

TEAM CHALLENGE CARD

Under Over

Line up your team, one in front of the other.

Pass the ball over your head, then under the legs of the next person in the queue and repeat.

First team who gets the ball to the end wins.

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Keep Up

Everyone in the team must keep the ball up in the air without it touching the ground, everyone must touch the ball at least once.

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Pro Control

Line up your team positioning each player approximately 1 metres apart.

The first player in the line must dribble the ball between the players then pass the ball to the front, do this until all players have completed the task.

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Pro Control

All players must stand in a circle.

Every player must touch and pass the ball, however, to pass the ball you must use only your head.

If another body part is used your team must start again.

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A to Z

Without talking, line your team up in alphabetical order.

When you think your team is in the correct order, all sit down in order with the person at the start holding the ball.

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Kick Off

*Race to be the first team to
complete 12 right footed
passes wins.*

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Kick Off

*Race to be the first team to
complete 12 left footed passes
wins.*

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Kick Off

*The youngest player and the
oldest player on the team
must complete 3 passes.*

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Opposites

One player from each team must throw the ball to each player on their team and shout "kick it!"

The teammate receiving the ball must return the ball back to the person throwing the ball, by heading the ball back.

If a player kicks the ball back your team must start over.

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Opposites

One player from each team must throw the ball to each player on their team and shout ``head it!``.

The teammate receiving the ball must return the ball back to the person throwing the ball, by kicking the ball back.

If a player heads the ball back that team must start over.

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Opposites

One player from each team must throw the ball to each player on their team and shout ``Right foot!``.

The teammate receiving the ball must return the ball back to the person throwing the ball, by kicking the ball back with their left foot.

If a player kicks the ball back with their right foot that team must start over.

TEAM CHALLENGE CARD

Opposites

One player from each team must throw the ball to each player on their team and shout ``Left foot!``.

The teammate receiving the ball must return the ball back to the person throwing the ball, by kicking the ball back with their right foot.

If a player kicks the ball back with their left foot that team must start over.