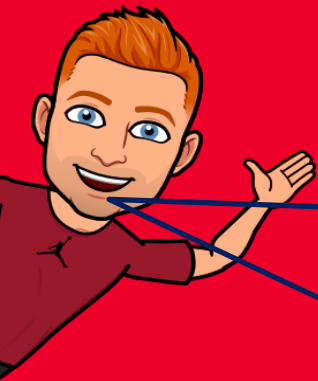


Home Learning Activities – Football KS2



Hi everyone! Hope you are all keeping well and staying active at home.

This week is all about Football! Can you be the next Ronaldo?

If you have a football at home, then use that! If not, do not worry, you can still do some of the activities by using anything that is a round shape, big or small! Things like socks tied up or a Christmas bauble.

Share your pictures and videos with us @LittleSportsCoaching

Spin move:

- Start dribbling the ball forwards
- Put your foot on top of the ball to stop the ball
- Plant that foot on the floor Infront of the ball
- Spin and use your other foot to drag it behind you (Which would be forwards)
- The video on how to do it can be seen here....
<https://www.mancity.com/citytv/mens/daily-challenges-jill-scott-spin-move-skill-63721431>

Side to side toe taps:

- Stand straight in a spot with the ball between your legs
- Touch the ball with the inside of your foot towards your other foot
- Then touch the ball with your other foot (inside foot again) back to your starting foot
- Repeat and see how many you can do in 1 minute
- You get a point for every touch of the ball
- [Learn how to do Toe Taps - Football Soccer Quick Feet Tutorial Part 1 - Bing video](#)

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Touch and Stop:

- Stand in a safe spot with the ball between your feet
- You are going to touch the ball sideways towards your other foot and stop it.
- Then repeat
- You get a point for every time you complete it while the ball is under control. This means it must be trapped by your foot.
- To see it in action, use this link - <https://youtu.be/zAjOEMfXri4>



Target Kick:

- Choose something as a target. This can be a book, a box, or a bin (Not the TV!!!!)
- Stand 5 steps away from the target
- Kick the ball at the target if you hit it you get 1 point
- Have 10 goes and count how many points you get
- If it is too hard then go closer to the target, if it's too easy then go further away