

Con Magees

5-10 Football challenge explanation (Approximately 20 minutes each day)

Luan Monday	Máirt Tuesday	Céadaoin Wednesday	Déardaoin Thursday	Aoine Friday	Satharn Saturday	Domhnach Sunday
<p>Punt Kicking Punt kick the ball off the wall using left foot and right foot moving your feet constantly.</p>	<p>Body Catching Throw or kick the ball off the wall and try to catch it at tummy level (in the basket). Bend knees slightly to catch it</p>	<p>Crouch lifting: Practice crouch lifting the ball off the ground correctly (as per boys and girls rules) off both sides.</p>	<p>Sidestepping evasion: Make a simple obstacle course and side step around each of them, shifting your bodyweight from L/R to R/L.</p>	<p>Target Practice: Get a bucket, tyre or similar and practice trying to hit this target with the ball using both sides.</p>	<p>Solo Running: Make a simple obstacle course to solo through as quickly as possible (small children may use the knee solo).</p>	<p>First touch: Throw or kick the ball and attempt to control it back into your hand with one bounce or less.</p>
<p>High Catching Throw or kick the ball off the wall and try to catch it above your head. Remember to make a "w" shape with your hands.</p>	<p>Fundamental Movements: Try lots of different movements such as hopping, skipping and jumping on one or two legs.</p>	<p>Freestyle Skills: Practice different unusual skills for fun - what can you do that your family and friends can't?</p>	<p>Hand-passing: Stand 3-5 m from the wall and hand pass or fist pass the ball with left and right hands. Try to catch it without bouncing</p>	<p>Crossbar challenge: Aim to hit the crossbar with the ball with either a kick out of your hands or on the ground. Move back every time you hit it for a challenge.</p>	<p>Hook Kick: Practice hook-kicking the ball against the wall or at a target. Attempt this using both left foot and right foot.</p>	<p>Freestyle Football: Show off what you can do! Whether it be striking, soloing, catching, controlling or try some unusual tricks. HAVE FUN</p>



Con Magees

11-18 Challenge explanation (Approximately 20 minutes each day)

Luan Monday	Máirt Tuesday	Céadaoin Wednesday	Déardaoin Thursday	Aoine Friday	Satharn Saturday	Domhnach Sunday
<p>60s Catch Challenge: Stand 3-5 metres back from the ball and strike for 60 seconds off each side. Catch the ball on every rebound.</p>	<p>Distance Challenge: Stand 5 metres back from wall. Kick off both feet and catch it. Keep moving back until you drop it. Go back to start if you do.</p>	<p>Direction Challenge: Place an obstacle in your path, change direction as you meet it and kick off either foot on the run.</p>	<p>60s Passing Challenge: Stand 8-10 metres back from the wall and kick for 60 seconds off both feet. Control each kick so that you are hitting the target each time.</p>	<p>Active Target Practice: Get a bucket, tyre or similar and practice trying to hit this target with the ball using both feet, on the run.</p>	<p>Solo Running: Make a simple obstacle course to solo through as quickly as possible (aim to solo off your left and right foot alternatively).</p>	<p>Freestyle skills: Practise difficult or unusual skills that your friends struggle to do.</p>
<p>3 Kick Challenge: Practise kicking the ball with the middle, inside and outside of each foot. Choose a target to aim at each time.</p>	<p>Athletic Development: Try lots of different bodyweight movements e.g. squats, lunges, planks, glute bridges, press-ups, sit-ups etc</p>	<p>Dead ball Challenge: Practice different dead ball situations e.g. frees, 45's and kickouts.</p>	<p>Crossbar Challenge: Aim to hit the crossbar with the ball with either a kick out of your hands or on the ground. Move back every time you hit it for a challenge.</p>	<p>Bin challenge: Aim to kick the ball out of your hands and land it in an open bin. Move back every time you get it as a challenge.</p>	<p>60s Shooting Challenge: Set the clock for 60 seconds and try to score as many points as you can with your strong foot. Repeat for your other foot.</p>	<p>Free Football: Show off what you can do! Whether it be striking, soloing, catching, controlling or try some unusual tricks. HAVE FUN</p>

