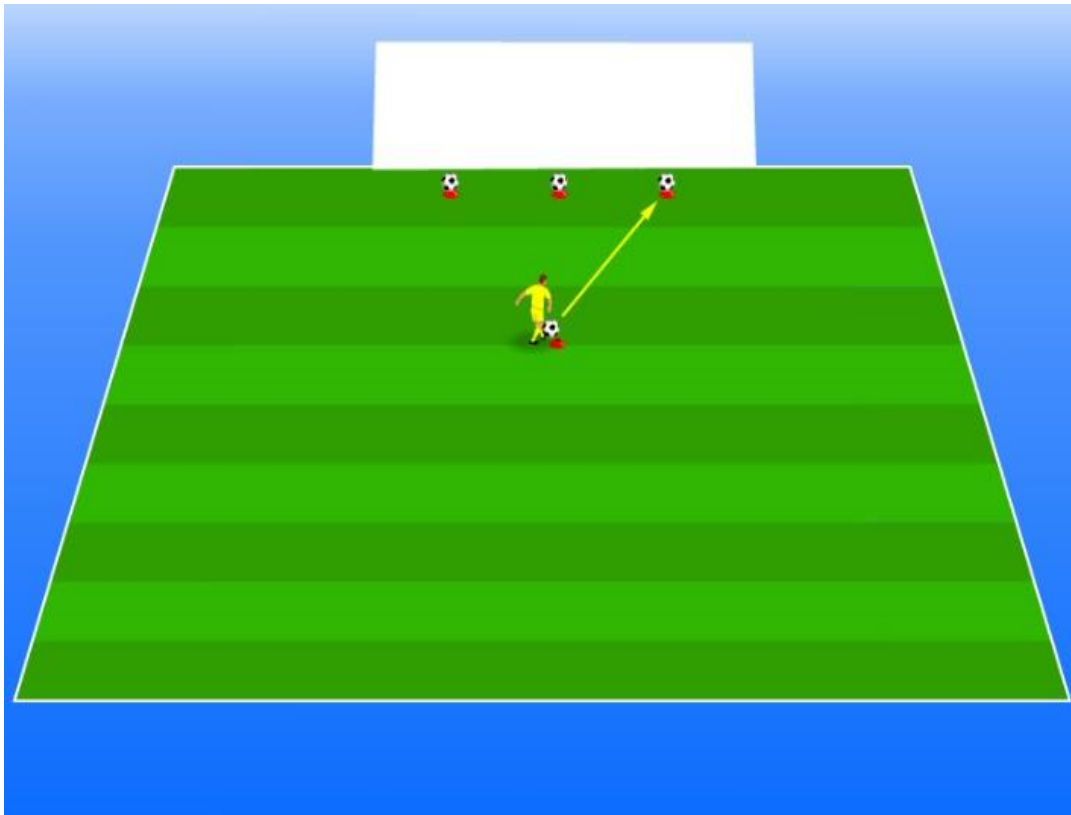


Walking Football Play at Home Challenge

Activity 3: Knock It Off



- Place balls on top of cones near a wall
- Player will attempt to pass the ball and knock the balls off the cones in as little attempts as possible
- Players count number of attempts it takes them to hit all of the balls off the cones
- Once player has knocked off all the balls, sequence repeats and player will attempt to get a lower score
- Alter the distance player is passing the ball from

3 MINUTE PLAY AT HOME CHALLENGE: How many balls can you knock off?