



FROM

HOME

#BBFAWFH



To keep **Wildcats** going over the coming weeks we will be putting together a weekly challenge which will include a creative activity and a practical challenge that will keep you improving as a player.

We also want you to share them with us so we can see what you've been up to whilst they are home from school.

Simply tag **@BerksBucksFA** and use the hashtag **#BBFAWFH**

Don't forget to say what **Wildcats** centre you are from as well so we can give them a shout-out!

GET CREATIVE!



Activity One (26.03.20)

We want you to design and draw your dream football boots or trainers that you would wear to your Wildcats sessions if they were real!

Tip: Do they have special powers?

If so, what would those powers be and what would they help you do?

GET MOVING!

Now it's time to test your skills.

Challenge 1: Throw a ball in the air and see how many times you can clap before you catch it. Your score only counts if you don't drop it. (Experienced Wildcats can try doing this whilst balancing on one foot.)

Challenge 2: Find a box or container and take 5 steps away from it. Can you throw or kick the ball into the box? Each time you get it in take 2 steps away from the box, how far away can you get it in? Can you try it with your left & right foot?

Tip: Don't have a ball? No problem! Use a household item such as a pair of socks rolled up or a spare toilet roll...make sure it's not your last one!