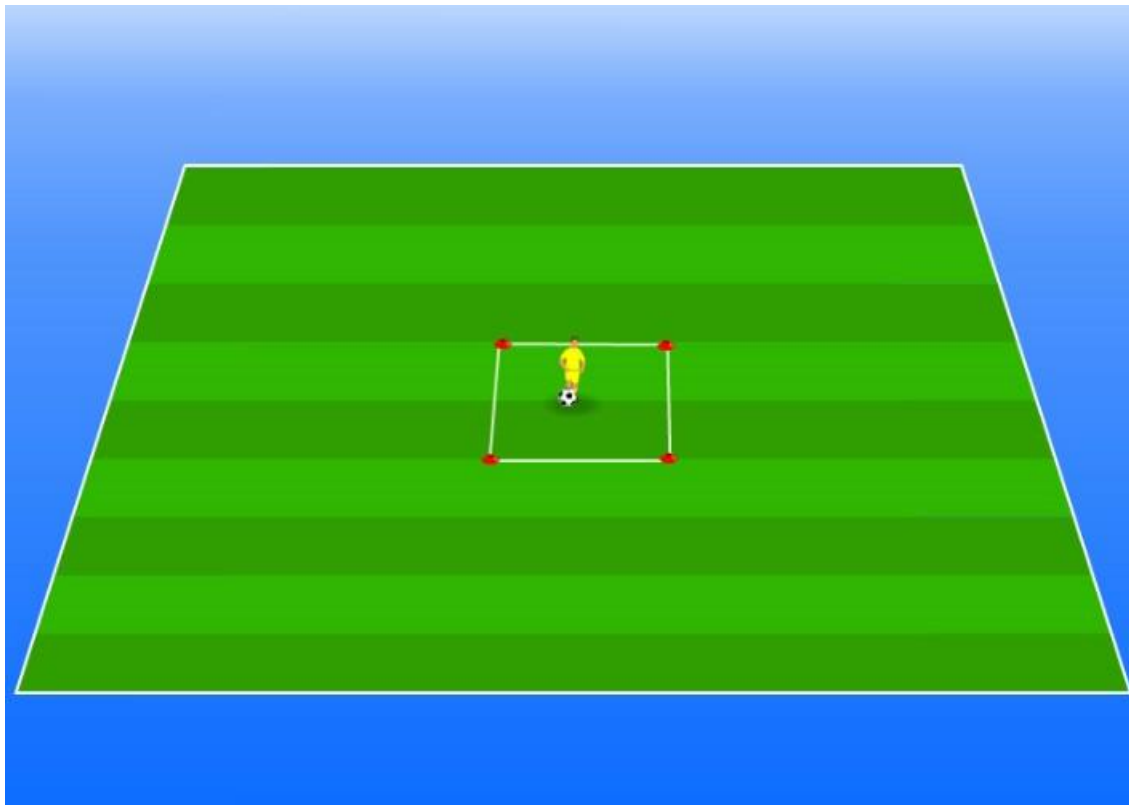


FFA Walking Football Play at Home Challenge



Activity 4: Juggling



- ⚽ Create a small area for player to juggle within
- ⚽ Player will attempt to keep the ball up for as long as possible within area created and without the ball touching the ground
- ⚽ Consider allowing for a certain number of bounces in between each kick (e.g. 1 bounce allowed per juggle)
- ⚽ Player alternate side of body they are juggling with on each kick (e.g. left -> right -> left -> right etc.)

3 MINUTE PLAY AT HOME CHALLENGE: How many times can you juggle the ball?