

Game: Saving a Football



Working together in pairs and taking turns, complete each challenge for at least 30 seconds, can you;

1. Catch the ball and tuck it into your chest
2. Throw the ball out to someone
3. Stop the ball with any part of your body after someone shoots
4. Jump and catch the ball with your feet off the ground

Tips from Partner

- Keep eyes on the ball
- Make sure you know where to aim
- Use your arms
- Bend your knees
- Keep both hands behind the ball

Can you add another challenge?

