

ME AND MY BALL: BRING IT ON!

The lionesses face lots of battles when they have to beat a player with a ball. Can you describe how a lioness of your choice uses her skills to dribble a ball past another player.

DESCRIBE YOUR LIONESSES' DRIBBLING SKILLS

NOW TRY SOME OF THE 1 V 1 CHALLENGES ON THE NEXT PAGE.



CHALLENGES

Mark out a circle with two goals either side, the area needs to be enough for you to run around in. As your favourite song starts:

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Be patient and keep the ball away from your friend, when the chorus starts whoever is in possession of the ball can attack quickly and try and score a goal. If you lose the ball, can you chase the other player and try and slow them down?

MAKE IT HARDER

TRY THE CHALLENGES ABOVE WITH A DIFFERENT SHAPED PITCH, DIFFERENT SIZED BALLS AND MORE PEOPLE

TELL US HOW THE CHALLENGE WENT ON THE NEXT PAGE.

