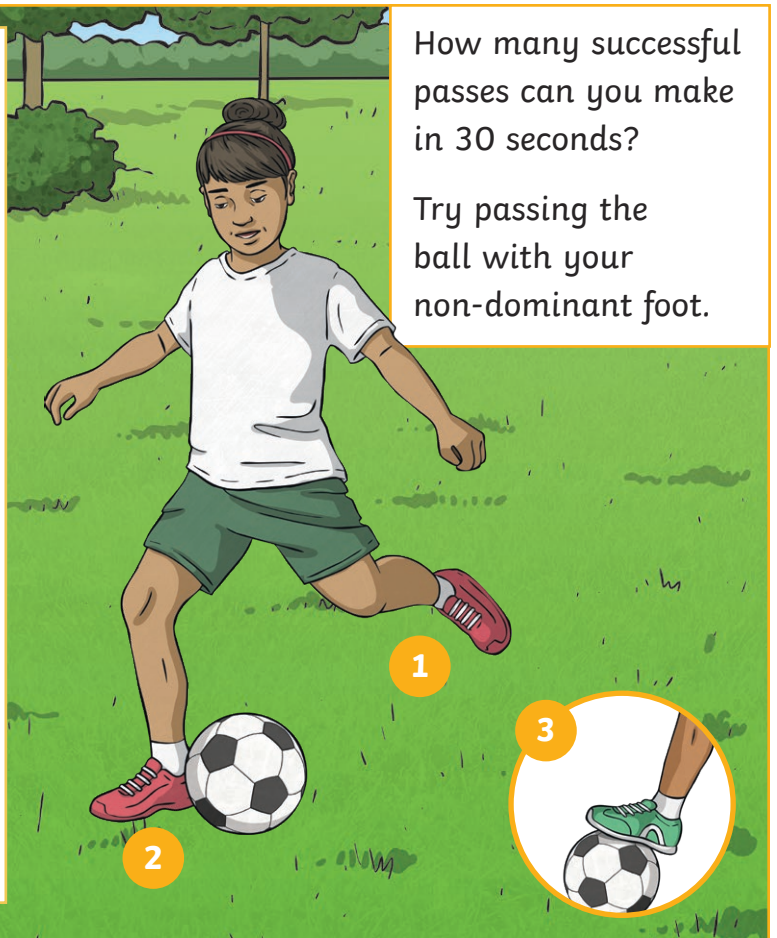


Fundamentals: Passing

Practise your passing skills.

If you have a wall space to kick the ball against, then use this. If not, you will need a partner. Make sure you are standing approximately 3-4m away from either the wall or your partner.

1. Practise passing the ball using the inside part of your dominant foot, which should be at right angles to the ball as you kick it.
2. Place your non-kicking foot alongside the ball as you kick.
3. Stop and control the ball each time you receive it before passing it again.



How many successful passes can you make in 30 seconds?

Try passing the ball with your non-dominant foot.

Fundamentals: Dribbling

Practise your football dribbling skills.

- Decide on a start and end point to dribble the ball back and forth between. Try 5-10m to begin with and adjust accordingly.
- Now dribble the ball back and forth as quickly as you can using both the inside and outside parts of your feet.
- Makes lots of little touches to the ball to help keep it close to your feet.
- Challenge yourself to do a certain number in a set amount of time.



Power: How Far?

- How far can you kick the ball?
- Start with the ball at one end of the space or area that you are using.
- You may take a small run-up.
- Use the instep (laces part of your shoe) with a good follow through to get as much power as possible.
- Have a few attempts, always starting from the same place.

