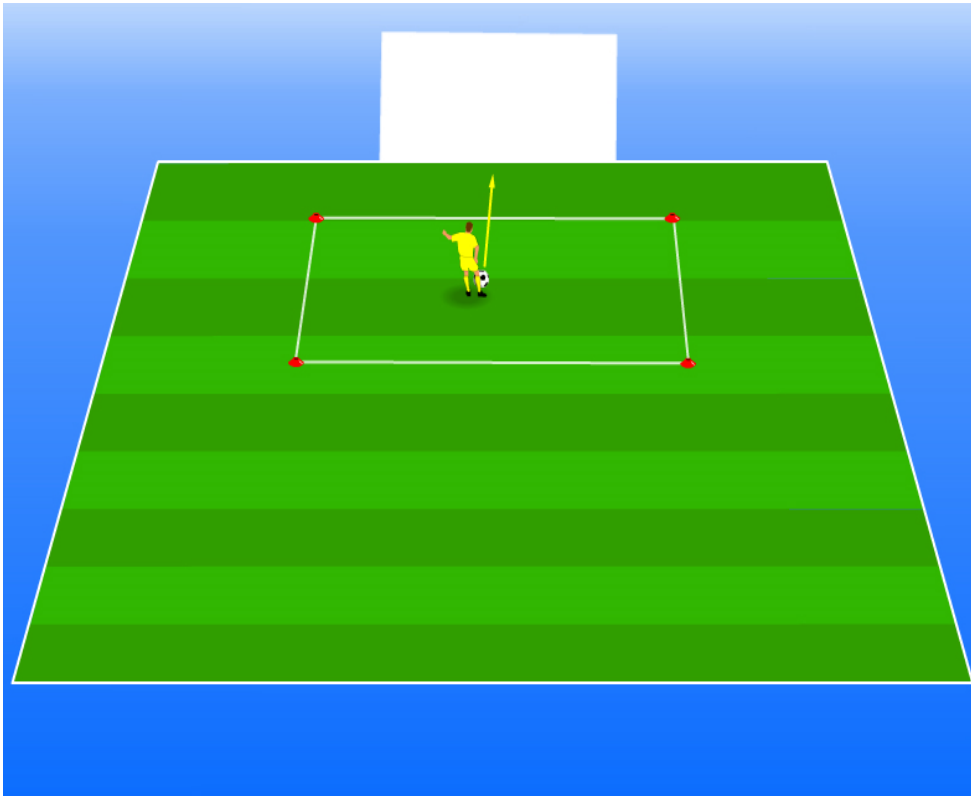


FFA Walking Football Play at Home Challenge



Activity 6: Bounce Back



- ⚽ Create a small area close to a wall
- ⚽ Player will attempt to kick the ball against the wall and have the ball come back and land in the area
- ⚽ Player receives 1 point each time the ball bounces back inside the area on the first bounce
- ⚽ If the ball does not bounce inside area, score resets and sequence repeats with player attempting to beat previous score
- ⚽ Alter distance of area from wall based on ability

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