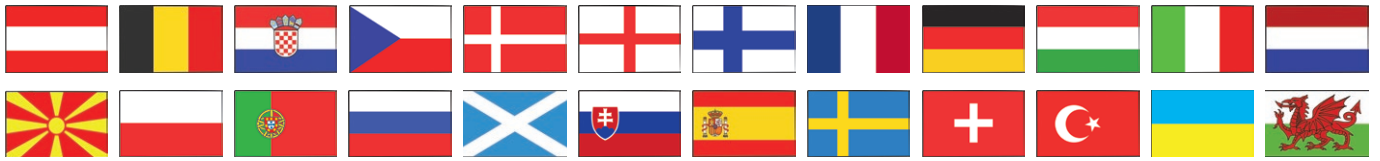


Euro 2020 Football Workout 1



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.

Ball Skills: The Foot Stall Challenge

Use these steps to learn and practise the technique for a 'foot stall'.

Easy

- Start with your heel on the ground and your toe pointing towards your body (ankle flexed). Then place/trap the ball between your shin and toes by flexing your foot as much as possible.

Medium

- The next step is to start as before and then lift your heel off the ground. Practise balancing the ball with your flexed foot in the air.

Hard

- To completely master the move, start with the ball on the ground in front of you and place your dominant foot on top of it. Roll the ball back towards you with your foot, scooping it up with the same foot from the toe and then trapping it in place by flexing your foot.



Fitness and Strength: Jump over the Ball

- Jump forwards and backwards over the ball.
- Jump from one side to the other, over the ball.
- Do this a number of times, for a certain amount of time.
- Have a break and then repeat.
- Can you jump from one side to the other, with one foot following the other? Can you jump two feet together and land two feet together?



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Side-to-Side Taps

- Use small touches, with the inside of your feet, to tap the ball from left to right.
- Can you move in a sideways direction while doing this for an extra challenge?
- Do this a number of times, for a certain amount of time, rest and then repeat.



Strength and Accuracy: The Throw-In

- Practise your throw-in technique!
- Start with the ball in both hands in front of you.
- Take a short run up of about four or five steps, to get some momentum.
- At the same time, bring the ball behind your head as far as you can, arching your back.
- On your final step, firmly plant your foot forward as you push the ball forwards. Flick your wrists to release it when it's roughly in line with the top of your head.
- You must have both feet on the ground as you release the ball.



Balance, Fitness & Dribbling: Toe Taps Cone Dribbling Challenge

- You will need four different coloured objects and another person to call out the colours.
- Place the objects in a square, approximately 4m apart from each other.
- Stand in the centre of the square, toe tapping a ball.
- When a colour is called out, you must dribble the ball around that coloured object and then back to the centre again, to continue toe tapping.
- Do this for a certain amount of time; have a rest and repeat.

