

# Game 4 - Skills



## Quick Introduction

Here you will focus on skills. The idea here is to think about different ways you can move the ball.



## Health and Safety

- Make sure you check around you so you don't bump into anyone.
- If you see any object which could cause an accident, tell your adult

## Equipment

- Footballs
- Cones



## Be a Leader!

- Leadership is an important part of any sport- try encouraging your team, and give them help when they need it.
- If you are enjoying success, try and pass on what you know to your peers.

## Activity

Your job here is to think about different ways you can move the ball. Maybe through your legs, or trying 'Keepie Uppies'. This is your chance to try new things.

## Tips

- A really good tip here is to think about what you have seen on television.
- You can look at the people next to you to try and give you some inspiration.

## Can You Change The Game?? - STEP

Space- N/A.

Task -Try and use different parts of your foot, even try your left foot.

Equipment – Using smaller balls is a great way of increasing control.

People – Try asking a 'defender' to challenge you and try and get the ball past them.