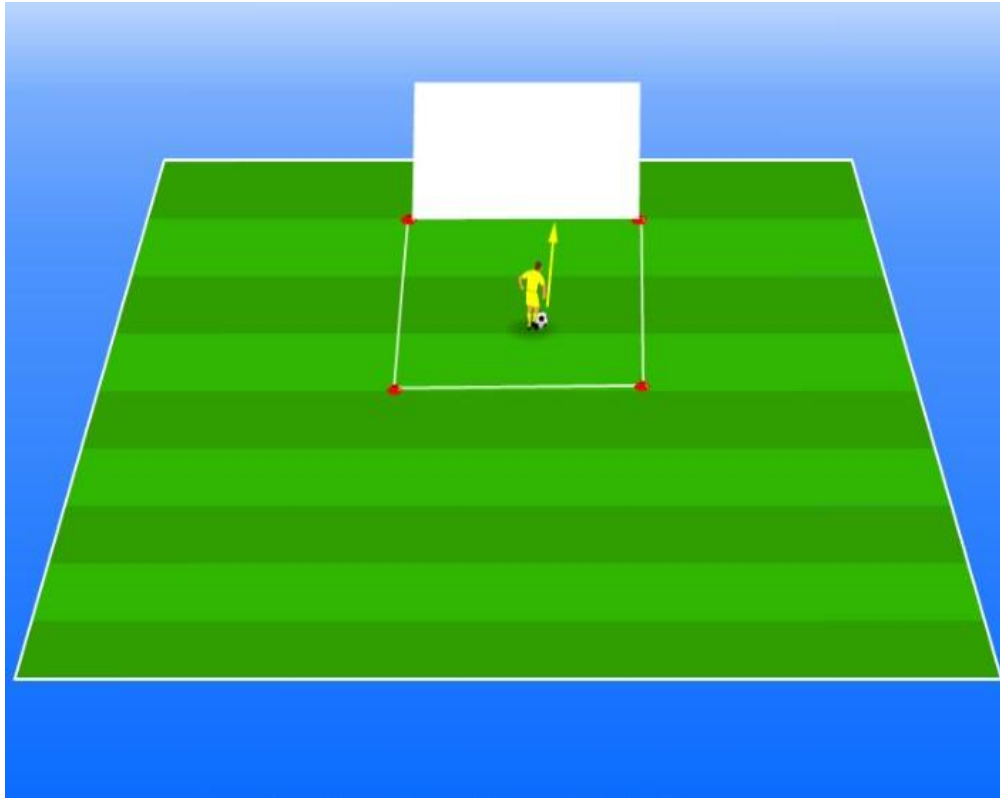


FFA Walking Football Play at Home Challenge



Activity 1: Hit It



- ⚽ Create a small area around a wall with cones or markers
- ⚽ Player will pass the ball against the wall (in the air or on the ground) and attempt to complete as many consecutive passes against the wall as possible without ball going out of the area
- ⚽ Players receive 1 point each time ball is kicked against the wall
- ⚽ If ball goes out of area, sequence repeats and player attempts to beat their previous score

3 MINUTE PLAY AT HOME CHALLENGE: How many times can you hit the ball against the wall?