

Downloadable Guide 2:

Top 10 Football Activities to Try at Home

Let's Bring the Football Fun Home!

Football isn't just for the pitch – it's a fantastic way to bond with your child while helping them build skills. Here are 10 easy and super fun drills you can do right at home with your child to build their confidence, coordination, and love for the game!

1. Dribble Through an Obstacle Course

- Set up cones or soft toys in a zigzag path
- Encourage your child to dribble a ball through them using little kicks

2. The Passing Game

- Roll or pass the ball back and forth and see how many times you can keep it going!
- For younger kids sit on the floor and use hands to roll.
- For older kids stand 3-5 metres apart and gently pass the ball
- For our oldest kids focus on accuracy and using the inside of the foot

3. Score a Goal!

- Set up a goal using cushions a box and let them practice their shooting skills

4. The Keepy-Uppy Game

- Challenge them to tap the ball up using their feet (great for coordination!)
- For younger kids use your hands and a balloon
- For our oldest kids try keeping the ball in the air with gentle taps – great for focus and balance!

5. The 'Stop and Go' Game

- Have them dribble around the garden and Shout "Go!" for dribbling and "Stop!" randomly, helping to teach control and listening skills

6. Parent vs. Child Match!

- A fun, lighthearted 1v1 game where they try to get past you with the ball!

7. Target Practice

- Place a target (a cone or box) and see who can aim best!

8. Running with the Ball

- Practice running **while keeping the ball close over short distances** – helps with coordination!

9. Shield the Ball (for older kids)

- Teach them to protect the ball using their body (important for matches!)

10. Goal Celebration Game!

- Encourage them to show off their best goal celebrations – confidence booster!

Want Your Child to Learn Football in a Fun Class?

 Join Little Kickers Today!  Sessions in Chester, Ellesmere Port & Runcorn