

Euro 2020 Football Workout 2



Try these different Euro 2020 Football challenges and exercises to practise your fitness and ball skills!

These workouts should ideally be completed in an outdoor space but some of the activities can be adapted for indoors - check with an adult before you start.

Balance and Fitness: Toe Taps

- Place a ball on the ground in front of you.
- Tap the top of the ball once, using the sole (bottom) of your foot, near your toes.
- Swap to using your other foot to tap the top of the ball once.
- Keep doing this, alternating feet.
- You can either do this a certain number of times or for a certain amount of time.
- Try to make contact with your foot on the very top of the ball.
- Use your arms to help you stay balanced.



Fundamentals: Passing

Practise your passing skills.

If you have a wall space to kick the ball, then use this. If not, you will need a partner. Make sure you are standing approximately 3-4m away from either the wall or your partner.

1. Practise passing the ball using the inside part of your dominant foot; your foot should be at a right angle to the ball as you kick it.
2. Your non-kicking foot should be alongside the ball as you kick it.
3. Stop and control the ball each time you receive it, before passing it again.

How many successful passes can you make in 30 seconds?

Try passing the ball with your non-dominant foot.

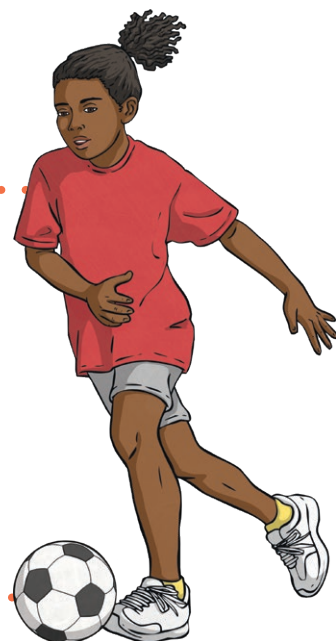


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Fundamentals: Dribbling

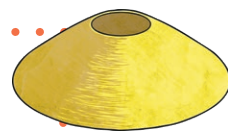
Practise your football dribbling skills.

- Look at your playing area and decide on a start and end point, to dribble the ball back and forth between. Try a distance of 5-10m to begin with and adjust if needed.
- Dribble the ball back and forth as quickly as you can, using both the inside and outside parts of your feet to keep it under control.
- Make lots of little touches to the ball to help keep it close to your feet.
- Challenge yourself to do a certain number in a set amount of time.



Accuracy: Aiming for a Target

- Place a range of different targets in your playing space, for you to try and hit at various angles and distances away from you.
- See how many attempts it takes to hit each one or how long it takes you to hit them all - someone will need to pass the ball back to you each time as quickly as possible.
- Keep your eye on the target and focus on accuracy - not power!



Power: How far?

- How far can you kick the ball?
- Start with the ball at one end of the space or area that you are using.
- You may take a small run-up.
- Use the instep (laces part of your shoe) to kick the ball, using a good follow-through to get as much power as possible.
- Have a few attempts, always starting from the same place.

