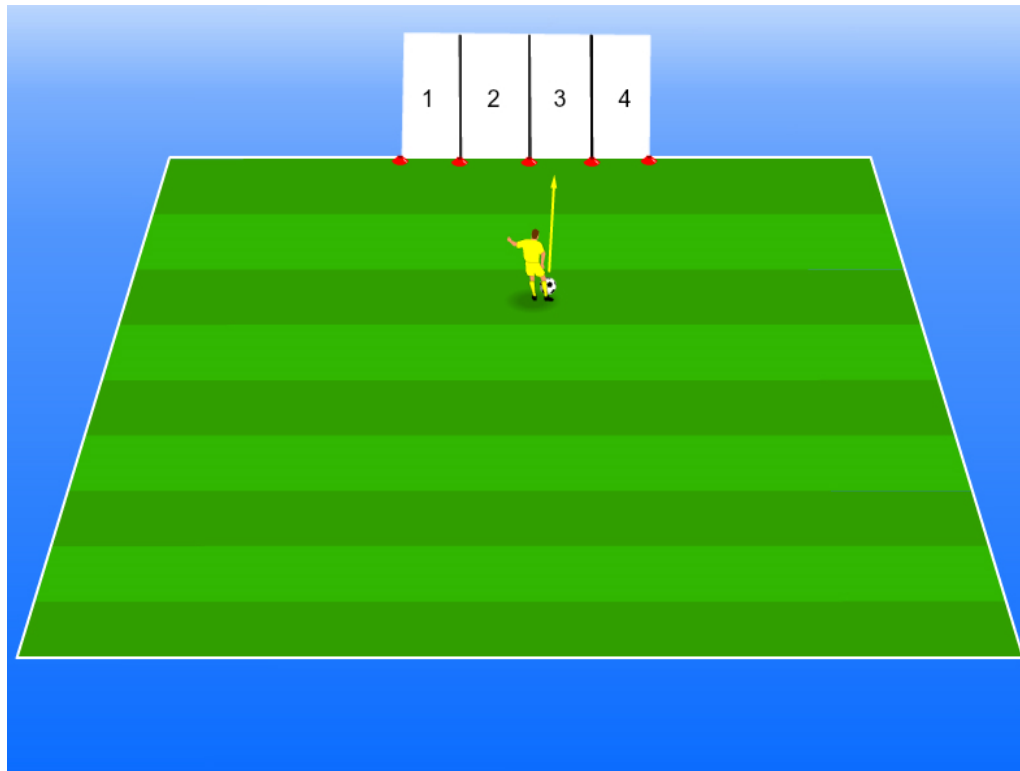


FFA Walking Football Play at Home Challenge



Activity 7: Hit the Target



- 🏠 Split up wall into four targets/areas (marked by cones)
- 🏠 Player will attempt to pass the ball against the wall in a certain sequence (i.e. 1-2-3-4, 1-3-2-4 etc.)
- 🏠 Player receives 1 point each time they successfully pass the ball against the wall in a pre-determined sequence
- 🏠 Alter distance player is standing from wall based on ability/ Decrease size of targets/areas

3 MINUTE PLAY AT HOME CHALLENGE: How sequences can you complete?