

10

THINGS
TO DO

Summer Soccer Challenge

- 1 Header Challenge**
Throw a ball up in the air, and do ONE soccer header.
- 2 Dribble Challenge**
Dribble a ball across the backyard for TWO minutes.
- 3 Goal-Keeper Challenge**
Bounce the ball really high, and save THREE goals.
- 4 Shooting Challenge**
Set up some goals with sticks and shoot FOUR goals.
- 5 Teamwork Challenge**
Take your mates to the park, and play FIVE-minute matches.
- 6 Kicking Challenge**
Kick the ball against a wall or fence SIX times.
- 7 Ball-handling Challenge**
Put SEVEN rocks in a line, and dribble the ball between them as quickly as you can.
- 8 obstacle challenge**
Set up EIGHT obstacles in the back yard, and dribble the ball around them.
- 9 Passing challenge**
Find a friend, and have them roll the ball towards you, and pass it to each other NINE times.
- 10 Match-Play challenge**
Grab your buddies, and play soccer outdoors in TEN different parks or backyards.



Check out www.natureplayqld.org.au
for more Nature Playlists and things to do outdoors

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