



THE SFAI 12 DAY SKILLS CHALLENGE

01

DAY ONE WALL BALL: Build up your rhythm kicking the ball against the wall, switching from left to right foot and back again - once comfortable try and do 50 touches in a row without losing the ball.

02

DAY TWO VOLLEYS: Using your foot, roll the ball off the ground and up into the air, volley the ball off your foot, switching between right and left feet - once comfortable try and do 25 in a row.

03

DAY THREE FOOT STALL: With the ball in hand, point your toes up to wedge the ball on your foot when it drops, trapping it - hold it for a second before flicking it back into hands - do it while volleying the ball to increase difficulty - shifting from foot to foot.

04

DAY FOUR KNEE JUGGLING: Holding the ball with both hands, let it drop while raising your knee and let the ball bounce off your thigh before catching it - when comfortable, bounce it from one knee to the other - try do 15 in a row.

05

DAY FIVE TIME TO COMBINE: Using the skills from Day One, Two, Three and Four, begin by kicking the ball off the wall, flicking it to volley and then knee juggle, before trapping it on your foot - best of luck.

06

DAY SIX INSIDE FOOT VOLLEYS: Now that you have the skill of volleying, try only using the inside of both feet - focusing on your balance - try and do 25 volleys in a row while switching feet.

07

DAY SEVEN THE BASKET CHALLENGE: Grab a laundry basket (or a bucket) and use it as a target, trying to volley the ball into it from a distance - how far can you move away and still get it in?

08

DAY EIGHT AROUND THE WORLD: Using the foot stall, begin volleying the ball, knee high or below, when you make contact with ball lift your leg up and over the ball, catching it on your foot in the same spot - Go For it!!!

09

DAY NINE THE KNEE BOUNCE: Dragging the ball backwards with the sole of your foot, flick it up with the tip of your toe, position your knee over the ball and push it back down to the ground using your shin bone.

10

DAY TEN NECK CATCH: While volleying the ball and it is in the air, position yourself so your arms are outstretched and your feet are slightly apart - bend forward and let the ball cushion on the back of your neck - Practice!!!

11

DAY ELEVEN TIME TO COMBINE: Using the Around The World, Knee Bounce and Neck Catch, try and combine all three - do the Knee Bounce and lift your opposite leg over the bouncing ball, then flick up and catch on the back of your neck.

12

DAY TWELVE FREESTYLE: With your new skills perfected - use your imagination to create combinations involving all the skills over the last 12 days - using both feet and getting creative can up the difficulty levels.



All those taking part are reminded to adhere to the HSE guidelines on social distancing. These challenges are for young players to try in their own home/place of residence.

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#sfaiSKILLS