

# Haktive at Home

Week 13

Some football challenges to get you ready for the re-start of the Premier League.

*"..every little bit of activity will help their well being and yours."*

## The Haktive Challenge-a-Day

**1.** Toe Taps - Get a large ball, stand with one foot by the side of it and the other toes on top, with a little jump switch feet over so the other toes touch the top.



**2.** Lay 5 or more markers on the floor in a line but spaced out. Dribble the ball using both feet alternately around the cones and back to the start. Move the markers further out to the sides and dribble around them again. Keep the ball close to your feet.



**3.** Face away from playing area, roll ball between your legs, turn chase, control and dribble ball back to the start. Repeat and add more force to your roll.



**4.** Lay 4 markers down to make as big a square as you can (having space to run around them). Dribble ball around outside of them, then the inside and keep alternating. Dribble one side of square, then tap ball to the next marker, dribble to next marker and tap to the last. Go clockwise and then anti-clockwise and ALWAYS use both feet to control the ball.



**5.** 2 tins for goals



Make a goal in your playing area. Place markers different distances in front of it but at different angles. Shoot the ball from each marker. Aim for the corners. Move the markers around to make it more difficult or reduce the size of the goal. Then try moving away from the markers and dribbling the ball towards them to shoot. Try using both your right foot and your left foot.



**6.** Football golf - Place markers at various points in your playing area. With a ball see how many kicks it takes to hit the marker. Note down your score, now stand on that marker and try to hit the next marker, note down your score until all markers have been hit. If more than one person playing, the one with lowest number wins.



**7.** Set up two goals at opposite ends of your playing area (The bigger the easier, small harder). Each person stand in front of their goal and place the ball in the middle of the pitch. When someone says play both people run towards the ball control it and try to get it in their attacking goal (opposite to where they start). Once the goal has been scored re-start as before. Take care not to bump into each other, to make it easier place the ball closer to one player.



**Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)**

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